

# The Science and Power of Hope

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Hope Research Center



# Well-Being In Practice

## What is wrong with you?

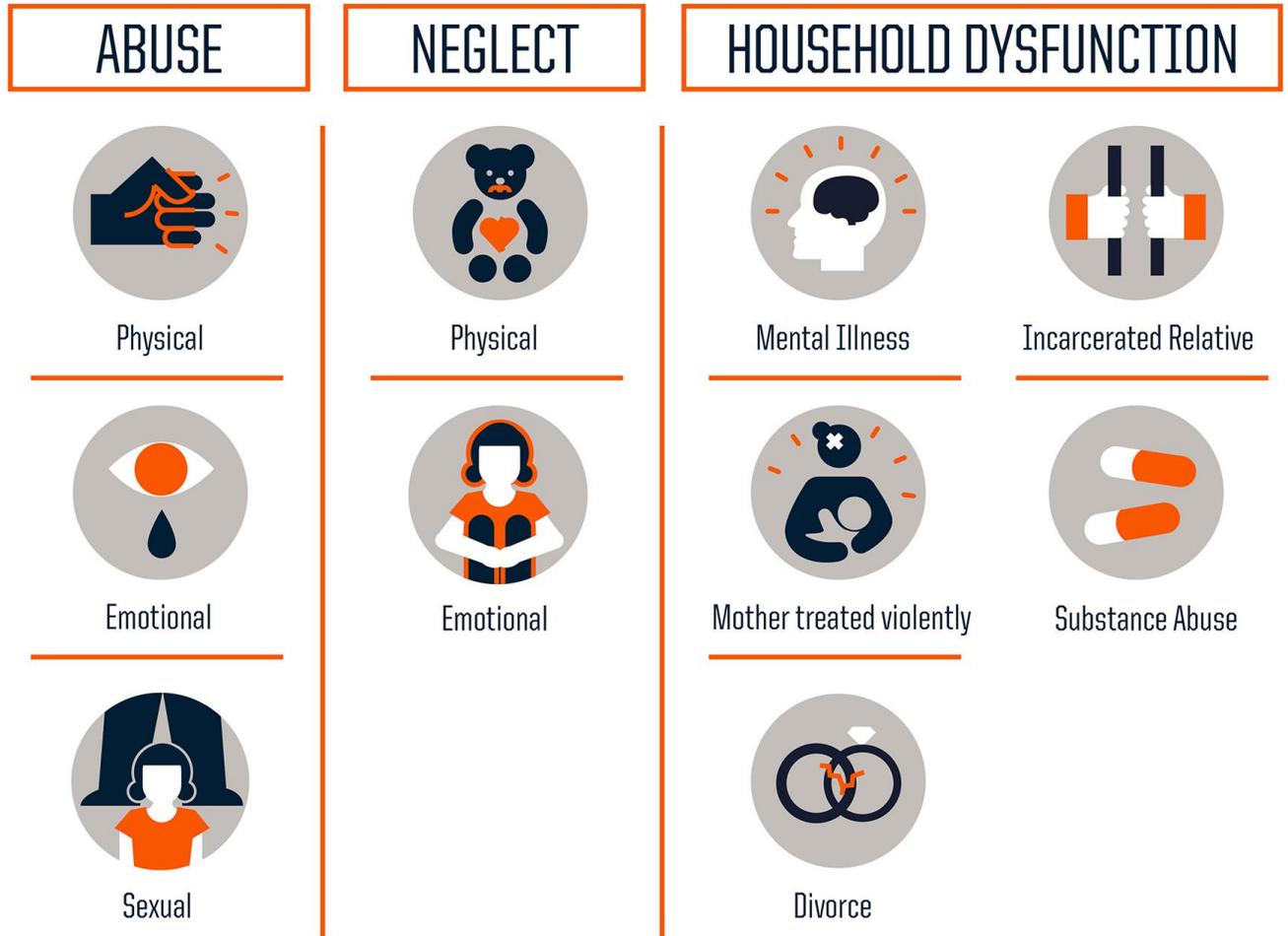
Well-being is viewed as the reduction of adversity

- Depression/Anxiety
- Externalizing Behaviors
- Disengagement
- Emotional Dysregulation
- Etc.

## What has happened to you?

Well-being is viewed from a client centered approach

# ACE Categories

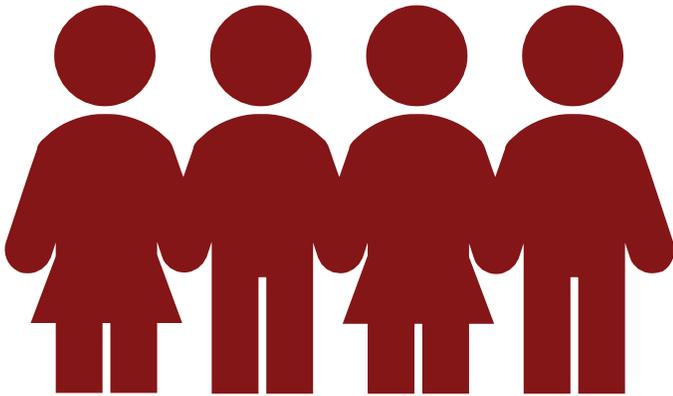


# Prevalence of ACE in US

| ACE Score | CDC Findings |
|-----------|--------------|
| 0         | 36.1%        |
| 1         | 26.0%        |
| 2         | 15.9%        |
| 3         | 9.5%         |
| <b>4+</b> | <b>12.5%</b> |

Average ACE = 1.61

# Prevalence of ACEs?

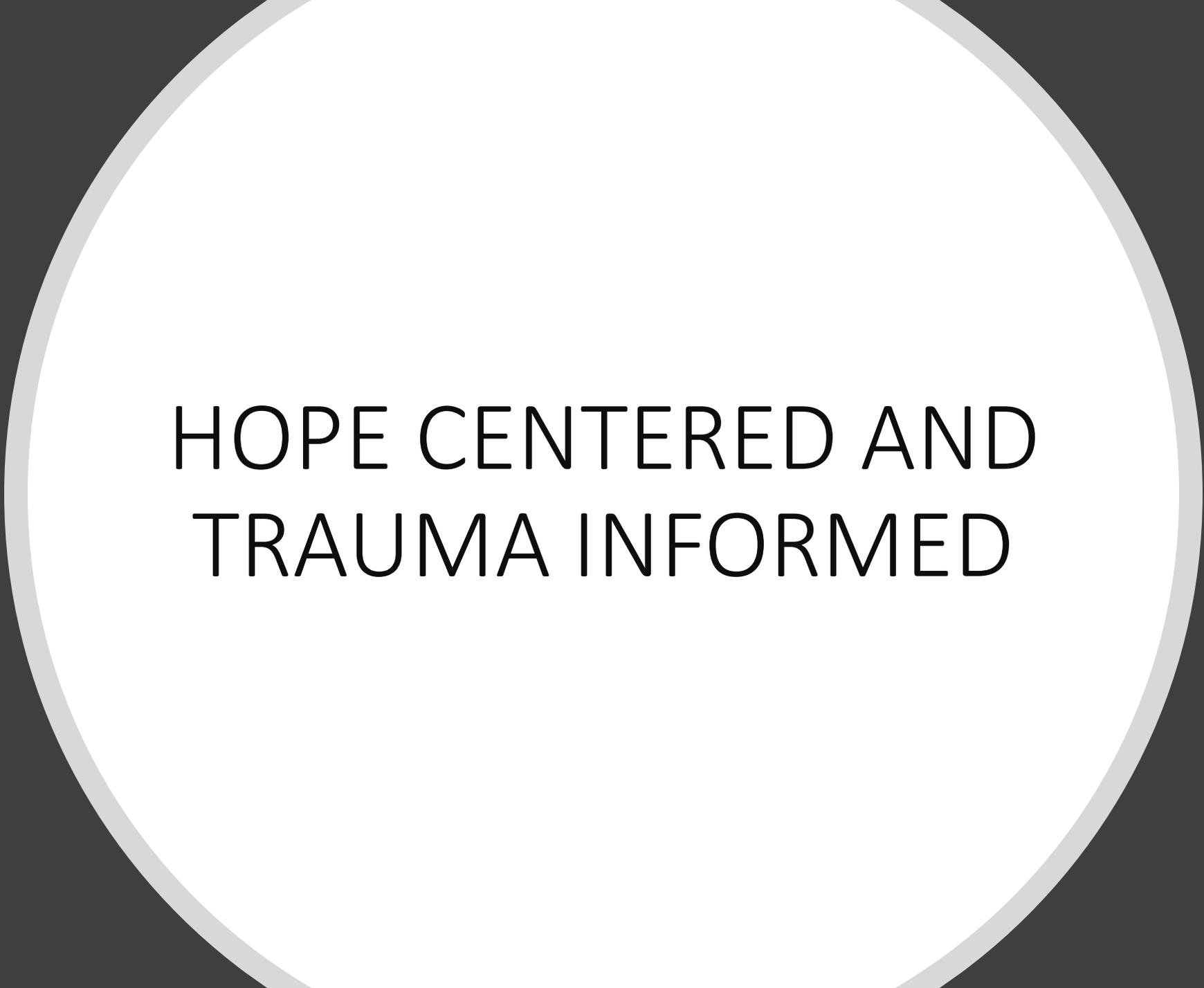


- CDC National Data 1.61
- Children Exposed to DV 4.40
- Juvenile Offenders 4.29
- Foster Children 5.68

# Trauma Informed Care

A framework that understands, recognizes, and responds to the effects of trauma on help seeking.

Emphasizes both physical and psychological safety for providers and clients.



HOPE CENTERED AND  
TRAUMA INFORMED



## What is Hope?

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Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

# The Simplicity of Hope

Goal setting is the cornerstone of hope.

**Pathways** refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

**Agency** (Willpower) is the ability to sustain motivation to move along these pathways.

# WHAT WE HAVE LEARNED

**Goals:** Cognitive endpoint of **purposeful** behavior.

- Achievement vs Avoidant?
- Short-term vs. Long-term

**Pathways:** Mental roadmaps to goal attainment.

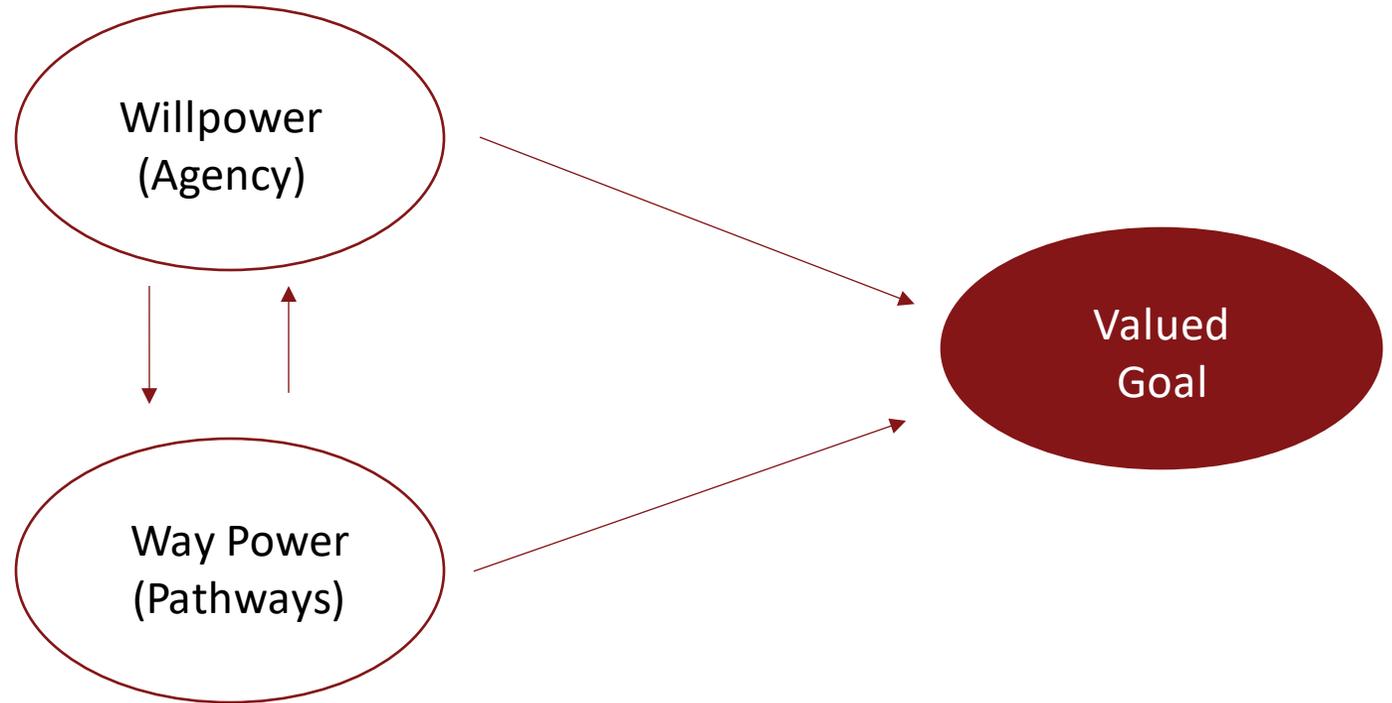
- Consider potential barriers with solutions.
- Identify multiple pathways.

**Agency (Willpower):** Mental energy to your pathway pursuits.

- Nutrition and willpower.



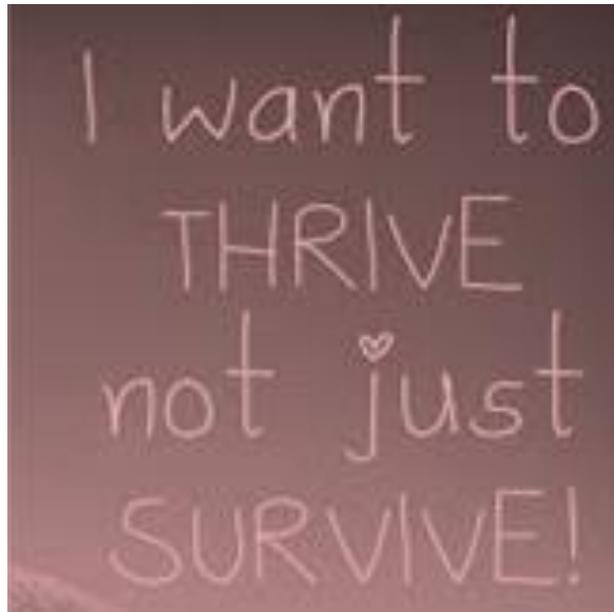
# Tenets of Hope



...agency without pathways is a wish!

# The Science of Hope

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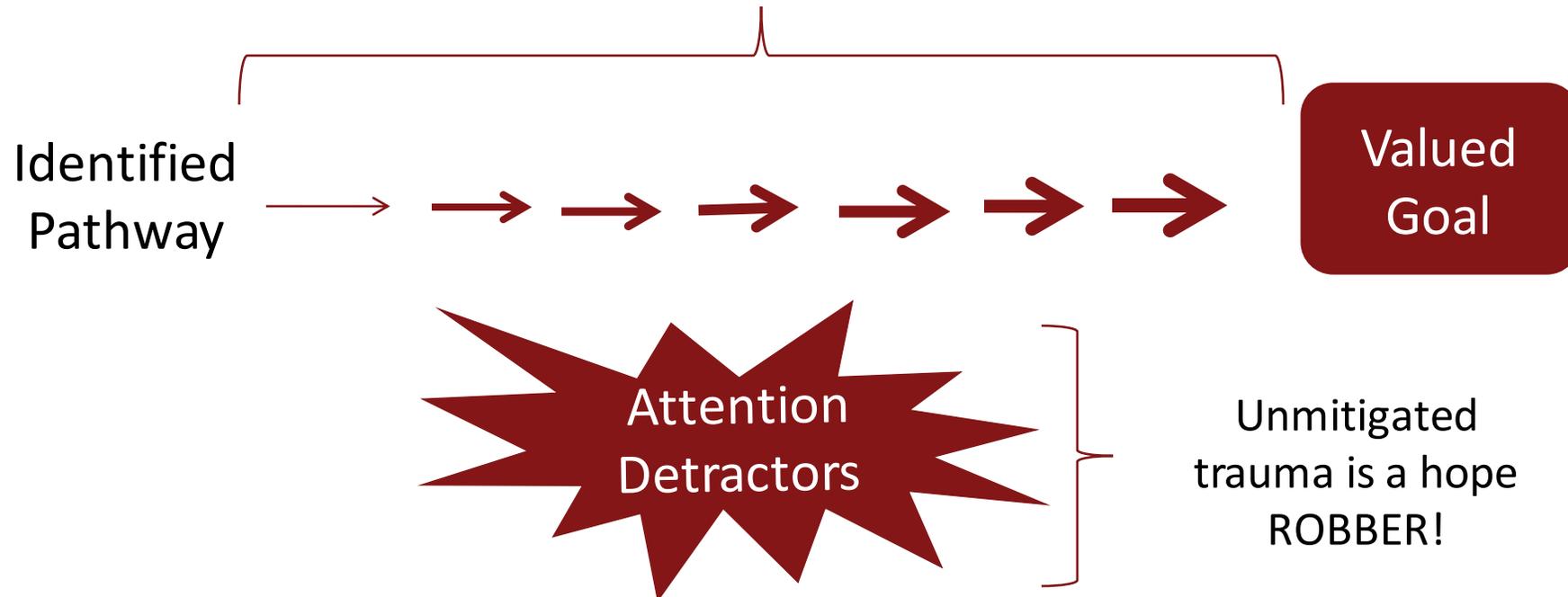
2,000 Published Studies

Hope is linked to positive outcomes and important assets:

- Well-Being
- Education
- Health
- Performance
- Citizenship

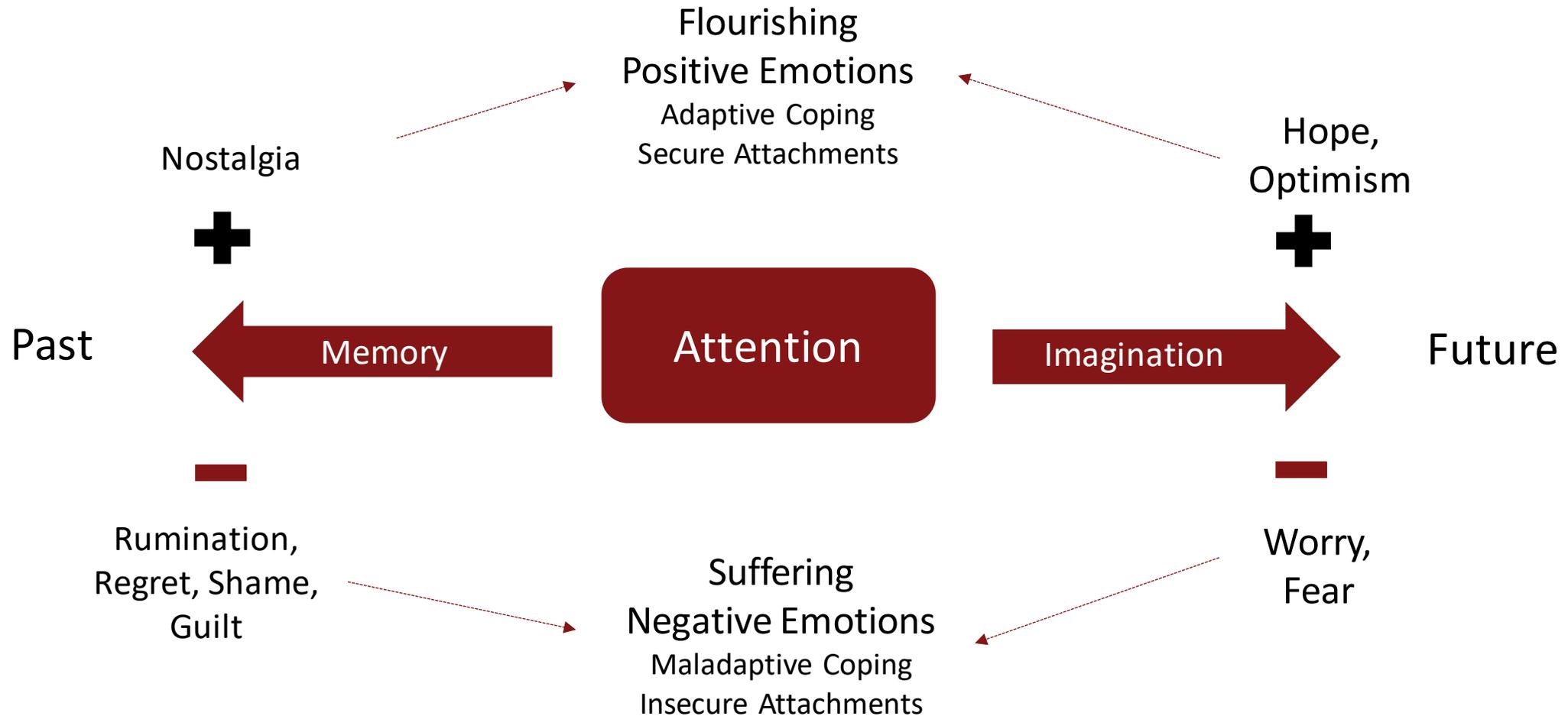
# The Experience of Hope

How well can you manage your willpower?



# Where Do You Focus Your Attention?

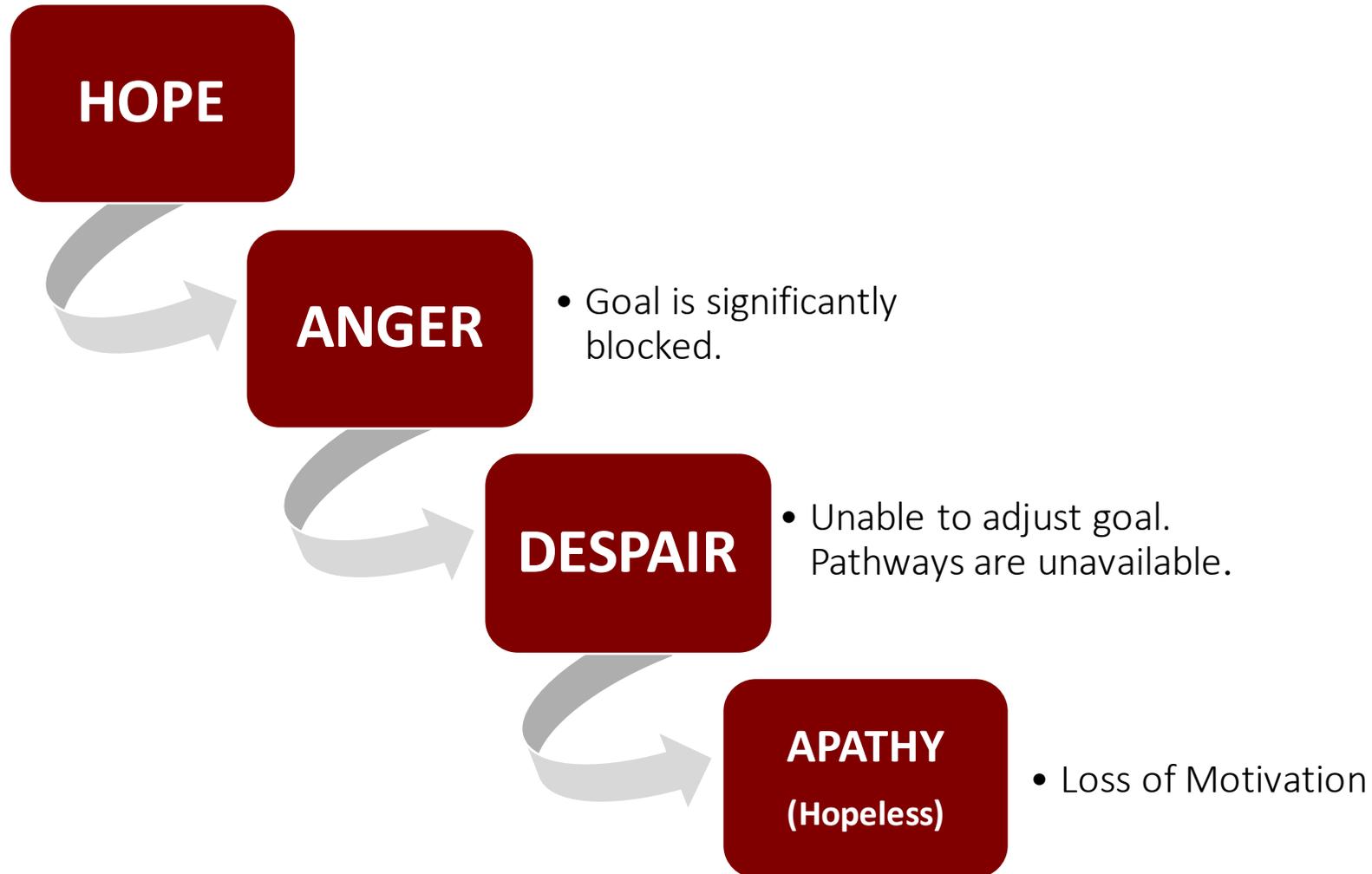
## Trauma And Hope



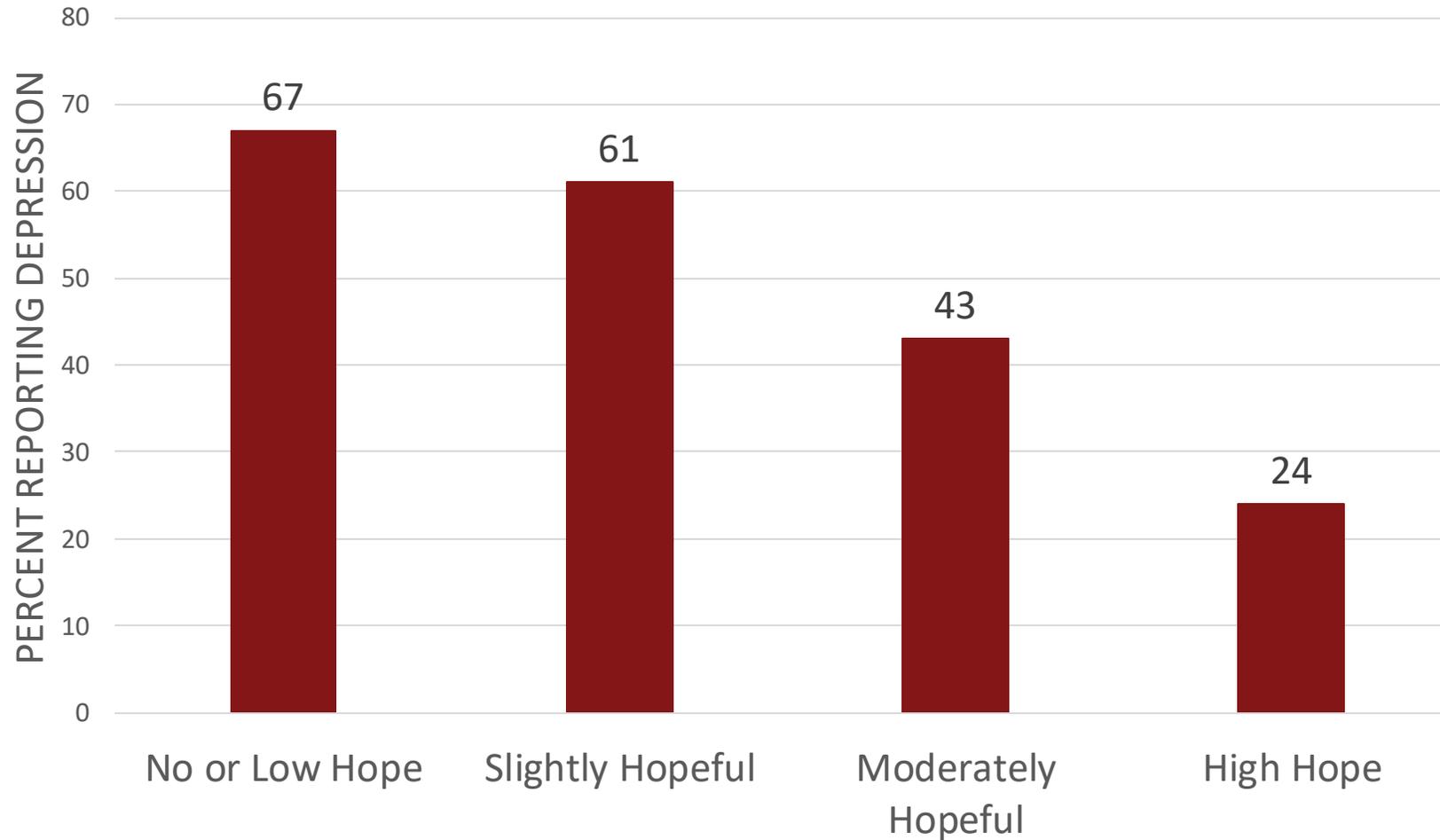


What is the  
Opposite of Hope?

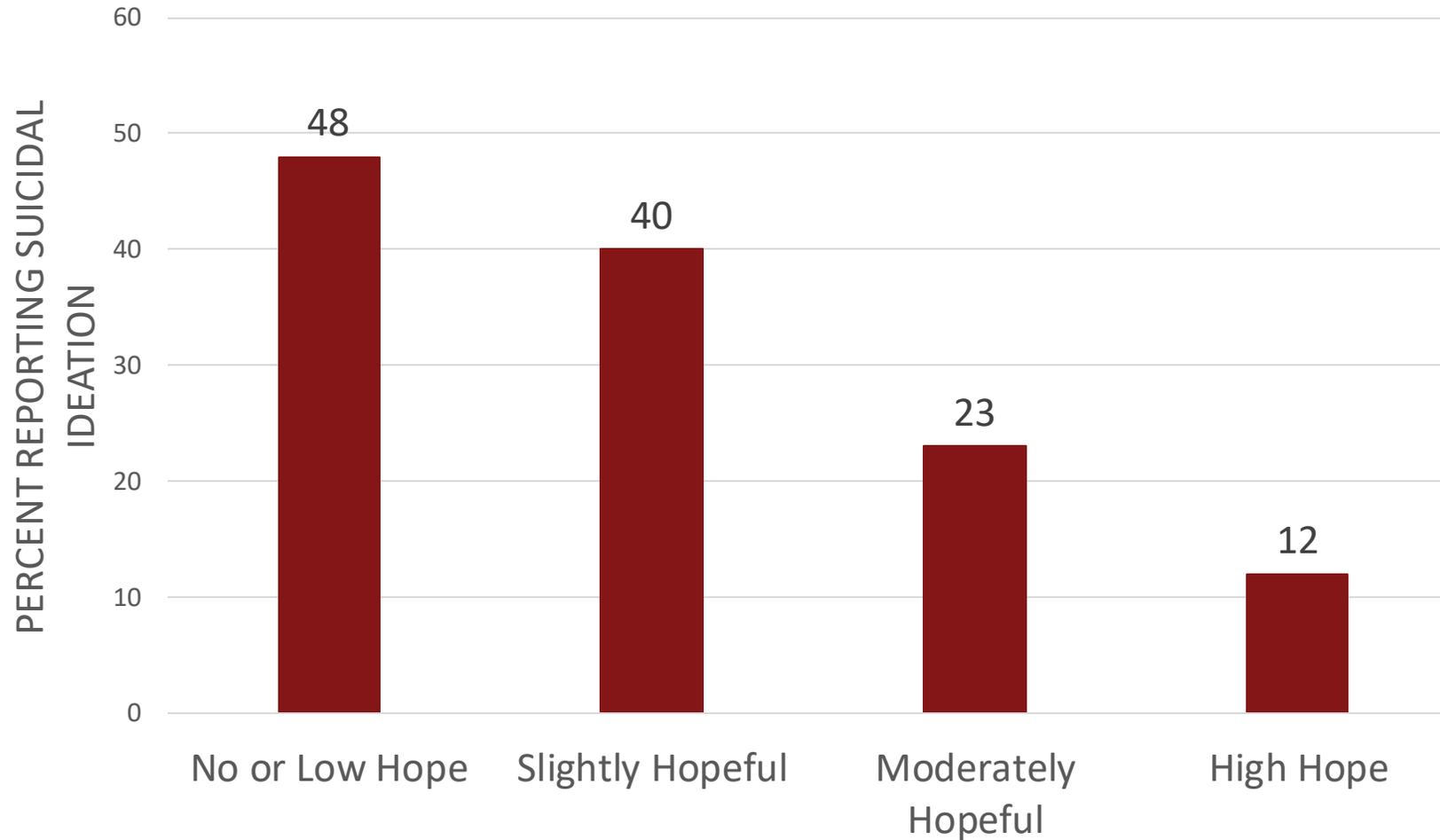
# The Loss of Hope is a Process



# Hope & Depression Among 8-12 Grade Youth(2018 HYS)



# Hope & Suicidal Ideation Among 8-12 Grade Youth(2018 HYS)



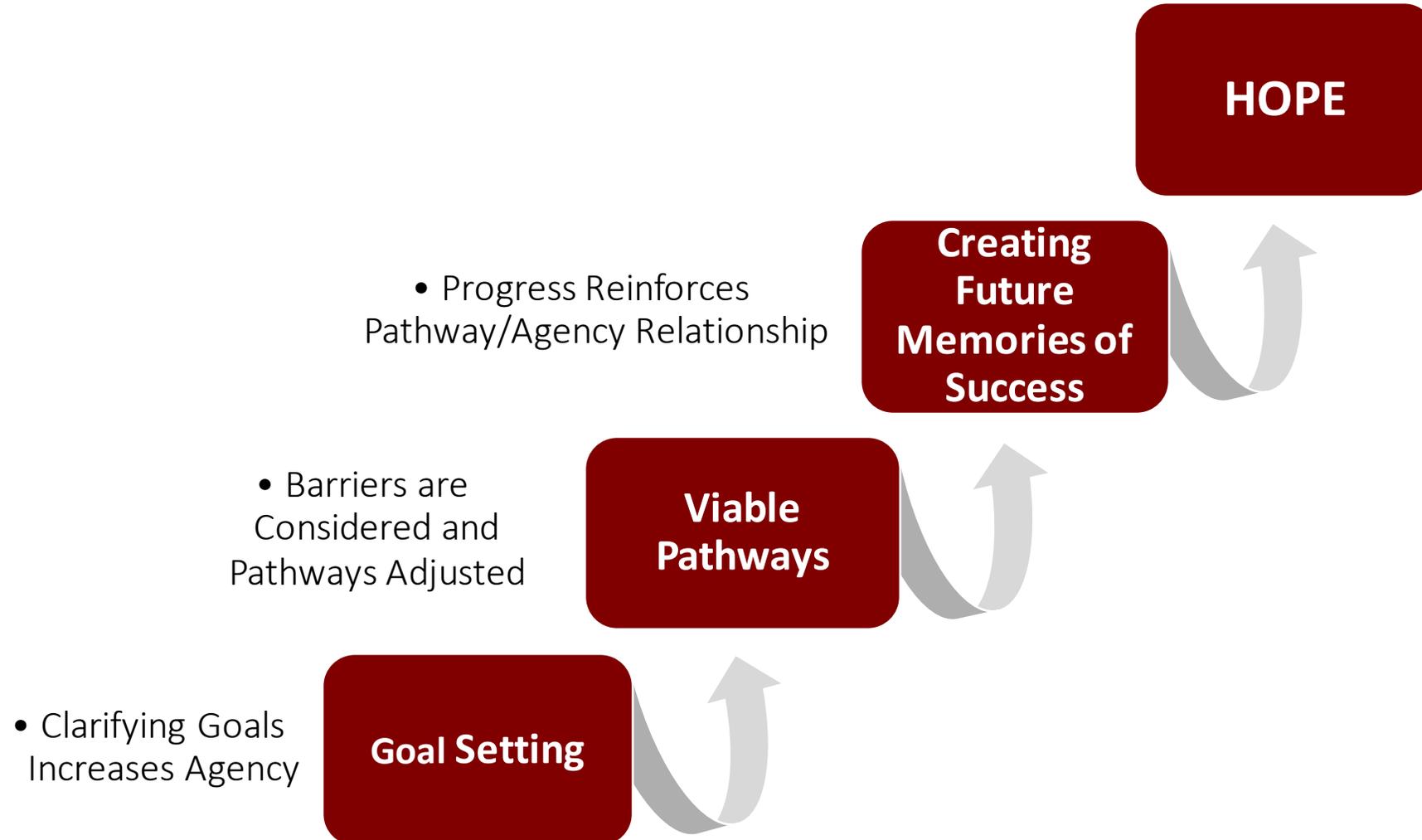
# The Power of Hope





HOPE CAN BE  
TAUGHT!

# Nurturing Hope in Children and Adults



# CAMP HOPE and ACE

## Prevalence of Adverse Childhood Experiences.

| ACE Score | CDC Study (N=17,337) | Camp HOPE Children (N=180) |
|-----------|----------------------|----------------------------|
| 0         | 36.1%                | 5.6%                       |
| 1         | 26.0%                | 13.9%                      |
| 2         | 15.9%                | 12.8%                      |
| 3         | 9.5%                 | 12.2%                      |
| 4+        | <b>12.5%</b>         | <b>55.6%</b>               |



The Average Number of ACE = 4.40\*

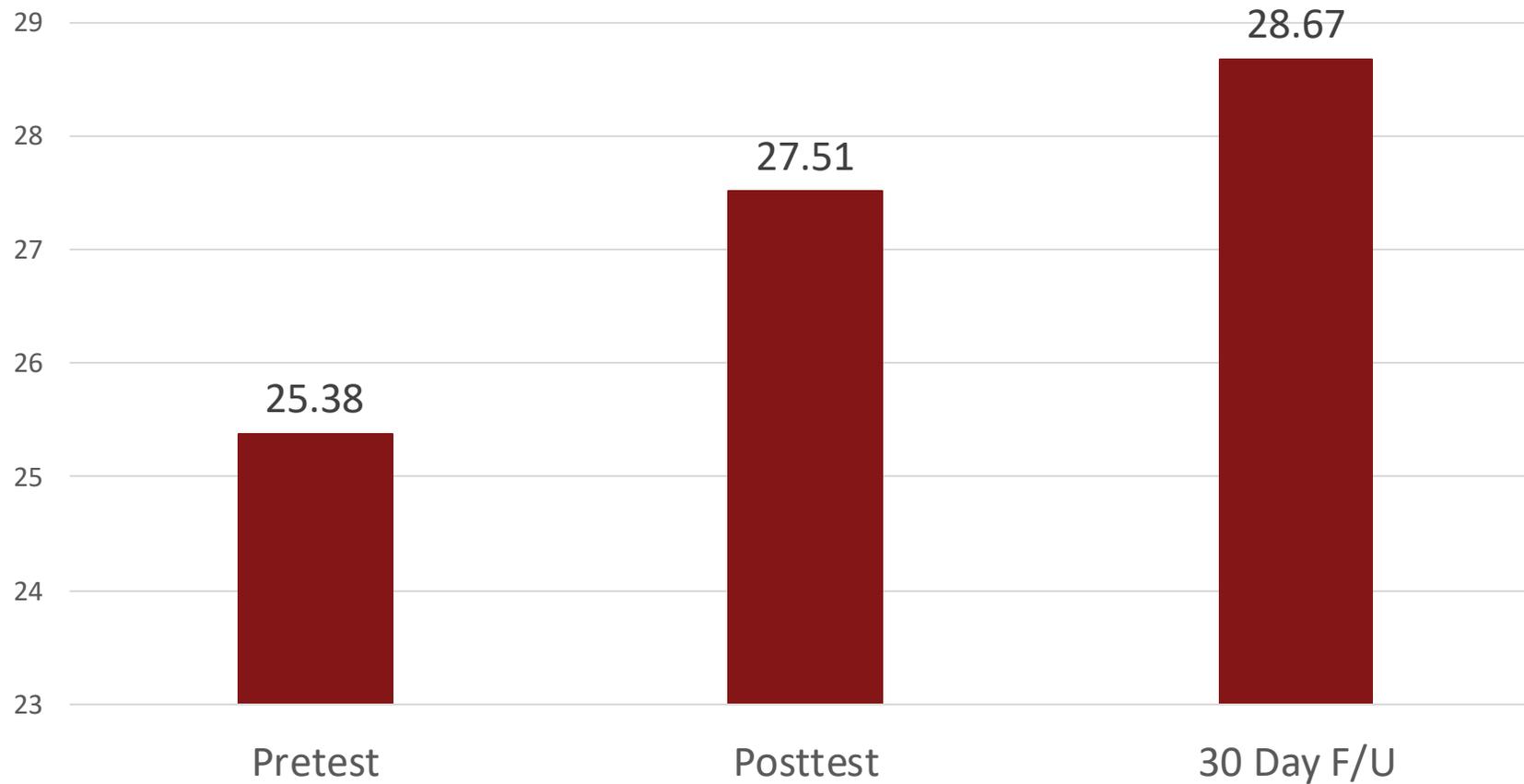
# CAMP HOPE and ACE

## Prevalence of Adverse Event by Type

|                 | Percent |                             | Percent |
|-----------------|---------|-----------------------------|---------|
| <b>Abuse:</b>   |         | <b>Dysfunctional Family</b> |         |
| Verbal          | 49.8    | Witness Domestic Violence   | 77.9    |
| Physical        | 38.6    | Parent Divorce              | 41.2    |
| Sexual          | 20.3    | Substance Abuse             | 42.5    |
| <b>Neglect:</b> |         | <b>Mental Illness</b>       | 38.5    |
| Emotional       | 47.1    | Parent Incarceration        | 44.7    |
| Physical        | 17.9    |                             |         |

# The Power of Hope

## Changes In High ACE Children Hope



# Strategies To Nurture Hope

|                    |   |
|--------------------|---|
| Introduce Hope     | Introduce the concept of hope and discuss its core components (distinguish wishful thinking). |
| Goal Setting       | Help the student develop personally relevant goals.   |
| Pathways           | List and discuss potential pathways the client choose.  |
| Willpower          | Have student identify/describe sources of motivation.   |
| Problem Solve      | Identify and list obstacles.  |
| Create Hope Visual | Create a Visual Map accessible for the reference.   |
| Re-Goaling         | Remember – We have the ability to re-goal.  |

# Creating a Culture of Hope



Create an awareness of hope among stakeholders.



Hope becomes a valued character strength.



Readings – book clubs.



Staff meetings incorporate a hope agenda.



Hope Finding,  
Hope Building,  
Hope Modeling



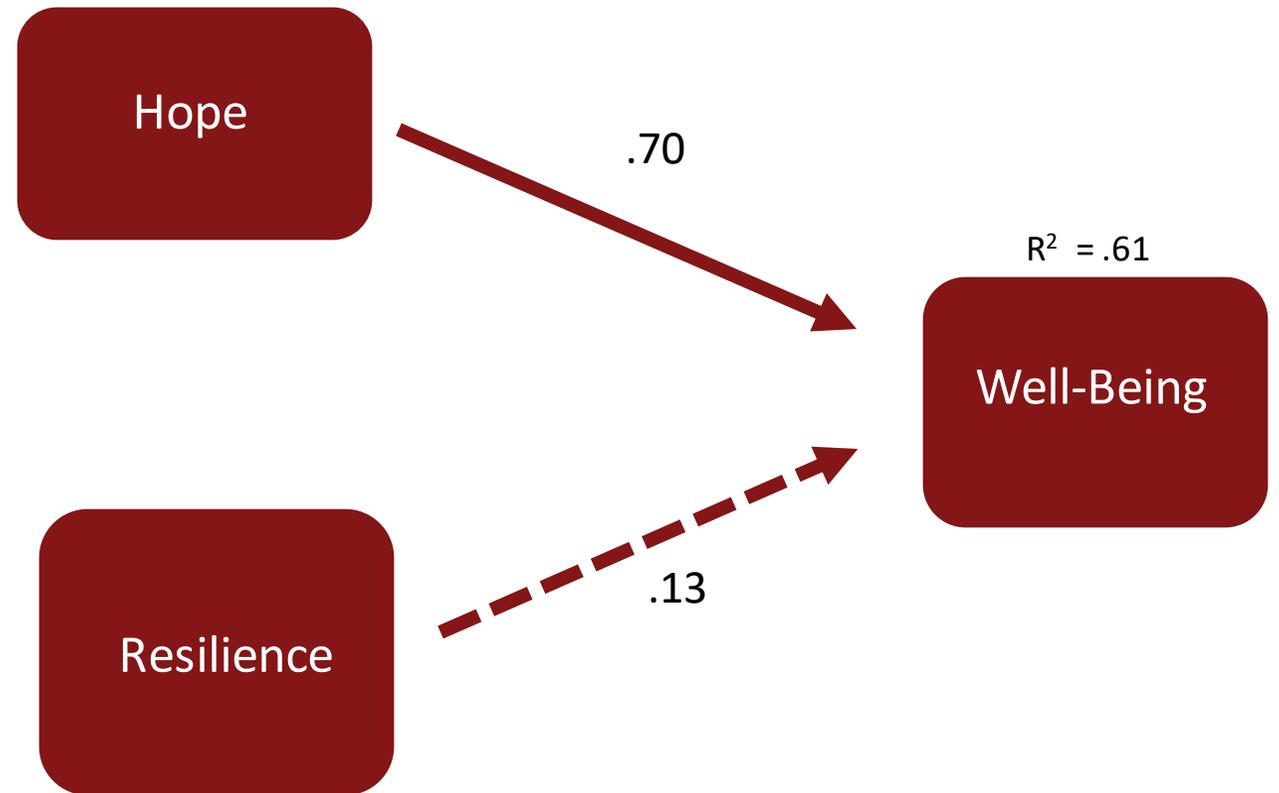
Develop hope orientation program.



# Impact of Hope On Direct Service Staff

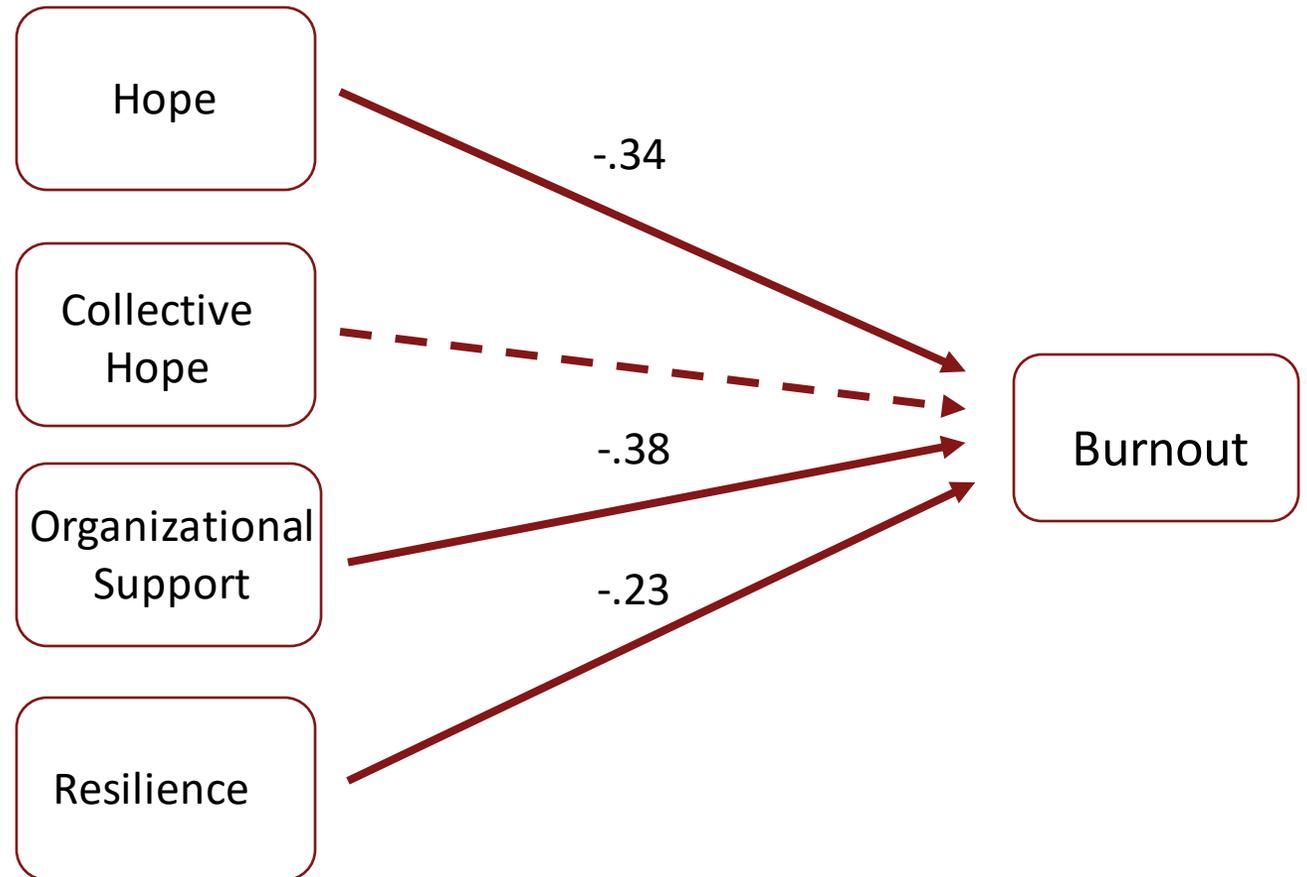
# Hope Vs. Resilience

Hope  
Centered  
Organization



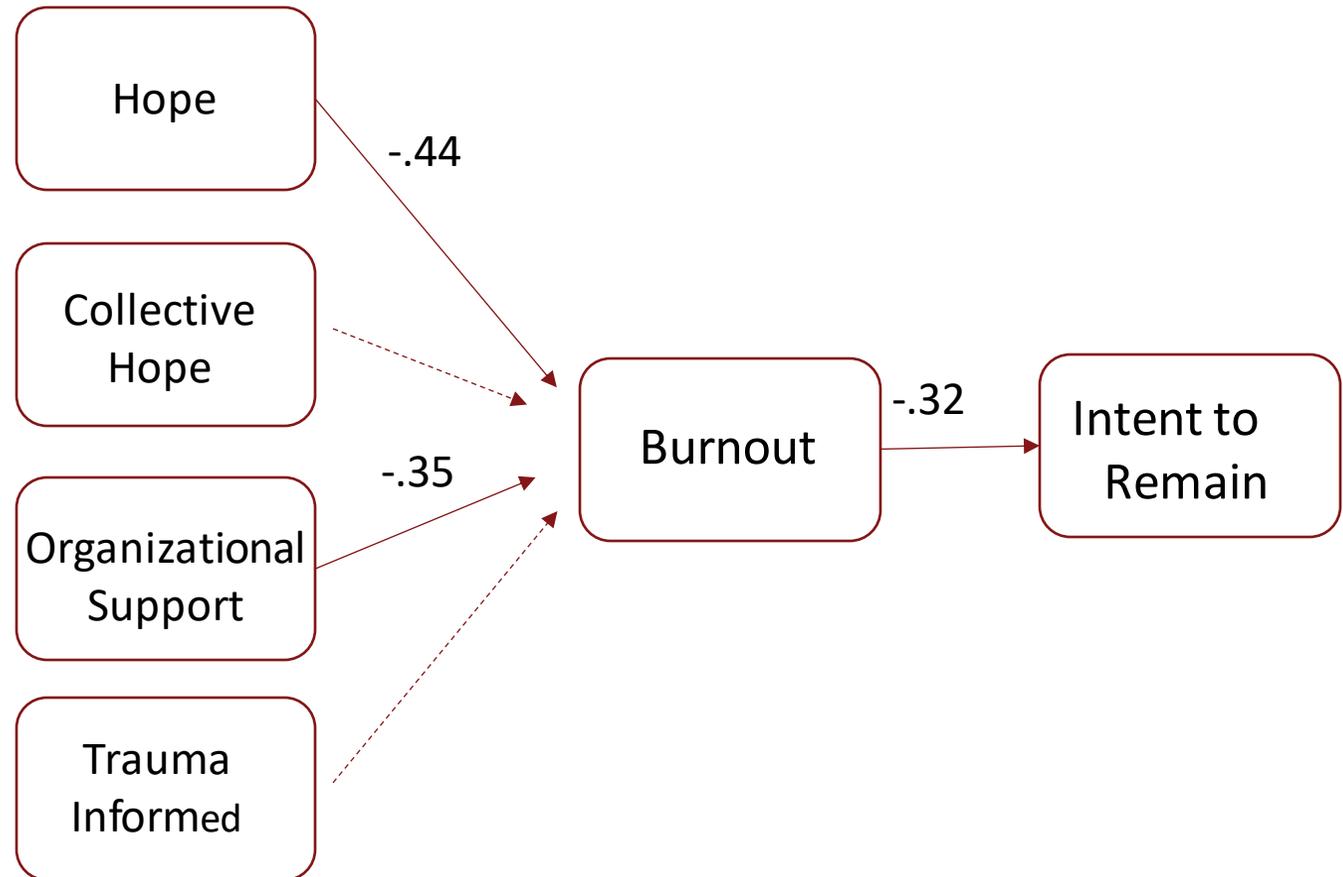
# Hope Centered Organization

## Burnout



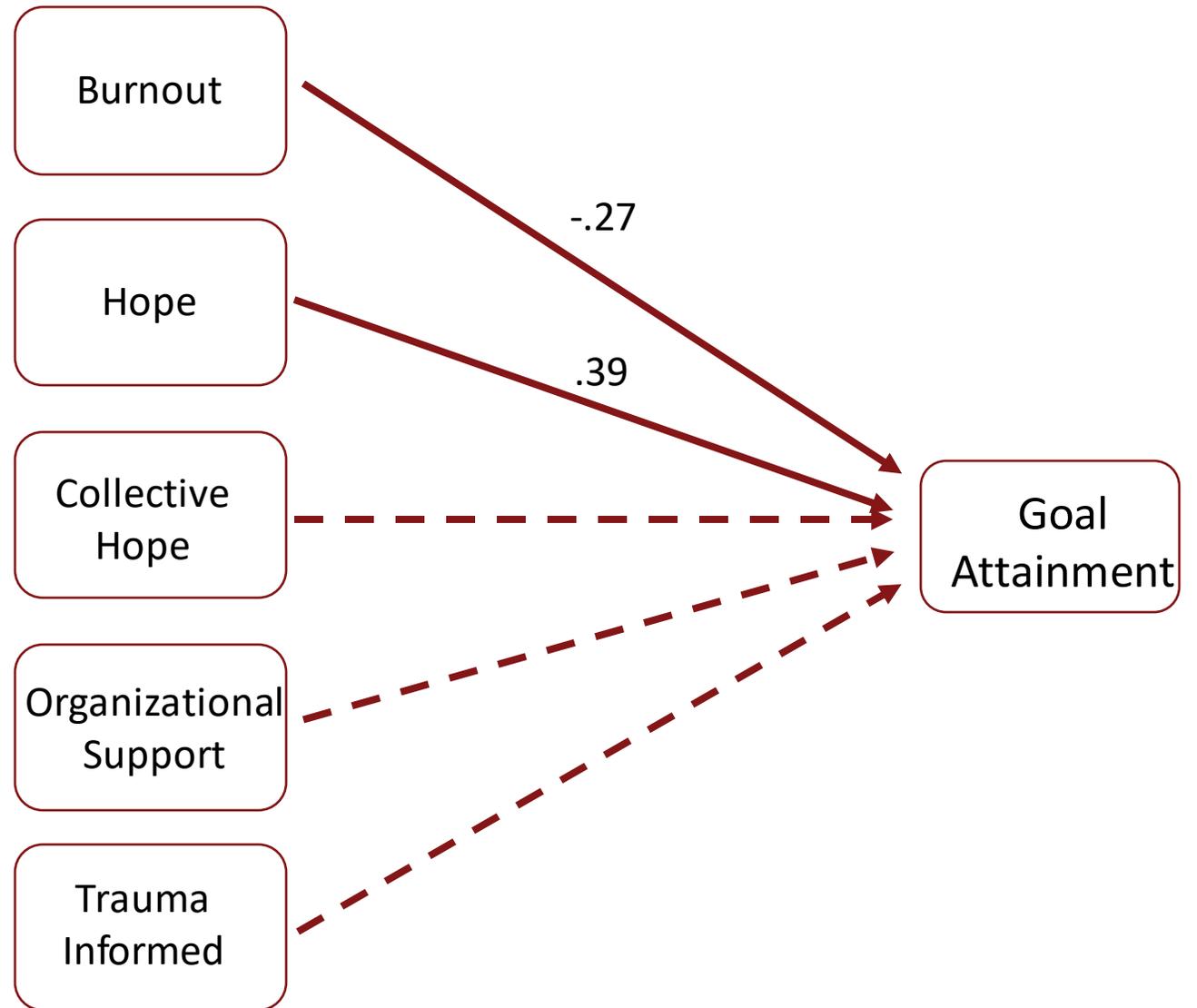
# Hope Centered Organization

# Turnover



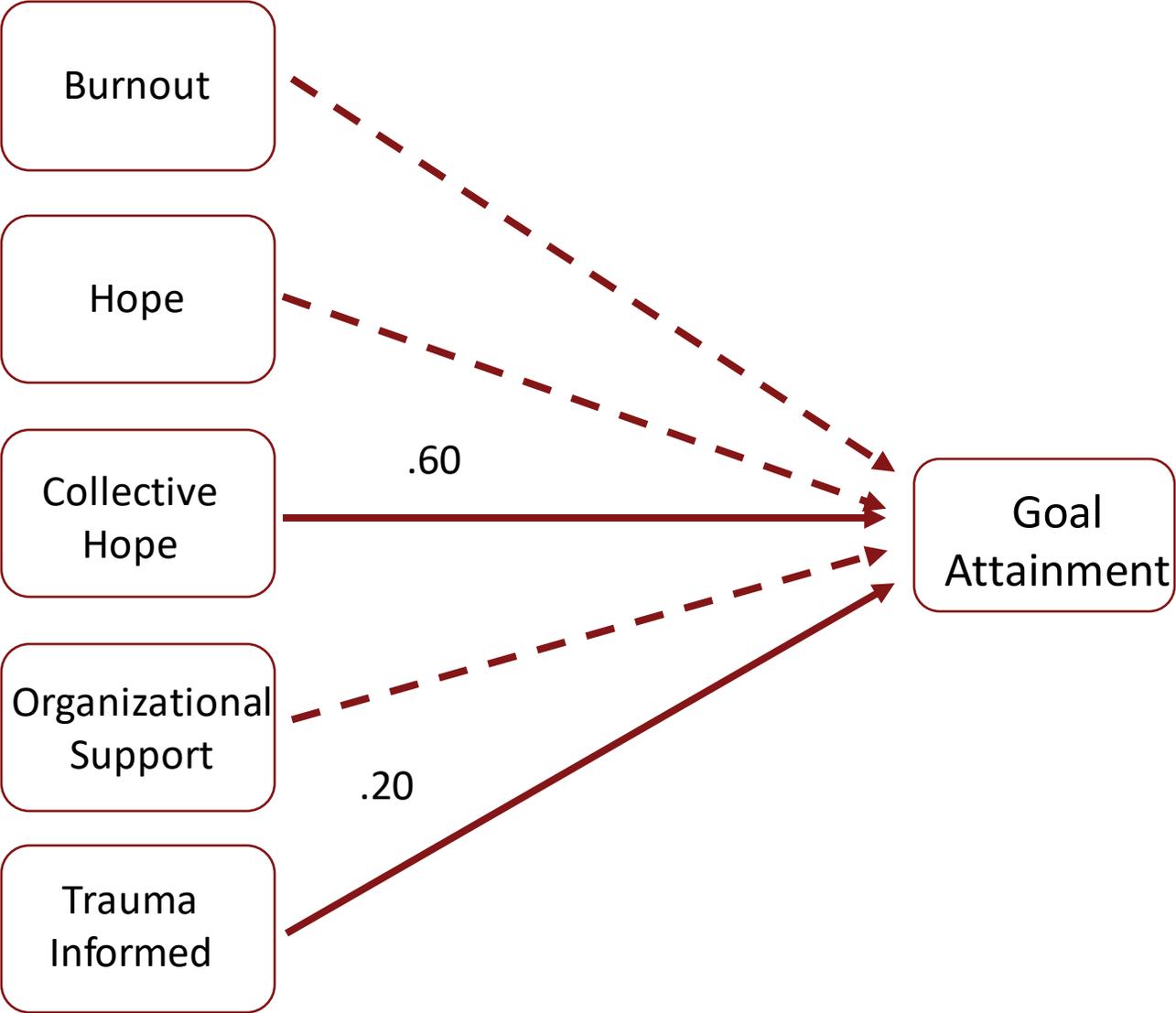
# Hope Centered Organization

# Personal Goal Attainment



# Agency Goal Attainment

Hope  
Centered  
Organization



# Creating A Hope Centered Community

At the heart of change is our ability  
to understand the way things are  
right now in our lives...

... and that we can start to  
imagine the way things could be.

This is when hope is born.

