

Parents' "Letter of Hope" Assignment

Congratulations on all of the hard work you have done throughout your journey at New Haven! I imagine it has been quite a wild ride. At this point, you are likely working on your family's transition plan and preparing for life after New Haven. As you are working to create these next steps for your family, we invite you to take some time to reflect back on the process (and the struggle) that has brought you to this point. Your family's story is unique, courageous, and deserves to be celebrated. As your journey at New Haven is coming to an end, another family's journey is just beginning. This new family is just now facing the challenge of putting trust in the process and having faith in treatment team. As you know from experience, this takes immense courage.

As one of your final assignments before transition, we would like you to write a "Letter of Hope" to these incoming parents. This letter is intended to be an opportunity for you to share your experience at New Haven and to help to create a vision for other families who are likely feeling hopeless and terrified at this time. Please do not use any last names or other identifying information that may compromise your confidentiality. If you do not feel comfortable sharing your story, just let your therapist know and we will not give your letter to others. However, even if you don't want your letter shared, we still ask that you write it as a tribute to your journey and as a future resource should you need a boost down the road.