



DR. TOM FOLEY



Touchstone
FOUNDATION

PARENTING SERIES:

A PARENT'S GUIDE TO RAISING RESILIENT YOUTH



Touchstone
FOUNDATION

Youth
Mental Wellness
Partners

Dr Thomas Foley

Thomas Foley, MD, is a board-certified child, adolescent, and general Psychiatrist who is passionate about helping young people and their families thrive. He earned his undergraduate degree in Biology from the University of Colorado and went on to complete medical school at St. George's University. Dr. Foley trained in general psychiatry at Temple University Hospital in Philadelphia, followed by specialized fellowship training in child and adolescent psychiatry at the Children's Hospital of Philadelphia.



TOUCHSTONE FOUNDATION: PARENTING SERIES

Hope 101: Hope Awareness

Anne Kinderwater Carroll, Ed.D.



Dr. Anne Kinderwater Carroll



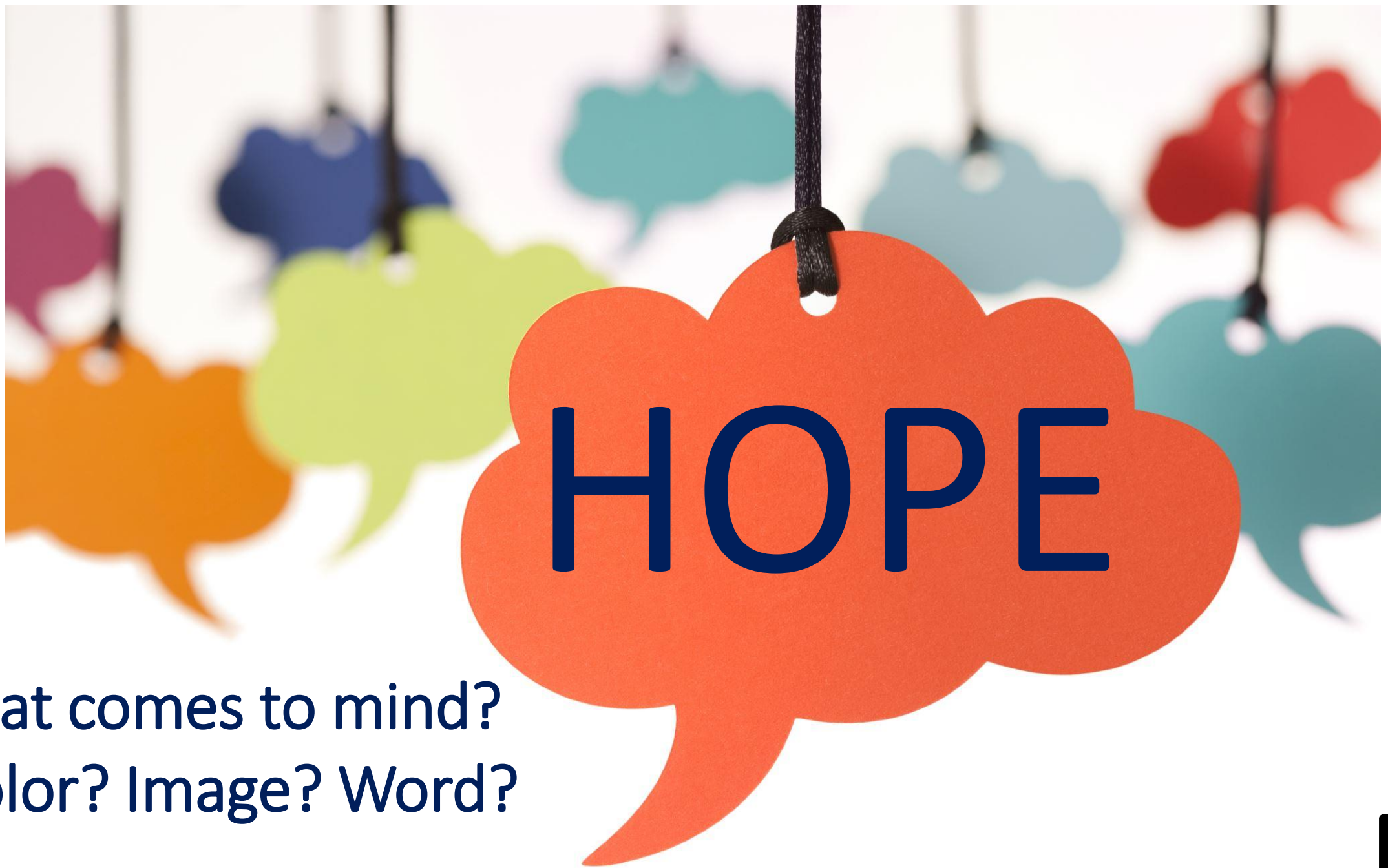
- ❖ Worked in public school setting as a science teacher, coordinator, secondary/elementary principal
- ❖ Experience as Education Director at residential living facility for mothers and children
- ❖ Doctorate in Educational Leadership with focus on underserved populations; Hope Ambassador certification
- ❖ Current work at Penn Medicine LGHealth Community Health team with focused support for youth impacted by mental health and substance use challenges of a loved one
- ❖ Partner with county organizations and school districts to engage trauma informed, hope-centered practices
- ❖ Parenting two young adults

Agenda

- Identify components of hope science.
- Explain the impact of hope on trauma.
- Build hope to strengthen wellbeing.

Do You Doodle?

Go For It!



What comes to mind?
A color? Image? Word?





Optimism

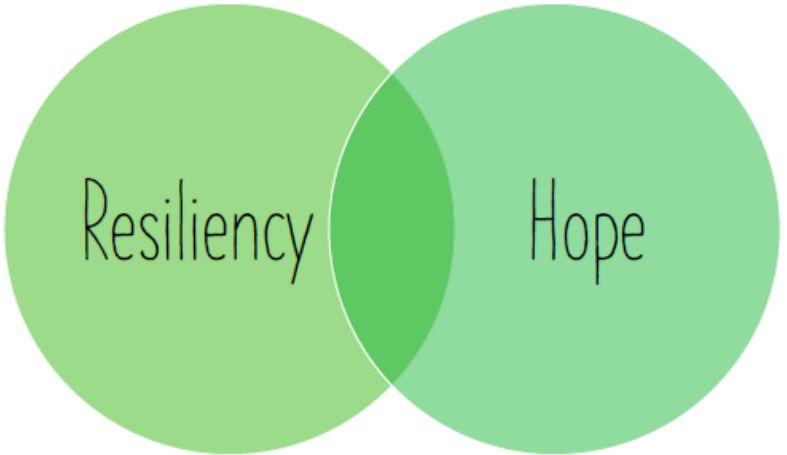


Looking to the future

H.O.P.E.



Belief that good will prevail



Faith

Reframe the meaning.



HOPE IS A SCIENCE



HOPE IS A COGNITION



HOPE CAN BE TAUGHT



WHAT
HOPE
IS

WHAT
HOPE
ISN'T

HOPE ISN'T AN EMOTION



HOPE ISN'T A WISH



HOPE ISN'T A FEELING



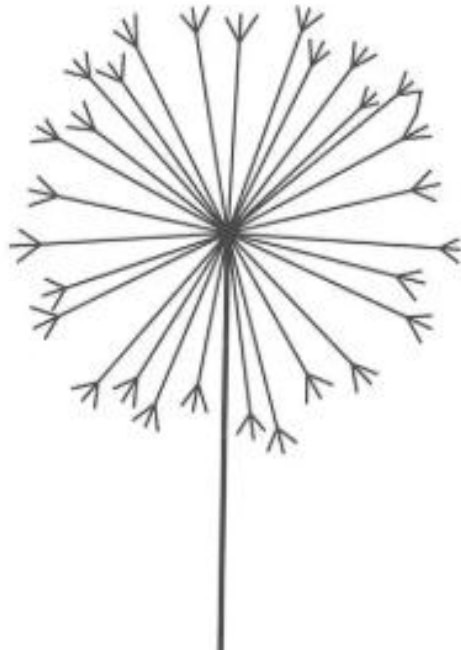
“...a vision for the future fueled by positive feelings and inspired actions.”

Shift our thinking.

Hope changes the question...

What has happened to you?

“This isn’t working!”



Hope is for **EVERYONE**

What is going well?

What makes you strong?

What makes you healthy?

What allows you to cope in terms of stress?

What makes our [home] a good place to be?

Wish is having a goal that we desire, but we don't have any control or strategies to achieve it.

Why does HOPE matter?

Impacts areas of:

- Health
- Education
- Work
- Relationships
- Well-being



Hope is the leading predictor of life satisfaction and well-being.

Hope can be nurtured and taught.

Willpower/**Agency** is the capacity to exert mental energy. So it is determined, in part, by the brain having enough fuel, or nutrients. Involves motivation, safety, connection.

Sense of
Agency

External factors including trauma may shape the way families approach **Goals**.



Pathways
Thinking

Waypower/**Pathways** is the ability to make small steps toward your goal and develops, in part, from having support and accessibility to continue towards goals. Involves having multiple routes.

On the Road to Hope

(and what gets in the way)

Destination: **GOAL**



Lack of clear goals and tasks

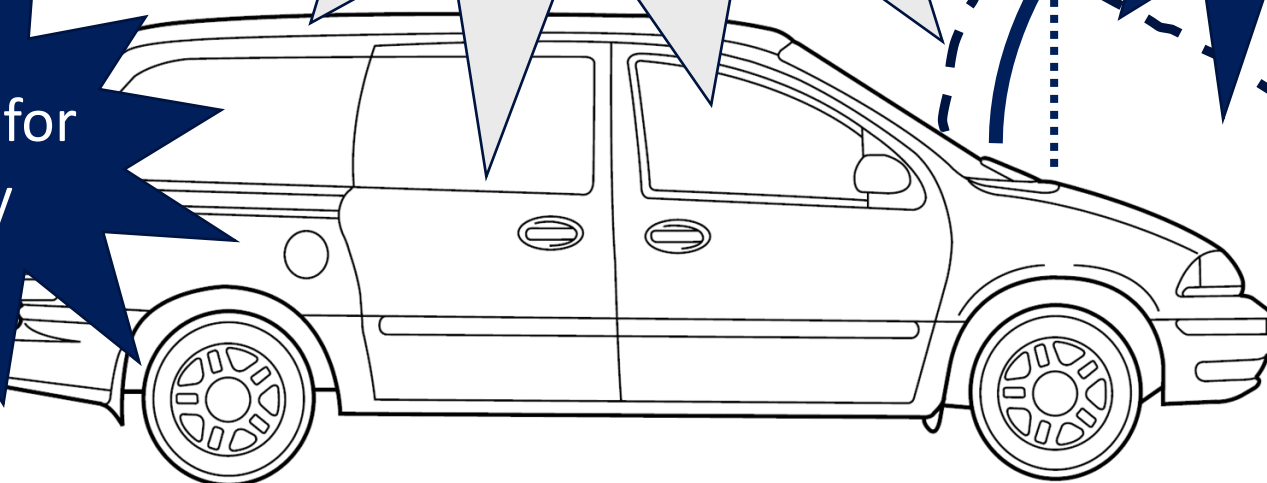
Stuff in the van;
TRAUMA;
Need fuel

Blocked pathways

Journey: **PATHWAY**

Fuel: **AGENCY**

Low fuel for agency



What is in YOUR van? What does your child carry?



Hope disrupts trauma

PROTECTIVE FACTORS THAT PROMOTE RESILIENCY & HOPE

INDIVIDUAL

Temperament

Individual temperament or sense of humor



Understanding

Ability to make sense of their experiences

Relationships

Ability to form relationships with peers



Mastery

Opportunities to experience mastery



Expression

Opportunities to express feelings through words, music, etc.



Conflict Resolution

Development of conflict resolution & relaxation techniques



Culture

Strong cultural identity

FAMILY

Role Models

Adults who role model healthy relationships



Supportive Relationships

Positive child-caregiver relationships



Health

Healthy caregivers



Networks

Relationships with extended family members and others



Stability

Stable living environment

COMMUNITY



Access to Services

Basic needs, advocacy, health



School

Positive school climate and supports



Mentors

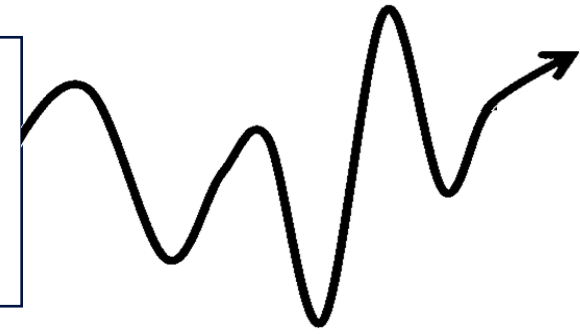
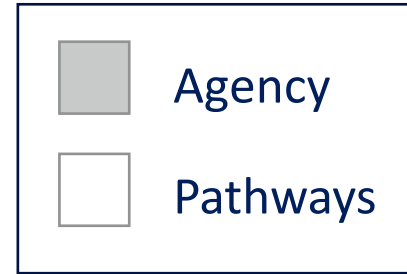
Role models & mentors, i.e. coach, faith leader

Neighborhood Cohesion

Safe & connected communities



Hope can be measured.



1. ___ I think I am doing pretty well.

2. ___ I can think of many ways to get the things in life that are 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 have 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.



6-point Likert scale (1=None of the time, 2=A little of the time, 3=Some of the time, 4= A lot of the time, 5=Most of the time, 6=All of the time)

Building Hope - hope-centered considerations

Agency

- Normalize mental health challenges and recognize our capacity
- Positive memories of success/Strength-based approach/Positive self talk
- Sense of authentic belongingness/Healthy & positive peer connections
- Surrogate hope
- Intentional self care, nutrition, and HYDRATE

Goals

- Help identify and clarify goals
Meet people where they are and set expectations they can meet.; building confidence through contributions
- Integrate individual and organizational goals
- Keep goals present and visible
- Re-goal when needed

Pathways

- Get started & keep moving
- Identify & communicate multiple pathways
- Be realistic about challenges & capacity
- Ask about and remove barriers



**You are
Here!**



Building Hope in Families

HOPE = GOALS + PATHWAYS + AGENCY

Hope strengthens family resilience:

- Helps children move through adversity
- Encourages small steps toward meaningful goals
- Builds belief that progress is possible

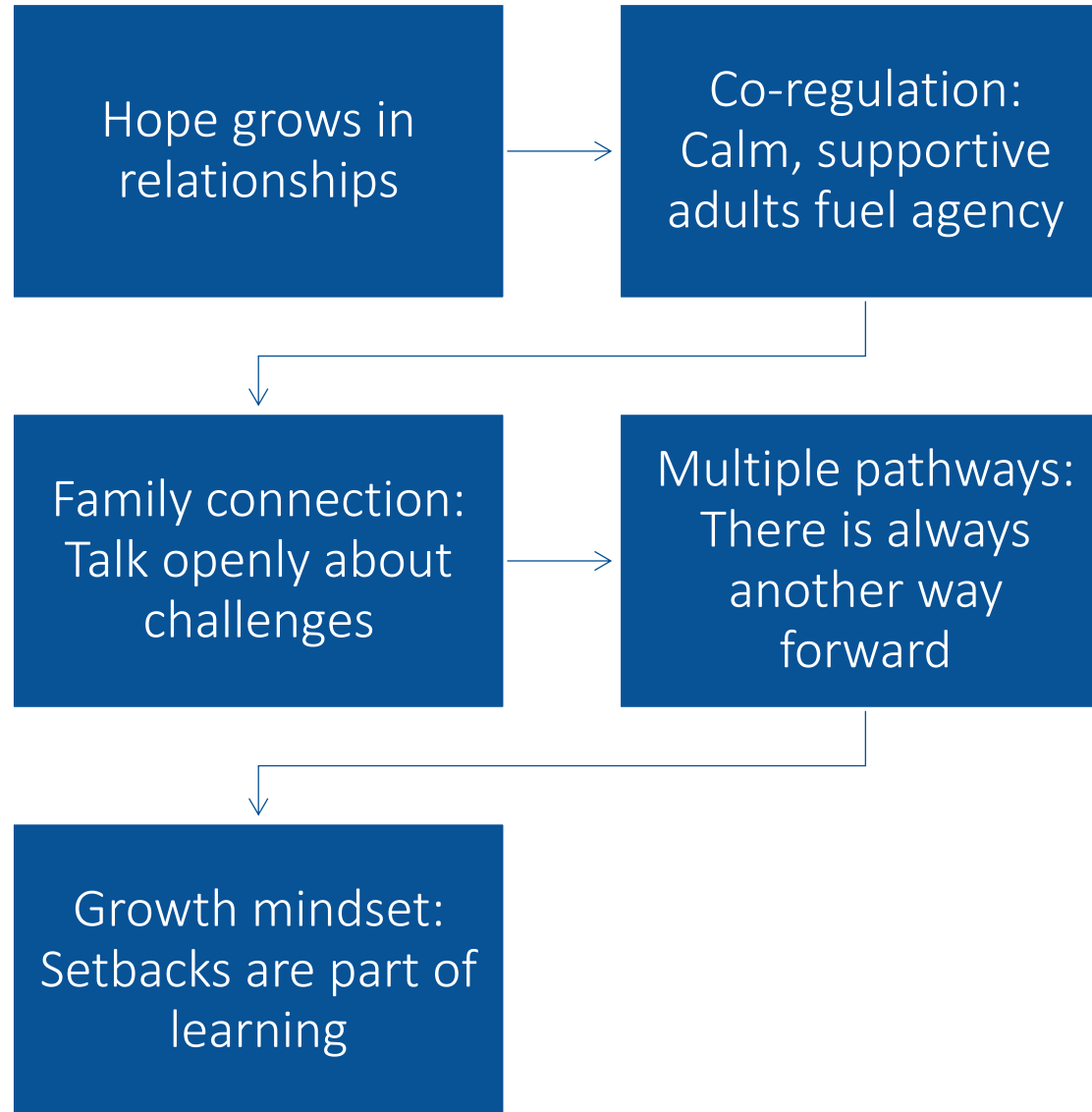
Parent takeaway:

Ask: 'What is the next small step forward?'

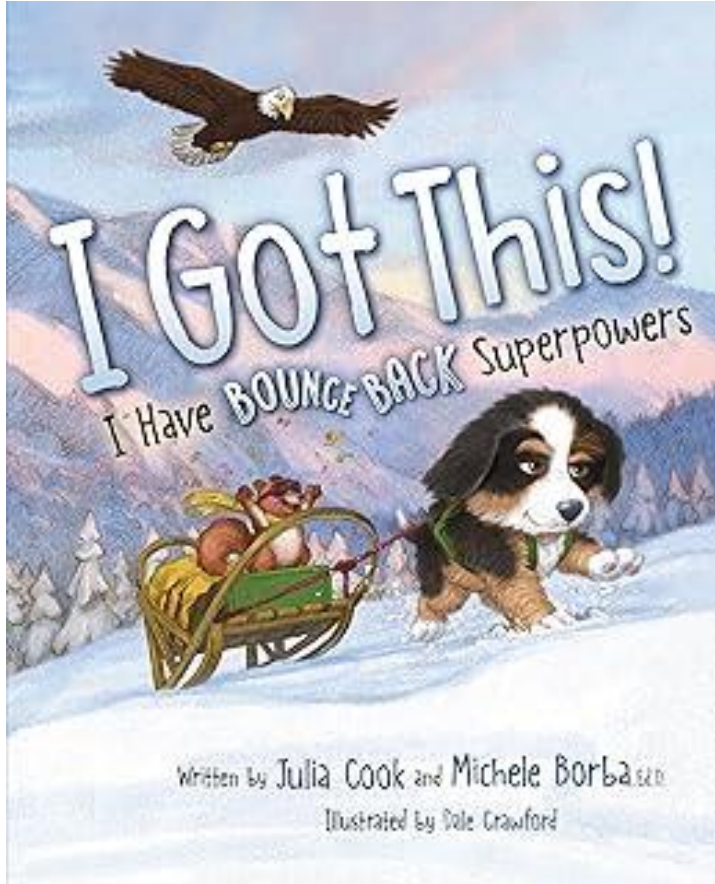


Connecting Hope to Parenting

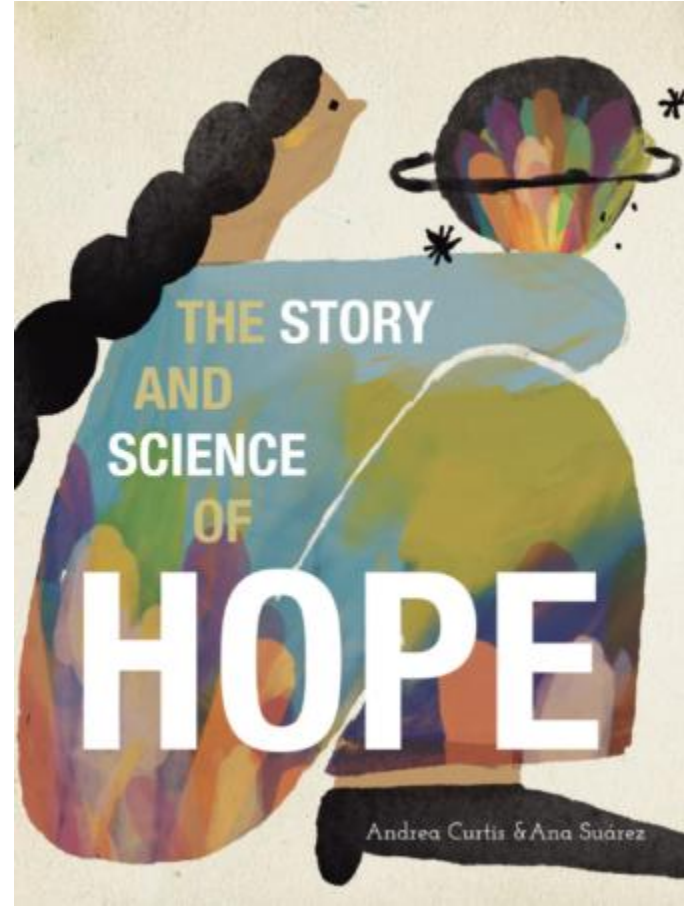
FAMILIES BUILD HOPE BY STAYING CONNECTED, TAKING SMALL STEPS, AND CELEBRATING PROGRESS.



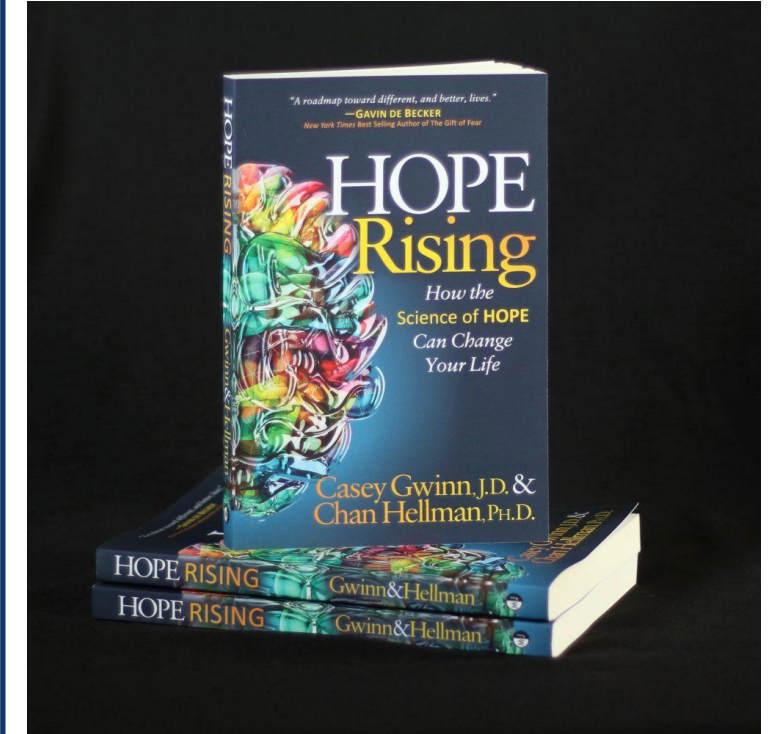
Littles to Bigs



Written by Julia Cook & Michele Borba,
Ed.D; illustrated by Cole Crawford
Published by Natl Center for Youth Issues



Written by Andrea Curtis; illustrated by
Ana Suárez.
Published by Greenwood Books.



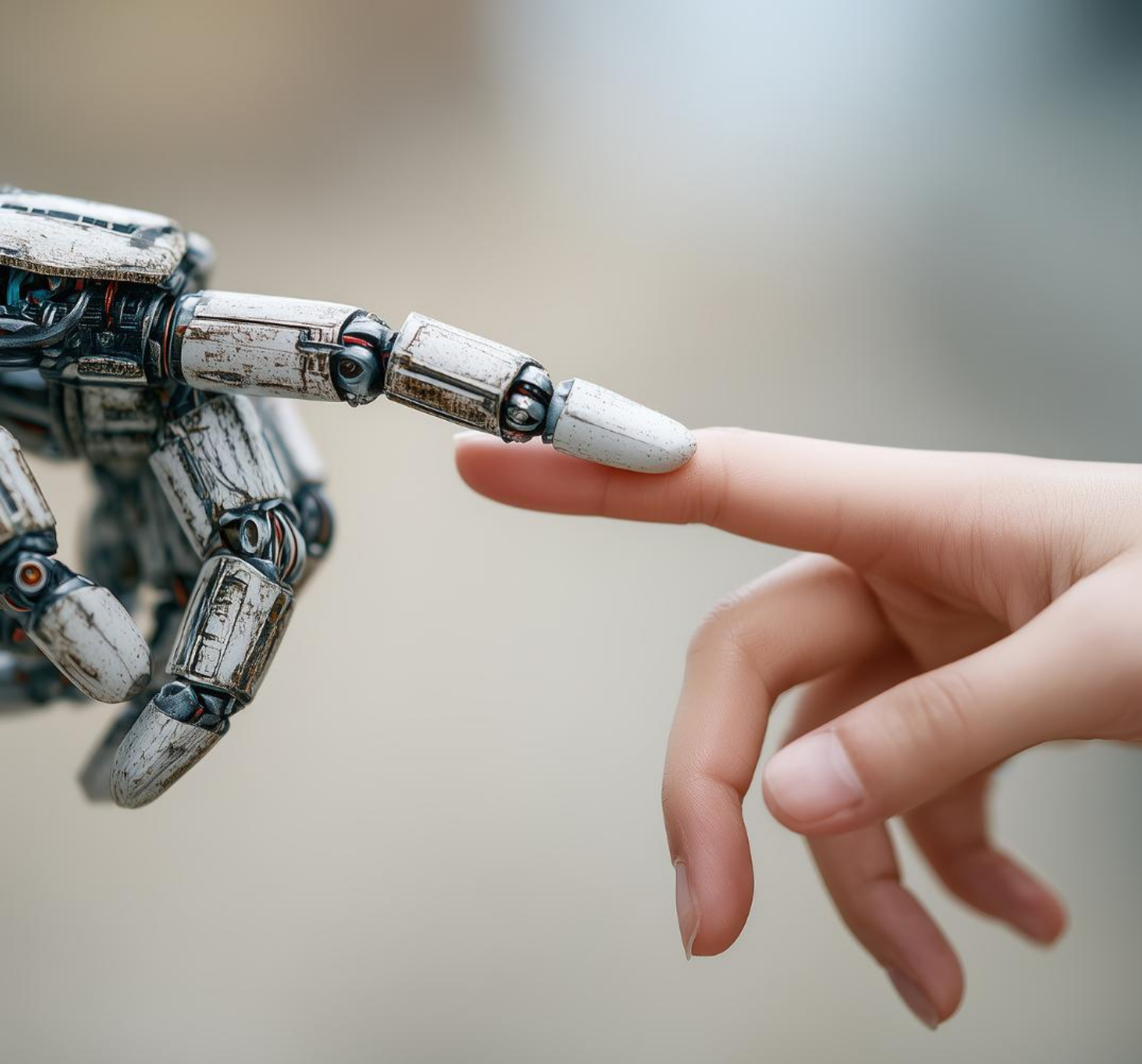
Written by Casey Gwinn, J.D. & Chan
Hellman, Ph.D.; Published by Morgan
James Publishing

Q&A

- Please use the comment box to send your questions for our moderator to read.



Upcoming Series Topics



Parenting in the Shadow of AI & Technology

Navigating a Powerful Tool

- Technology shapes attention and tolerance
- Boundaries can be calm and relational
- Protect connection while setting limits



Early Support & Proactive Care

Before Things Spiral

- Most kids don't need crisis intervention
- Earlier, calmer support matters
- Knowing when to step in—and step back



The Future of Youth Mental Wellness

Skills for an Uncertain World

- Emotional regulation
- Adaptability
- Persistence
- Meaning

*These are learnable—and
families matter.*

Thank You for Joining

- Please take a minute to finalize your experience and answer a few questions from our post event survey.
- Link in your email after this event.

