

The Partnership @drugfreeNH
Partnership Convening
Friday, March 4, 2022
10:00 – 11:30 am ET

Attendees:

Partners: Andrea Smith (All Together, DHMC), Bryanna MacConnell (TLC), Carol Stone (Family Resource Center), Celeste Clark (Raymond Coalition), Charlotte Scott (SoRock Coalition), Dan Andrus (Foundation for Healthy Communities), Debbie Baird (Makin' It Happen), Dellie Champagne (SCAN), Deryn Smith, Emily Shanahan (CADY), Haylea Capone (CADY), Jaqui Baker, Jocelyn Saeger (NH Teen Institute), Joseph Harding, Jocelyn Allain (LRCS), Kerri Lowe, Kimbly Wade, Lauren Chambers, Kim Gordon, Lindsey Boisvert (New London Hospital), Lisa Hayward, Maura (NH Teen Institute), Melissa Goerbig (BBBSNH), Melissa Lee, Melissa Sidilau, Sam Tracy (CADY), Sandy Gelinias, Sarah Desaulniers (Reality Check), Sarah Roberts (CADY), Scott Blewitt, Shea Harris, Soyla Hernandez, Stacey Hammerlind, Stacey Callahan (BBBSNH), Tina Harris (Oasis Outreach), Todd Schell, Vicki Harris, Amanda Winn (HOPE) – presenting
JSI: Julie Yerkes, Rachel Daube

[Please complete our meeting evaluation!](#)

Meeting Minutes

- Please complete the [HOPE Evaluation](#)
- HOPE Framework: “Growing HOPE”
 - “Healthy Outcomes from Positive Experiences”
- ACEs: Adverse Childhood Experiences vs PCEs: Positive Childhood Experiences
- BRFSS: Behavioral Risk Factor Surveillance System
 - Phone survey that asked about PCES, current adult mental health, etc.
 - Asking adults to think back to their childhood when answering questions
 - The survey found that the more positive childhood experiences you had, the better your mental health in adulthood
 - Adults who experienced four or more ACEs and only one or two PCEs, more than 60% reported depression or poor mental health, showing a clear correlation
 - Positive Childhood Experience (PCEs) can create resilience... can lead to more mental/emotional health as adults
 - Helps to block toxic stress
 - However, ACE score is not fate. There are several mitigating factors that can help along the way.
- Brains can rewire throughout life (“*Neurons that fire together, wire together*”)

- Brains are not static – exposure to PCEs can help rewire the brain
- Four Building Blocks of HOPE (“buckets” to be personalized for the individual youth). Important to allow each community to define these for themselves.
 - **Relationships:** with primary caregivers, parents, peers, adults who aren’t parents, etc.
 - **Safe, equitable environment** for living, playing, learning at home and in school.
 - **Social and civic engagement:** having the opportunity to be a part of something bigger than yourself – feeling connected and as though you belong.
 - **Emotional growth:** unstructured free time, modeled by safe adults in a youths life, assist in showing them how to handle anger, talk about feelings, etc.
- Implementing HOPE is up to you (as a community, youth-focused professional, etc.)
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 - The responsibility cannot lie directly within a family. It requires:
 - a community to come together and prioritize access to PCEs,
 - funders to provide the means for communities to make these services equitably available,
 - policy makers to ensure youth have opportunities in and out of their school day to emotionally develop and have access to social and civic engagement, etc.
- HOPE in practice:
 - **Initial encounter:** the first moment you engage with youth (forms, referral processes, youth understanding)
 - **Ongoing interaction:** when things get difficult or there is challenging behavior, how can those interactions help reinforce the HOPE framework?
 - **Program and policy**
- Video Examples: Substance Use Screen without HOPE vs with HOPE (*these videos are linked in the slide deck attached to the follow-up email*)
 - What would you say makes an encounter with youth “HOPE-informed?”
 - Some answers: individualized care, affirmation, being genuine, positivity and compassion, noting the positive (not just the negative)
- **Initial Encounters**
 - **Breakout rooms:** talking through each of our initial encounter strategies with youth and discussing if they’re HOPE-informed
 - Challenges of “checking all the boxes” during a lengthy intake while ensuring families and youth feel heard, cared for, and understood
 - It can be important during these longer intakes to ensure youth are aware the choice is theirs to answer and be involved, that along the way you care about their responses and their

wellbeing, acknowledging that the process is difficult and lengthy, etc.

- Tone and environment are very important for youth to feel comfortable
- Focus on the positives, even during a negative situation, interaction, or experience
- **Responding to Challenging Situations with HOPE**
 - Type 1 vs Type 2 thinking
 - Type 1: fast, intuitive, effortless thinking, gut reaction (looking for risk factors)
 - Implicit bias often occurs here
 - Type 2: slow, calculating, conscious problem solving, takes an effort (looking for protective factors in a typically “negative” situation)
 - Perceiving variability, perspective taking
 - Leading with the positives can create an environment that allows for youth input- while still being able to share your concerns about their behavior
- **Policies and programs using HOPE**
 - Many policies (especially disciplining policies for youth or attendance policies for services) can actually create larger barriers to HOPE
 - Policies are created to solve a problem; they should be created in that image in a way that doesn’t create more problems in doing so
 - Any access to building blocks that are cut off as a result of policy should be redirected
 - E.g. If a school policy for vaping is suspension, we should ensure that access to social/civic engagement, safe/equitable environment, etc. are available elsewhere
 - **Breakout rooms discussing policies:**
 - Incorporating HOPE framework can actually reduce provider burnout
- Partner Updates
 - Join The Partnership’s mailing list to be notified of upcoming trainings, convenings, and other prevention-related updates by [completing this form](#)
 - HOPE Summit: March 8, 2022 – visit <https://drugfreenh.org/event/growing-hope-2022-virtual-summit/> to learn more and register today!

Resources Shared

- <https://positiveexperience.org/training-workshops/annual-hope-summit/>
- <https://positiveexperience.org/>
- Amanda Winn: awinn1@tuftsmedicalcenter.org

Upcoming Meetings

- [Partnership 2022 Convening Schedule](#) (All meetings are from 10:00 – 11:30am)
 - **Friday, May 6, 2022**
 - **Friday, July 8, 2022**
 - **Friday, September 9, 2022**
 - **Friday, November 4, 2022**