

SPOKANE HOPE SUMMIT

Engaging Child Welfare Partners to Increase HOPE for Ourselves, Families, and the System

February 18, 2021

12:30am-4:30pm

Virtually by Zoom

- 12:30 – 12:45 pm **Welcome and Land Acknowledgement**
- Emma Noyes
- Commissioner Rugel
- 12:45 – 1:45 pm **Introduction to the Science and Power of HOPE**
- Dr. Chan Hellman
- 1:45 – 2:00 pm **Clarifying Conversation**
- Dr. Chan Hellman
- 2:00 – 2:10 pm **BREAK: Optional Wellness Activity- The Power of Breath: Caitlin Soriano**
- 2:10 – 2:35 pm **Personal and Professional Goal Setting**
Download Worksheet: [Goal Worksheet – Court Improvement Training Academy \(wacita.org\)](#)
- 2:35 am – 3:10 pm **HOPE Worksheet**
Download Worksheet: [Hope Worksheet – Court Improvement Training Academy \(wacita.org\)](#)
- 3:10 – 3:20 am **BREAK: Optional Wellness Activity- Exercises to Help with Eye, Neck, And Brain Fatigue: Dr. Kristen Allott**
- 3:20 – 4:10 pm **Applications for Spokane Dependency System**
- Fishbowl conversation with Spokane dependency system professionals: Dr. Chan Hellman, Commissioner Michelle Ressa, Parent Attorney Paula Davenport, CFWS Caseworker Tiffany Labish, and Parent Ally and OPD Social Worker Rebecca Harris.
- 4:10 – 4:25 pm **Next Steps and Closing Statement**
- Commissioner Ressa