

Engage with Intention



A 12-week campaign to help
trusted adults build intentional,
health-promoting relationships (HPR)
with youth ages 11-18

Week 12

Topic:

**Final Reflections
&
Carrying HPR Forward**

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WEEK 12

Final Reflections & Carrying HPR Forward



A FINAL MESSAGE

Dear Trusted Adults Across the Nation,

We did it! We showed up, looked this campaign straight in the eyes, and accepted the challenge to **“Engage with Intention”** and demonstrate **“HPR in Action”**! How meaningful it was to build self-awareness, transform our *way of being* with youth and others, and experience the joy from enabling those we care so much about to be well.

But...the work of building health-promoting relationships does not end with the campaign. It continues on as we wake up each day and refine our *way of being* in ordinary moments. Developing this campaign was a labor of love, and we hope it reinforced the belief “I am seen and loved” in each of you. We believe in the HPR paradigm, and we believe in your ability to live it in ways that make sense for you.

One of the most meaningful parts of this campaign for me was the [Youth Activities](#). For the first time, we invited young people into a parallel process of reflection and growth with us! Completing the [Trusted Adult Activities](#) alongside youth created opportunities to grow together, be authentic with one another, and share insights. What a gift for both of us!

Before we carry HPR forward, please join me in pausing to reflect one last time:

1. What about the campaign content and experience was most meaningful to you?
2. Which personal insights or practices do you most want to protect and continue?
3. Where do you still want to stretch to show up in ways that are important to you?

PLEASE complete the brief campaign evaluation and share your feedback with us to help inform revisions and future resources. HPR is not something we do perfectly or alone. It’s an honest process of becoming who we want to be with youth and others. *Pay attention to the stirring deep within, act on it, and let yourself be changed.*

I want to sincerely thank **Dr. Jody Kamon** from the Center for Behavioral Health Integration for her partnership in illuminating the most salient messages for the campaign content. Her insights were essential.



Walking this path with you,

Lora Peppard
Director of ADAPT
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THE FULL HEALTH-PROMOTING RELATIONSHIPS CURRICULUM

Over the past 12 weeks, you received individual weekly content focused on specific HPR topics, strategies, and practices in a logical sequence to promote understanding and application. Each week's content built upon the week before.

We have now taken that full body of work and synthesized it into a cohesive HPR curriculum. This structure brings the weekly lessons together into a clear learning pathway that demonstrates how foundational concepts, application strategies, and ongoing practice fit together as a complete approach to building health-promoting relationships.

The full HPR curriculum can be used as:

- A personal reference to revisit key concepts and deepen your practice
- A training roadmap for teams, organizations, or community partners
- A tool to introduce the HPR paradigm to others who are ready to engage with greater intention
- A foundation for ongoing professional development or coaching
- Conversation starters for team meetings
- Exercises adults/youth complete and discuss together in comfortable ways
- A tool for mentoring or advisory relationships
- Content for peer leadership or peer mentoring programs
- Support for Social-Emotional Learning (SEL), health, or advisory classes
- A framework for school-wide culture and relationship-building efforts
- A shared resource between schools and families to create greater alignment at home and at school
- Any other ways you can think of!

The curriculum and a variety of **RESOURCES** to support your journey with health-promoting relationships can be accessed at www.hidta.org/adapt/hpr/.

1. The Health-Promoting Relationships Paradigm Toolkit
2. Posters of the 5 HPR Core Protective Beliefs in pdf format for printing
3. HPR *Way of Being* Quick Reference Guide (1 page)
4. Overview of HPR (2 pages)
5. Self-Assessments for the Facilitators of Connection and Micro-Skills
6. Organization Self-Reflection and Planning Tool

Importantly, while many of the concepts do build on each other, immense benefit can be found in simply spending time with the concepts that are of most interest to you at any given time. The HPR *way of being* is dynamic in nature and comes to life best with fluid approaches where the distractions of rigidity or perfection are pushed aside for a more natural, organic, intentional process of growth. **Engage with the material in any way that makes sense to you at any time.**

HPR CURRICULUM OVERVIEW

Purpose of the HPR Curriculum

To equip trusted adults with the mindset, knowledge, and practical skills to build intentional health-promoting relationships that cultivate five core protective beliefs and promote well-being in youth ages 11-18 and others.

Guiding Principle

Health-promoting relationships are built with intention through a *way of being* that cultivates protective beliefs and enables youth to thrive.



PART 1: Foundations (Weeks 1-4)

- Week 1 – Trusted Adults, Health-Promoting Relationships (HPR) & the HPR Mindset
- Week 2 – The HPR 5 Five Core Protective Beliefs
- Week 3 – The HPR Way of Being
- Week 4 – Alignment with Relationship Values



PART 2: The Four HPR Way of Being Strategies (Weeks 5-8)

- Week 5 – Create the environment.
- Week 6 – Facilitate connection.
- Week 7 – Engage micro-skills.
- Week 8 – Grow youth abilities.



PART 3: Integration & Application (Weeks 9-12)

- Week 9 – Building Health-Promoting Relationships in the Context of Relational Challenges
- Week 10 – Weaving a Village of Trusted Adults Around Every Youth
- Week 11 – The Simple, Quiet Truths of Health-Promoting Relationships
- Week 12 – Final Reflections and Carrying HPR Forward

Access the full HPR curriculum at www.hidta.org/adapt/hpr/.