

Program Profile

Program or project name	Journey of Hope
Location/s	Various
Client group	Children and young people aged from preschool to high school, parents and caregivers
Internal stakeholders	Team Leader, Senior Facilitators, Facilitators, Project Lead
External stakeholders	Local schools and early childhood providers
Program or project description	<p>Journey of Hope is an evidence-based program that helps children cope with traumatic events, such as bushfires, COVID-19 or natural disasters, to develop their natural resilience and support their own recovery.</p> <p>Journey of Hope was first implemented after Hurricane Katrina in New Orleans and developed with children and educators. The program has since been delivered to more than 85,000 children in numerous countries, including an adaptation in New Zealand following the Christchurch earthquake.</p> <p>Through rigorous evaluation, including by the International Institute for Children’s Rights and Development, Journey of Hope has been shown to improve student social and emotional well-being, as well as knowledge and skills, by:</p> <ul style="list-style-type: none"> • Teaching children to recognise and manage their emotions, which builds confidence, self-esteem, and ‘I believe I can’ attitudes. • Developing positive peer relationships, which help children experience a collaborative environment based on respect and understanding. • Reducing disruptive behaviours, which supports more concentrated learning in class. <p>Working in partnership with schools and early childhood providers, the program is delivered in facilitation pairs to groups of 8-10 children and aims to help children understand, process and express their feelings and emotions, mitigating long term impacts to their mental health.</p>
Additional information	