FOURTH ANNUAL

Shio Family Engagement - LEADERSHIP SUMMIT -

Setting the Table Together: JOY and **POWER** in PARTNERSHIPS

SEPTEMBER 22, 2023

Hosted by the Ohio Statewide **Family Engagement Center**



THE OHIO STATE UNIVERSITY CENTER ON EDUCATION AND TRAINING FOR EMPLOYMENT

WELCOME!

This event will start shortly. In the meantime, visit us at OhioFamiliesEngage.osu.edu

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School Counselors and Families: The Power of Partnerships to Change Student Outcomes

https://bit.ly/OSFEC922

Setting the Table Together: JOY and **POWER** in PARTNERSHIPS

SEPTEMBER 22, 2023

Hosted by the Ohio Statewide **Family Engagement Center**



THE OHIO STATE UNIVERSITY CENTER ON EDUCATION AND TRAINING FOR EMPLOYMENT

- Welcome: We are glad you are here!



Dr. Brett Zyromski, Associate Professor Program Chair, Counselor Education CETE Faculty Affiliate





Gahyun Park, Graduate Research Associate Ohio Statewide Family Engagement Center Counselor Education

About us



Brett Zyromski, Ph.D. Associate Professor, The Ohio State University Co-Founder, Co-Chair, <u>Evidence-Based School Counseling Conference</u>

- Research Fellow: The Center for School Counseling Outcome Research & Evaluation
- Faculty Affiliate: The Center on Education and Training for Employment (CETE)
- Project Manager or Co-PI: Over \$9 million dollars of Federal or State grants
- Published 35+ peer-reviewed articles, 2 books, and 150+ presentations and workshops
- Former Counselor in Schools (Urban, Rural)



About us continued...





Gahyun Park, MEd Graduate Research Associate OhSFEC

- PhD Student in Counselor Education
- Graduate Research Associate for the Ohio Statewide Family Engagement Center
- Former counselor in South Korea
- Published papers in school psychology and counseling journals



Today's Session

- If you joined our session last year, the slides after our opening activity may be familiar, but the content that follows will include updated information and strategies . . .
- If you are new to our work, welcome!
- Who is in the room? Please type your name and role in the chat! We are excited to meet you!



Let's see how hopeful we are as adults!

Complete this survey and download the results. I'll walk you through the instructions on finding your hope score: <u>https://osu.az1.qualtrics.com/jfe/form/SV_et9owyqVQYscnaK</u>

The original Adult Hope Scale for your records. <u>ADULT HOPE SCALE</u>



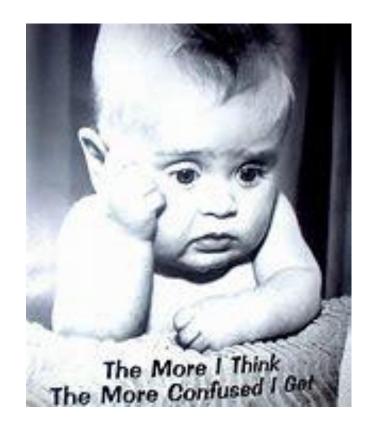


Let's Talk! MENTIMETER ACTIVITY

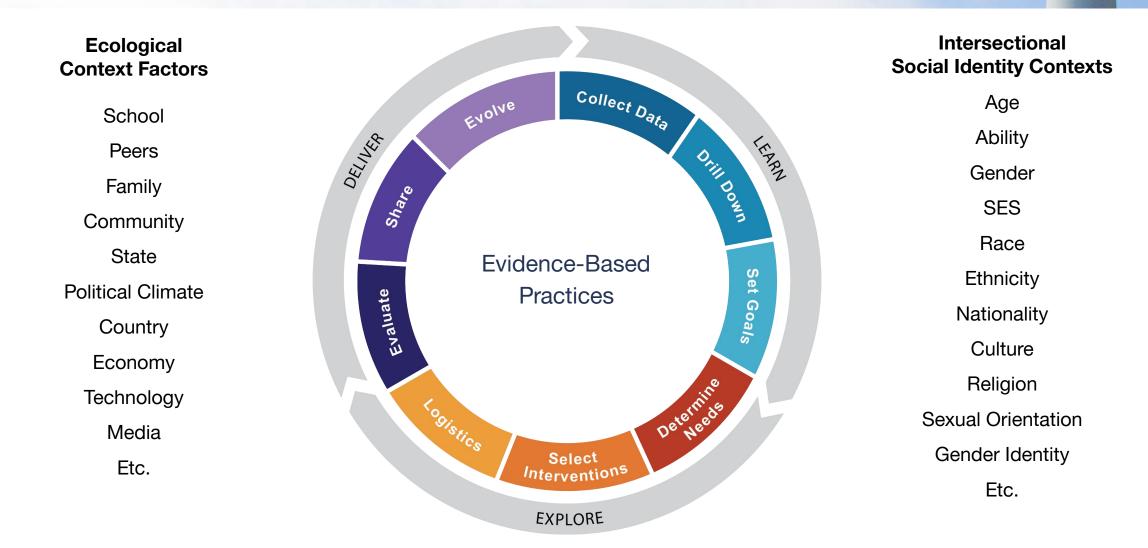
- 1. What does it mean to have Hope?
- 2. What does it look like to lack Hope?
- 3. What does a hopeful person look like and sound like?







Evidence-Based School Counseling Lens



Root Cause Analysis

- As we consider the root causes of our lack of hope and our children/students' lack of hope, let's be honest about root causes as we go through the next few slides.
- One strategy to find the root cause ask "WHY" at least five times when addressing any issue. We'll give an example . . .



Determining Root Cause: 5 Whys Technique

Problem: One of the Monuments in Washington is Falling Apart

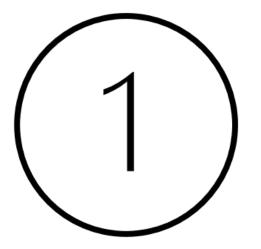
- Why? Harsh chemicals used to clean it
- Why? Large amount of bird droppings
- Why? Birds feast on the large population of spiders
- Why? Spiders feed on gnats which are drawn to the monument at dusk
- Why? Gnats are attracted to the monument's lights at dusk
- Why? Because the monument's lights are first to come on

Solution: Turn the lights on 30 minutes later!



<u>The 5 Whys Technique</u> was developed by Sakichi Toyoda, founder of Toyota, implemented as the basis of Toyota's scientific approach <u>(learn more!)</u>





Living in a Pandemic World



Department of Ed Impact Summary



•Education in a Pandemic: The Disparate Impacts of COVID-19 on America's Students (US Dept. of Ed. Office for Civil Rights)

Observation 1: Academic growth has been impacted and existing disparities widened **Observation 2**: Disparities in access and opportunity have widened

Observation 3: ELL Student struggles have been

exacerbated

Observation 4: Disability-based disparities have widened

Observation 5: LGBTQ+ populations face heightened abuse, isolation, anxiety, and stress **Observation 6**: All students have faced mental health and well-being challenges Observation 7: Sexual abuse and violence towards women increased (especially transgender, non-binary, or gender non-conforming) Observation 8: Asian American and Pacific Islander harassment and violence have increased Observation 9: New barriers to postsecondary for marginalized populations have emerged Observation 10: Institutes of higher education serving BIPOC and low-income students have experienced lower enrollment Observation 11: Students with disabilities enrolled

Observation 11: Students with disabilities enrolled in higher education courses face new and enhanced hardships and barriers to success.



Profound Mental Health Impact

*Articles linked to author citations for your use.

<u>US Surgeon General published an Advisory Report</u> (2021), titled, "Protecting Youth Mental Health."

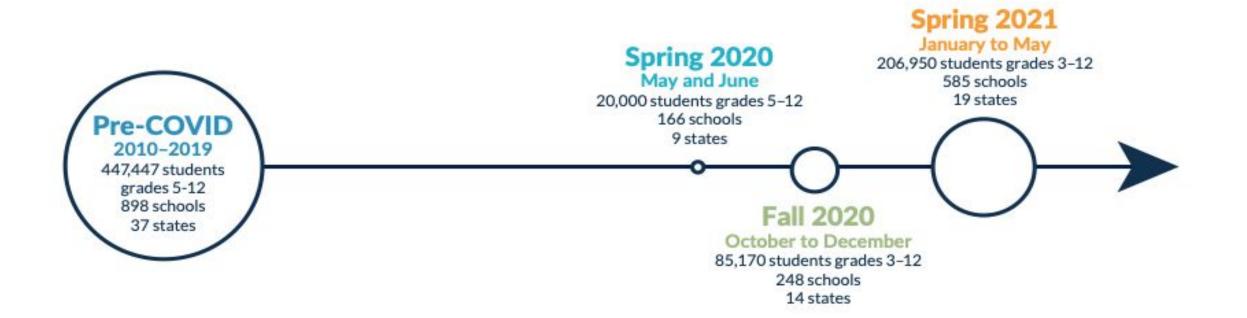
Suggests youth mental health in the pandemic is at risk of being a public health crisis:

- <u>CDC Youth Risk Behavior Survey</u> results suggests that In 2019, 1 in 3 high school students and half of female students reported feeling sad or hopeless, an increase of 40% from 2009.
- <u>A research study</u> with 80,000 youth across the world found that symptoms of anxiety and depression doubled during the pandemic, with 1 in 5 experiencing anxiety and 1 in 4 experiencing depression.
- <u>Yard et al., (2021)</u> report that emergency room visits in early 2021 for suspected suicide attempts were up 51% for adolescent girls and 4% for adolescent boys compared to 2019.



Barriers to Learning: YouthTruth Student Survey





Source:

https://youthtruthsurvey.org/wp-content/uploads/2021/08/YouthTruth-Students-Weigh-In-Part-III-Learning-and-W ell-Being-During-COVID-19.pdf

https://vouthtruthsurvey.org/wp-content/uploads/2021/08/YouthTruth-Students-Weigh-In-Part-III-Learning-and-Well-Being-During-COVID-19.pdf

Fewer students plan to go to college. Students offer ideas for making access to higher education more equitable.

FOUR Plans for the Future

Students felt more respect from adults during the pandemic as well as increased academic support from teachers. However, respect and teacher support are experienced unevenly across student groups.

TWO

The overall number of obstacles to learning for students is down. However, inequitable experiences and compounding barriers persist, especially for Black and Latinx learners.

Obstacles to Learning

Respect & Teacher Support

While students' perceptions of learning returned to pre-pandemic levels this spring, there is cause for concern about students' social and emotional well-being. Students offer insights on how technology can help or hinder learning.

Social, Emotional & Academic Development



ONE

THREE











Do any of the following make it hard for you to do your best in school?

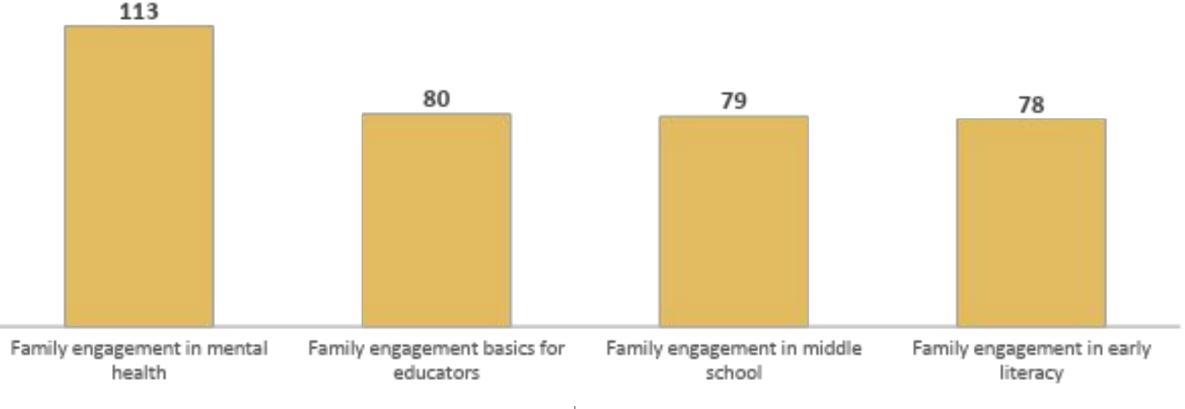
Feeling depressed, stressed, or anxious	▲49 %
Distractions at home and family responsibilities	▼38 %
My health or the health of my family members	27 %
Limited or no internet access	23 %
My personal relationships	17 %
Not having an adult who can help me with my school work	▼16 %
Extracurricular commitments	15 %
Limited or no access to a computer or device	13%
I don't feel safe at school	10%
I don't feel safe at home	8%
Getting picked on or bullied	7 %
🔺 Significant increase since fall 2020 🛛 🦷 Significant decrease since fall 2020	

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State Needs Assessment Data

Districts Requesting PD about....

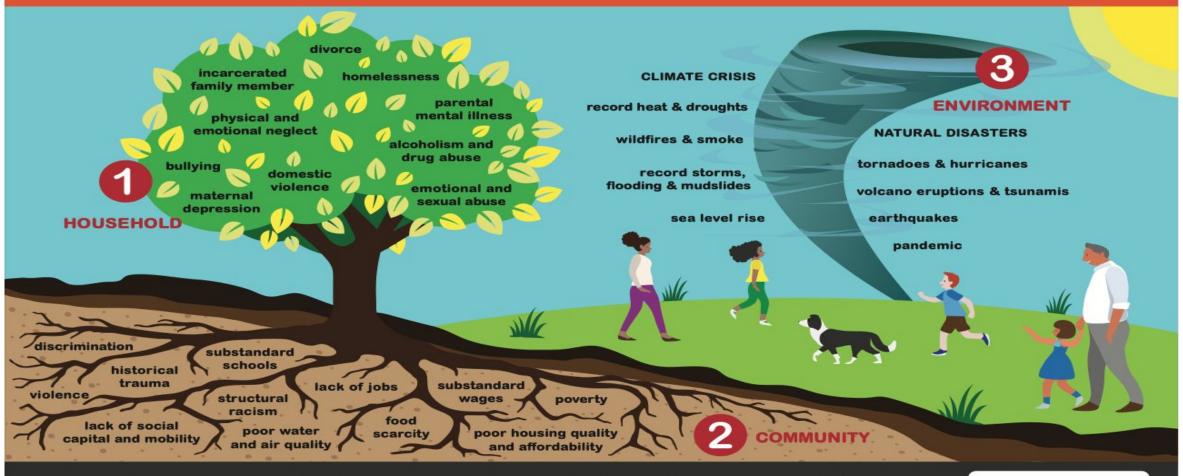
(out of 160 respondents)





B Realms of ACEs

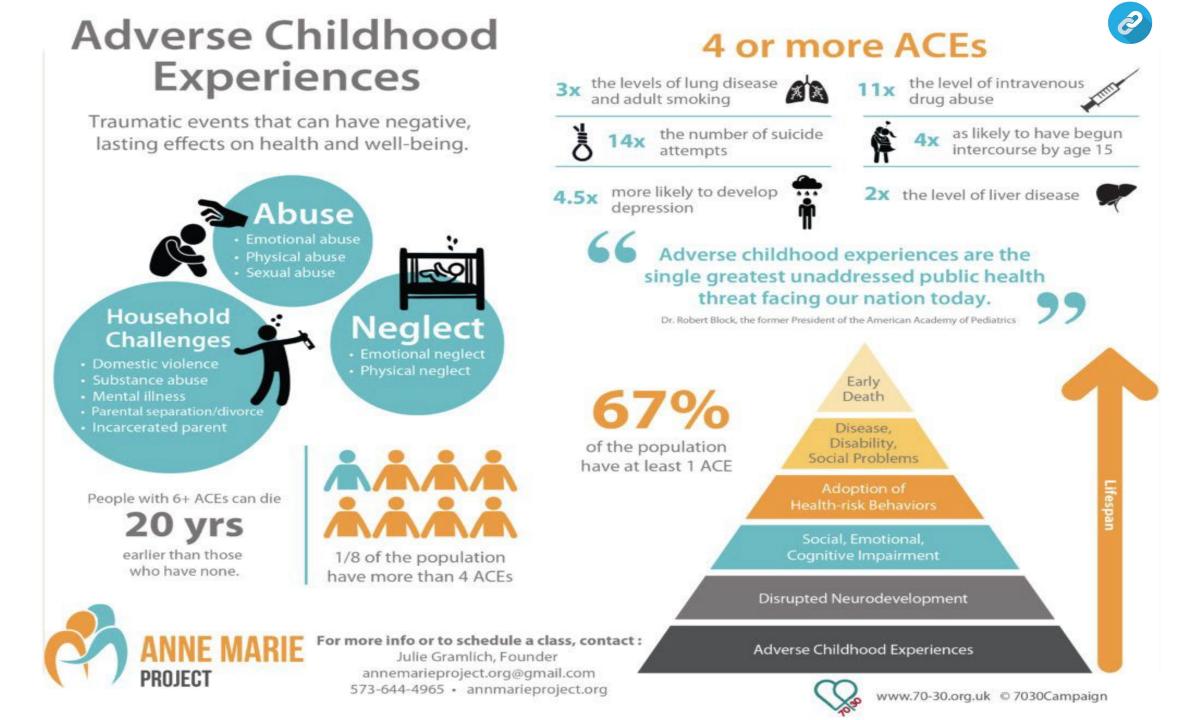
Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance. Please visit **ACEsConnection.com** to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



D



How the ACES Work

Adverse Childhood Experiences

Abuse and Neglect (e.g., psychological, physical, sexual)
Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



Impact on Child Development

Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



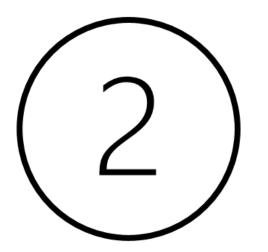
Long-Term Consequences

Disease and Disability

Major Depression, Suicide, PTSD
Drug and Alcohol Abuse
Heart Disease
Cancer
Chronic Lung Disease
Sexually Transmitted Diseases
Intergenerational transmission of abuse

Social Problems

Homelessness
Prostitution
Criminal Behavior
Unemployment
Parenting problems
High utilization of health and social services
Shortened Lifespan

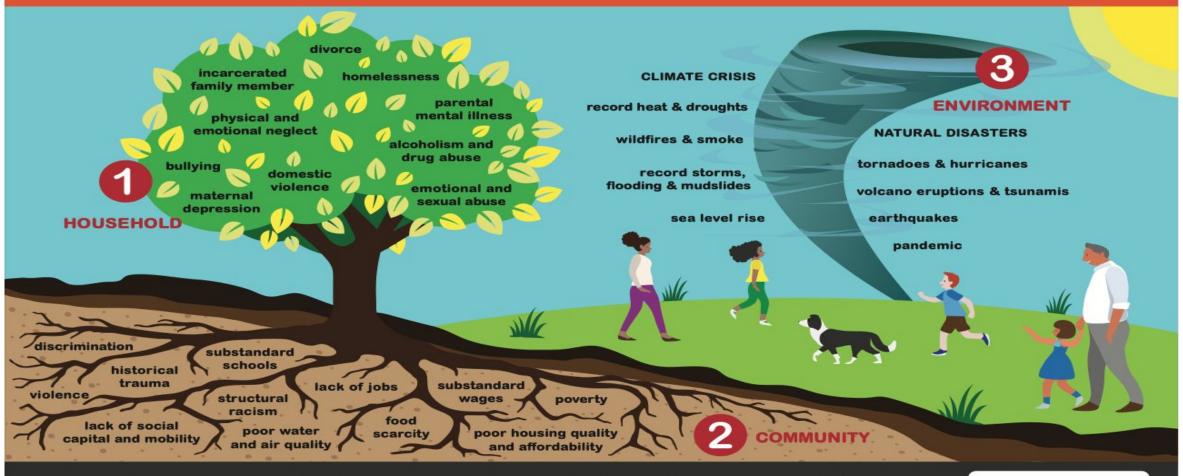


Root Cause and Buffering ACEs and Trauma



B Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



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D

Positive Childhood Experiences & Protective Factors: What's the Difference?



Positive Childhood Experiences

an

Research through the lens of examining how various constructs *load directly* into outcomes that buffer the negative effects of ACEs Protective Factors



Research through the lens of examining how various constructs load directly into buffering the negative effects of trauma in general - sometimes overlaps with ACEs



Positive Childhood Experiences

- 1. Felt able to talk to family about feelings
- 2. Felt family stood by them during difficult times
- 3. Enjoying participating in community traditions
- 4. Felt a sense of belonging in high school
- 5. Felt supported by friends
- 6. Had at least 2 non-parent adults who took genuine interest in them
- 7. Felt safe and protected by an adult in their home.





Protective Factors

- •Positive adult relationship
- •Emotional stability
- Empathy

Peer intimacy

- Positive student-teacher relationship
- Positive student-peer relationships
- Prosocial friends
- Psychological resilience

- Resilience coping
- School belonging
- School engagement
- School safety
- Self-efficacy
- Social emotional support
- Support from class
- Support from peers



Protective Factors - Research (1)

Positive, supportive relationships with one or more adults = School Success

(Forster et al., 2017)

School Engagement and Belonging, and Feeling Safe = Better Health

(Davis et al., 2019; Liu et al., 2020; Moore & Ramirez, 2016)

Feeling Supported By Others buffers depression

(Brinker & Cheruvu, 2017; Cheong et al., 2017)





Protective Factors - Research (2)

Emotional Stability and Self-Efficacy buffers mental health issues

(Cohrdes & Mauz, 2020)

Social Support or Empathy buffers some effects of dating abuse (Davis et al., 2019)

Resilience buffers feelings of anxiety, depression, and distress

(Beutel et al., 2017)





Protective Factors - Research (3)

ACEs = substance use ← protective adult relationships Brown & Shillington, 2017



Youth with 0-5 ACEs, stronger social bonds, ↓rearrested Craig et al., 2017

Childhood sexual abuse \rightarrow having a confidant \rightarrow \uparrow mental health Fuller-Thomson et al., 2019

 $\uparrow ACEs \rightarrow \uparrow emotion \ dysregulation \rightarrow \uparrow anxiety$

← psychological resilience

Poole et al., 2017





IMPACT OF HOPE



What is Hope?

"Hope is the belief that your future can be brighter and better than your past and that you actually have a role to play in making it better"

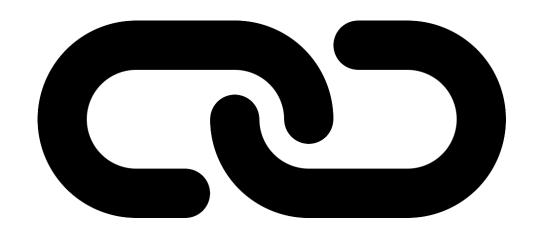
- Casey Gwinn & Chan Hellman

Authors of Hope Rising, p. 9



What is Hope?

AGENCY



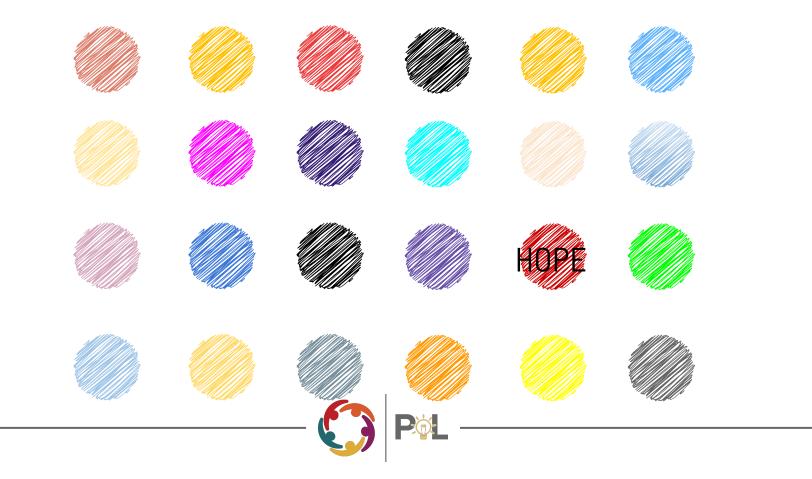
PATHWAYS

Hope is the combination of willpower (agency) and waypower (pathways)

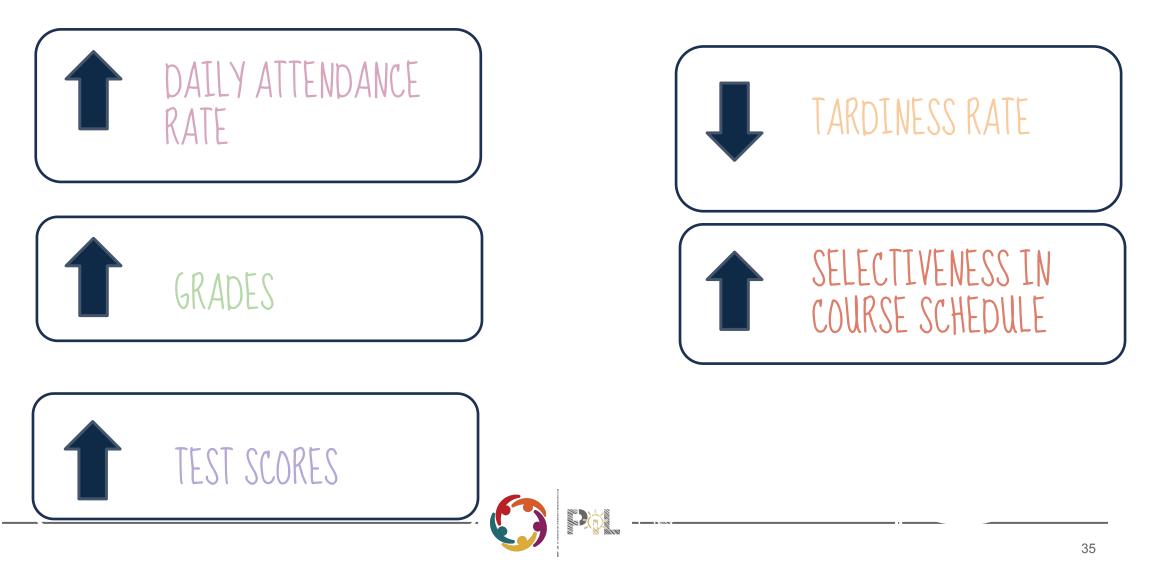


THE IMPACT OF HOPE

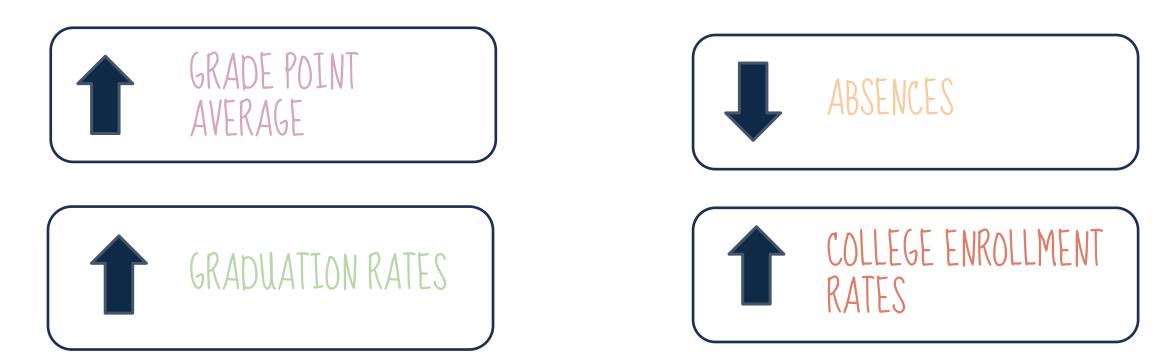
The 24 characteristics of well-being study



IMPACT OF HIGHER HOPE



IMPACT OF HIGHER HOPE: FOR HIGH SCHOOLERS



Shane Lopez's research for Gallup showed that higher hope students perform a full GPA point higher than students with the same intellectual capacity but lower levels of hope



More Impact of Hope



2.8x more likely to report excellent grades

3.1x more likely to agree that they do well in school

4.1x more likely to be engaged in school

2.2x less likely to miss a lot of school

A SCHOOL CULTURE OF HOPE LEADS TO BETTER STUDENT OUTCOMES



HOPE IS THE FOUNDATION FOR PROTECTIVE FACTORS AND HOPE PREDICTS SCHOOL BELONGING





RAGE

<- Pathways unavailable



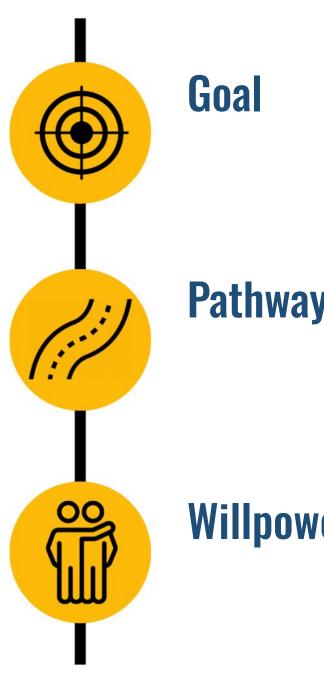
<- Goal is significantly blocked

THE HOPE CONTINUUM

DESPAIR

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The Simplicity of Hope

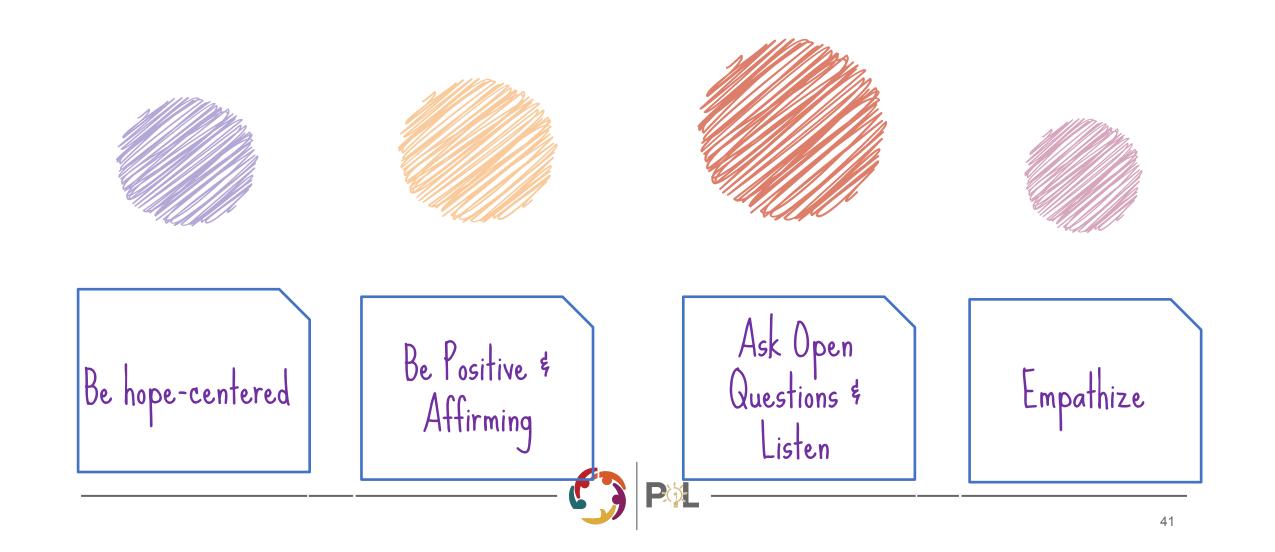


Pathway (waypower)

Willpower (agency)

Adapted from Dr. Chan Hellman

BUILDING HOPE





ARE WE MEASURING WHAT MATTERS?

The Children's Hope Scale

SCALE	Low	Medium	High
Total Summed Score divided by 6	<3.0	30-6.47	>4.67

The Adult Hope Scale

Scoring instructions included in the link



Children's HOPE Scale for ages 8-17. Developed by Rick Snyder in 1997 Likert Scale:

(1) = None of the time (2) = (2)

- ___1. I think I am doing pretty well.
 - 2. I can think of many ways to get the things in life that are most important to me.
- _ 3. I am doing just as well as other kids my age.
 - 4. When I have a problem, I can come up with lots of ways to solve it.
 - 5. I think the things I've done in the past will help me in the future.
 - 6. Even when others want to quit I know I can find ways to solve the problem.

Children's HOPE Scale for ages 8-17. Developed by Rick Snyder in 1997 Likert Scale:

(1) = None of the time (2) = (2)

1. I think I am doing pretty well.

Agency (Willpower) Sum of 1,3,5

2. I can think of many ways to get the things in life that are most important to me.

3. I am doing just as well as other kids my age.

4. When I have a problem, I can come up with lots of ways to solve it.

5. I think the things I've done in the past will help me in the future.

6. Even when others want to quit I know I can find ways to solve the problem.

Children's HOPE Scale for ages 8-17. Developed by Rick Snyder in 1997 Likert Scale:

(1) = None of the time (2) = (2)

1. I think I am doing pretty well.

Pathways (Waypower) = Sum of 2, 4, 6

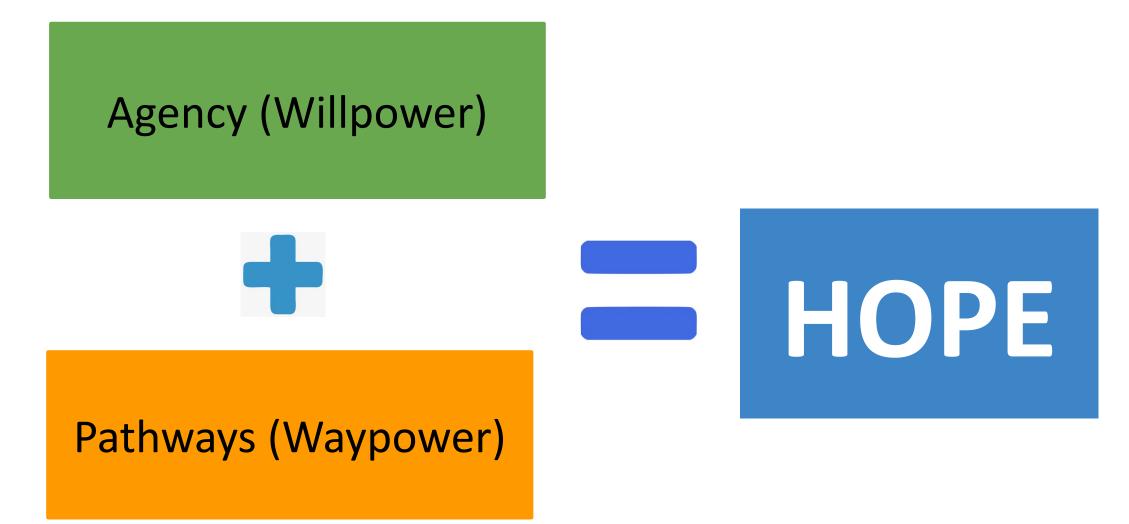
- 2. I can think of many ways to get the things in life that are most important to me.
- 3. I am doing just as well as other kids my age.

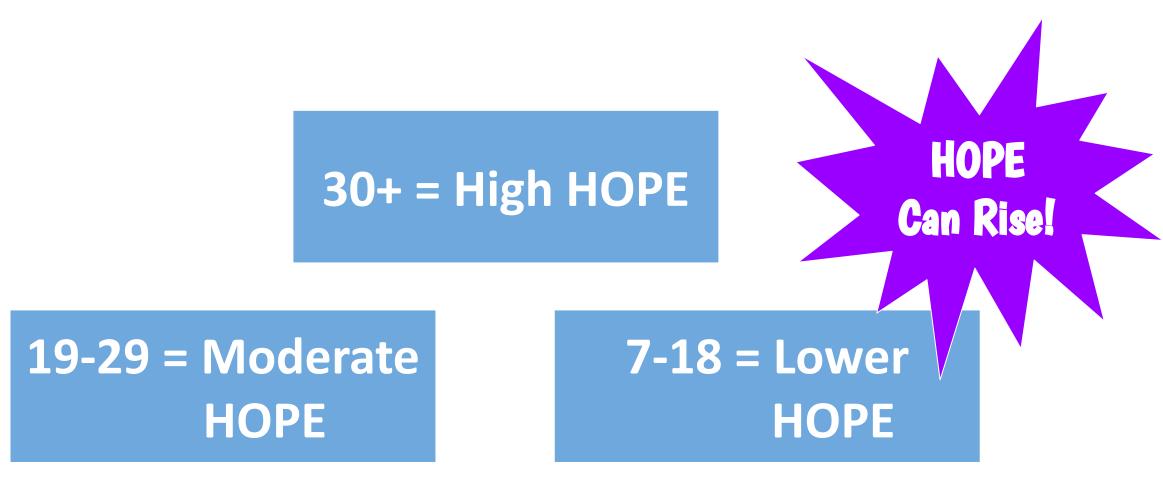
4. When I have a problem, I can come up with lots of ways to solve it.

5. I think the things I've done in the past will help me in the future.

6. Even when others want to quit I know I can find ways to solve the problem.

Children's HOPE Scale for ages 8-17. Developed by Rick Snyder in 1997





6- = Low HOPE

The Children's HOPE Rating Scale allows us to disaggregate data to better support our students



easy

HOPE Rating Scale is also a Root Cause Survey

- Are students lacking the ability to see pathways to their goals?
- Are students lacking motivation or resilience in overcoming obstacles?
- Knowing the separate scores allows us to tailor our interventions toward the areas students need the most support.



Dr. Hellman's Evidence-based Pro Tips:

- Students with higher ACE scores or increased levels of trauma will struggle in identifying pathways
- When completing the goal setting or other work groups pair students who have low pathways scores with students of higher pathways scores.



Building Protective Factors and Fostering Hope by Leveraging School-Family Partnerships



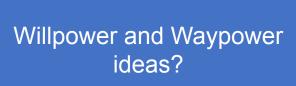
5 High-Impact Strategies for School-Family Partnership

How might the science of Hope impact each of these strategies? Think Willpower and Waypower . . .

Help your child know they belong in the school community.
 Support your child's relationship with their teachers.
 Experience family and school routines and traditions together.
 Support behaviors that build success and well-being.
 Continue to build good relationships at home.



Strategy #1 Help your child know they belong in the school community





Sense of Belonging:

- Talk about school often at home. Ask about schoolwork, other kids in class, and their teachers. Celebrate what they're learning.
- Support their participation in extracurricular activities. Talk with them about what they want to try.



Strategy #2 Support your child's relationship with their teacher



Teacher-Student Relationships:

- Ask your child which teachers or other adults at school they know or feel supported by.
- Make sure the teacher or school counselor knows if your child feels lonely or unwelcome at school.



Willpower and

Waypower ideas?

Strategy #3 Experience family and school routines and traditions together



Routines and Rituals:

- Use household routines that promote structure, responsibility, and fun.
- Celebrate school traditions with your child.
- Encourage your child to share with their friends and teachers about cultural or family traditions that are important to your family or community.



Willpower and Waypower

ideas?

Strategy #4 Support behaviors that build success and well-being



Problem-solving and self-regulation:

- Talk about and model healthy sleeping habits, like setting a regular bedtime.
- Encourage activities that build focus and self-control, such as playing board games and following a daily schedule.
- Promote activities that align with your child's interests and that build problem-solving skills (Examples: sports, yoga, music, theater, etc.)



Willpower and

Waypower ideas?

Strategy #5 Continue to build good relationships at home



Relationships at Home:

- Have fun together as a family by playing games, making food together, having a family movie night, etc.
- Have simple, daily conversations with your child about school, friends, and more.



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Willpower and Waypower

ideas?

Let's Talk! MENTIMETER ACTIVITY

- 1. How might we use the science of Hope in our own families?
- 2. How might we use Hope in our partnership work?
- 3. How might these interventions differ by community?







All Together: Building Hope

We are going to <u>Worksheet This</u> together to build our Hope:

- 1. Hope: What is one goal you hope to achieve in the future?
- 2. Plan & Action: What small actions can you take that will start moving you closer towards this goal?
- 3. Believe: Write down 3 short sentences that will help remind you of your capabilities, for instance, "I am capable and resourceful."

This worksheet comes from Kate Snowise (2016) and is derived from Snyder's Hope Theory.



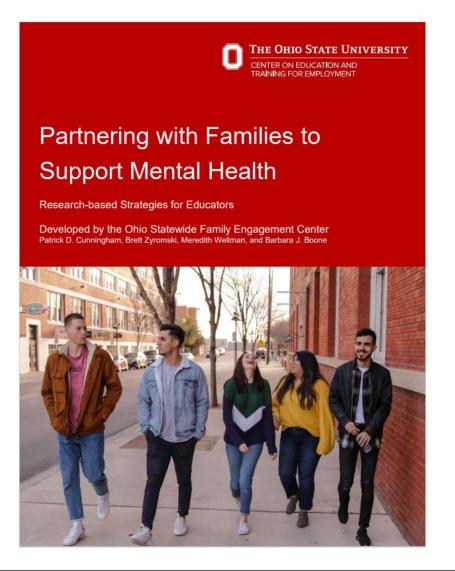




Current Project

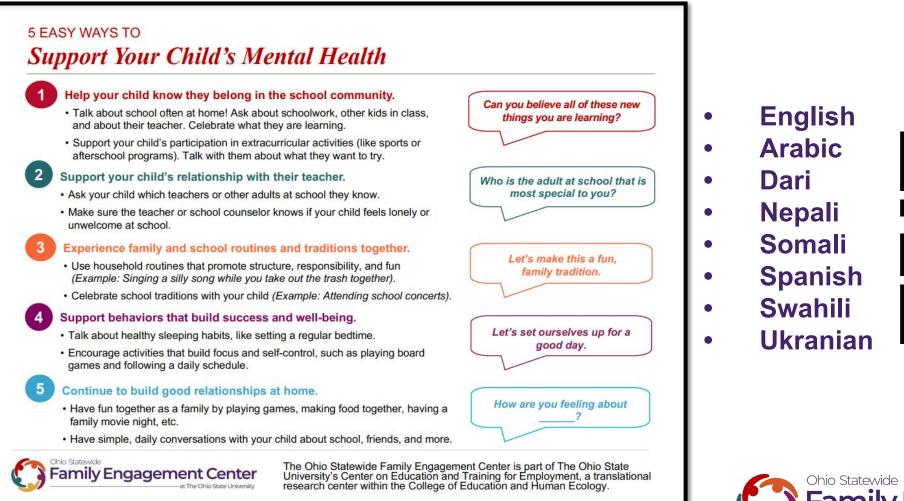
- Literature review on
 opportunities for partnership
 between schools and families to
 support students' mental health
- Developed research brief to summarize findings
- Developing resources for educators and families





1 Page of Tips for Families

Early Childhood/Elementary

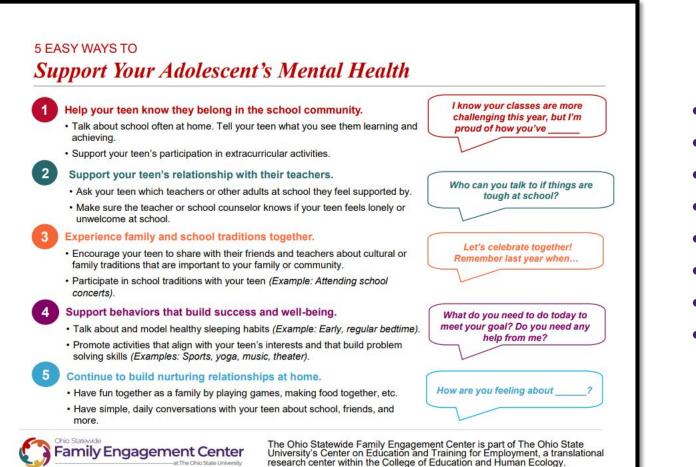






1 Page of Tips for Families

Middle/High School



- English
- Arabic
- Dari
- Nepali
- Somali
- Spanish
- Swahili
- Ukranian



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YOU ARE NOT ALONE.

Family

Engagement

Center

CENTER ON EDUCATION AND

RAINING FOR EMPLOYMEN

THE OHIO STATE UNIVERSITY

185.469

children in Ohio

live with their

grandparents

#GrandUnderstandings? **Our Message to GrandFamilies**

Middle

Years to

Careers

We recognize that raising your grandchildren or other relatives can require a lot of you. Be assured, you are giving them a better present and future. At the Ohio Statewide Family Engagement Center- we see you and we hear you. We want to support you in working together with schools and the community. Below you will find some resources about schools and family well-being- created with help from grandfamilies. When families, schools, and communities work together, children are more successful in learning and in life.

SCHOOLS ARE HERE TO HELP

If you haven't already, reach out to your grandchild's school with your questions. Schools can help with learning supports, behavior, mental and physical health, and your family's overall well being.

Consider reaching out to one of these staff members for more information: school counselors

 teacher principal

· school social worker

THERE ARE RESOURCES FOR YOU



shools nurse

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Q. **P**

Many grandfamilies and kinship families find it helpful to connect to others and the community. Joining a group of others with similar lives is a good idea. To find a group or other supports to help your family along the way, consider these Ohio resources. Click on each one or scan the QR code for more information.







Kinship navigator program ohiokan.jfs.ohio.gov

Online support group Advocacy organization inshipcaregiver. com/ https://ohiograndparentkinship. org/

go.osu.edu/ grandresources 63

THANK YOU FOR WATCHING! OhioFamiliesEngage.osu.edu

Setting the Table Together: JOY and POVER in PARTNERSHIPS



—at The Ohio State University——

Ohio Statewide Family Engagement Center



OhioEngage

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