Journey of Hope: Coping with and Normalizing Emotions (JOH)

TARGET AUDIENCE
This program is for youth who are 5 to 18 years old and their caregivers, including parents, teachers, school administrators, and child-care providers.

SUMMARY
Journey of Hope: Coping with and Normalizing Emotions (JOH), a school-based program, is designed to help children learn to recognize, express, and manage their emotions; develop resilience; and build protective factors following traumatic experiences, such as natural disasters, stressful home environments, and community violence.

EVIDENCE
Two quasi-experimental studies were conducted with youth who had been impacted by tornadoes in Oklahoma and in Alabama. Posttest results indicated that participants in the intervention groups experienced increases in positive coping skills, including communication and tension management, and in prosocial behaviors compared to participants in wait-list control groups. There were no significant differences between groups for conduct problems, emotional distress, peer problems, problem-solving, personal development, or general self-efficacy.

COMPONENTS
JOH intends to help youth develop and strengthen self-esteem, self-efficacy, positive coping skills, and a social support network to help them handle traumatic events and consequences, such as loss of home, change of schools, and community devastation. Youth participate in a number of activities, including cooperative games, dialogue, group problem-solving, journaling, art, music, dance, and role-play. Sessions are delivered to groups of 8 to 10 youth, and each session addresses a distinct emotional issue:

- Session 1: Introduction - creating safety;
- Session 2: Fear - understanding and coping;
- Session 3: Anxiety - understanding and coping;
- Session 4: Sadness - understanding and coping;
- Session 5: Anger and aggression: understanding and coping;
- Session 6: Bullying - understanding and coping;
- Session 7: Self-esteem and taking action; and
- Session 8: Me, my emotions, and my community.

In addition, there is a parent workshop that discusses stress, coping, and supporting children after a disaster.

PREVIOUS USE
JOH was created in 2007 and has been delivered to more than 85,000 children across the United States and around the world in Canada, New Zealand, Spain, Ukraine, and the United Kingdom.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

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TRAINING
This program is implemented by master's-level mental health professionals (i.e., counselors, social workers, or psychologists) who have experience working with children. The cost for 5 days of in-person training is $10,000. Please use details in the Contact section to obtain more information on training and costs.

CONSIDERATIONS
Considerations for implementing this program include recruiting facilitators, obtaining materials and funding for training and other program costs, acquiring buy-in from school administration and teachers, and making time for lessons in an existing classroom curriculum.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing JOH, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

JOH consists of eight 1-hour sessions that are delivered over a period of 1 to 6 months. The parent workshop is 3 hours. In addition, there are 1-hour, monthly site visits to check fidelity and 2-hour, quarterly partner meetings.

JOH is delivered using five different age- and grade-specific curricula. Facilitator Guides for each level cost $20 each. Onsite and remote technical assistance is required for fidelity checks and partner administration meetings and costs $15,000 per year.

EVALUATION PLAN
To move JOH to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Save the Children by mail 501 Kings Highway East, Suite 400, Fairfield, CT 06825, phone 1-203-221-4000, email JoH@savechildren.org, or visit www.savethechildren.org/us/about-us/contact-us

SOURCE
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