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| **INNOVATIVE PRACTICE**  |
| Event Code: LEE22-00523World Mental Health Congress London Mental Health a Global Priority, London, UK28/06/2022-01/07/2022 |
| **Your details**(as you want them listed in the programme) | Kathryn Goetzke |
| **Date and time of your innovative practice session** | Wednesday 29 June 202214:00-14:30hrs |
| **Duration** | 30 mins workshop |
| **Proposed title**(please complete) | Innovative practice stigma; Utilizing a whole city approach to Activating Hope through Hopeful Cities |
| **Learning Objectives**(please complete) | * Understand the impact of hopelessness on individuals and communities, and how branding impacts stigma.
* Learn about the importance of hope, how it relates to mental health, and the resources available to teach it.
* Know how to engage education systems, workplaces, governments, arts, and community members to activate hope citywide. Discover how to create a Global Movement for Hope and understand why it is important for eradicating stigma.
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| **Abstract**(max 500 words) | Hopelessness is predictive of weapon-carrying on school property, addiction, violence, self-harm, and suicide. It is also a key symptom of anxiety and depression. A recent CDC publication in the United States indicated more than 1 in 3 high school students experience persistent feelings of sadness and hopelessness, almost half of female students, and nearly 70% with same-sex partners. In this same report, 1 in 6 high school students reported making a suicide plan in the past year, a 44% increase since 2009.Despite the quantifiable rise in hopelessness, we are never taught what hopelessness is or how to proactively manage it. Hopeful Minds and Hopeful Cities are working to ensure that every person knows what hopelessness is, how to proactively manage it, and what they can do to activate their communities on the Science of Hope. We created a free Hopeful Cities Playbook and aim to provide examples of how we are activating hope in Reno, NV. |
| **Key references or resources**(maximum five) | Baiden, P., Tadeo, S. K., Graaf, G., & Respress, B. N. (2019). Examining the association between weapon carrying on school property and suicide attempt among adolescents in the United States. *Social work in public health*, *34*(7), 570-582. Centers for Disease Control and Prevention. (2020). Youth risk behavior survey: Data summary & Trends Report 2009-2019. Kirby, K., Sweeney, S., Armour, C., Goetzke, K., Dunne, M., Davidson, M., & Belfer, M. (2021). Developing Hopeful Minds: Can Teaching Hope Improve Well-being and Protective Factors in Children?. *Child Care in Practice*, 1-18. Sickel, A. E., Seacat, J. D., & Nabors, N. A. (2019). Mental health stigma: Impact on mental health treatment attitudes and physical health. *Journal of health psychology*, *24*(5), 586-599. Weisz, J. R., Sandler, I. N., Durlak, J. A., & Anton, B. S. (2005). Promoting and protecting youth mental health through evidence-based prevention and treatment. American Psychologist, 60(6), 628.  |