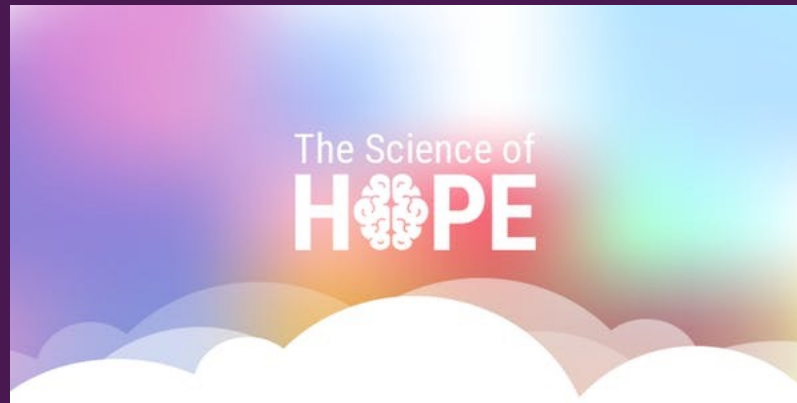


Hope Rising: How the Science of HOPE Can Change Your Life



Casey Gwinn, J.D, Gael Strack, J.D., Yesenia Aceves, Jamal Stroud, M.A.

Alliance for HOPE International

San Mateo County Chief Probation Officer John Keene



Casey Gwinn

President,
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Special Thanks to:

- Bridget Love, EdD.
- Gael Strack, J.D.
- Yesenia Aceves, M.A.
- Jamal Stroud, M.S.



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Gael Strack



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Jamal Stroud, M.A.

Mentor and Outreach
Manager

Camp HOPE America, a
program of

Alliance for HOPE
International



Jamal Stroud



Oh! the Places You'll Go!™



**"You have brains in your head.
You have feet in your shoes.
You can steer yourself
any direction you choose!"**

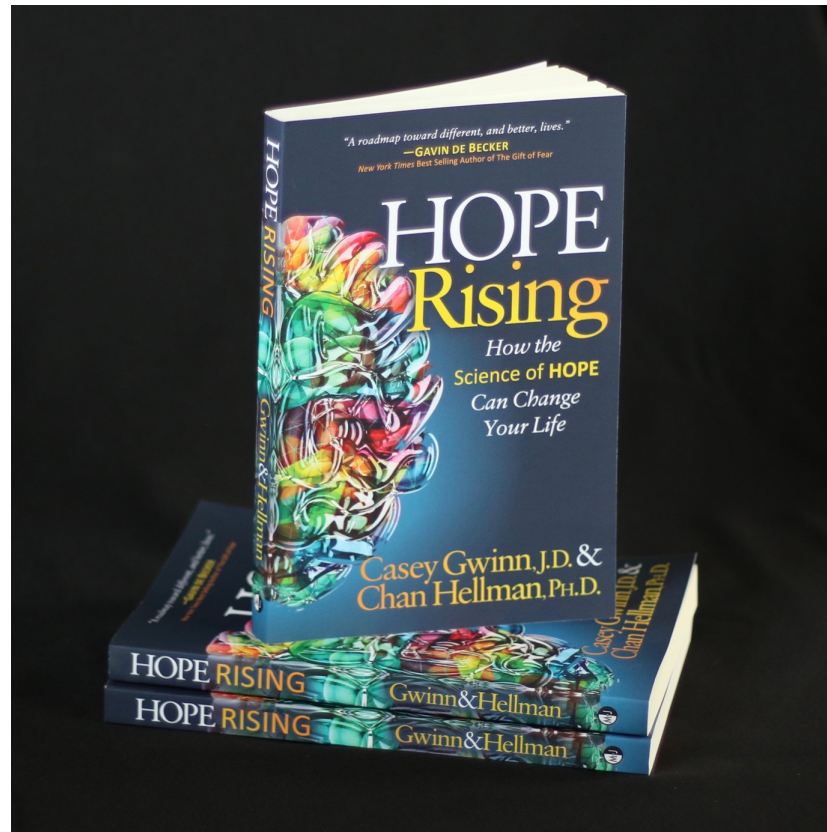
Dr. Seuss

TM & © 2010 Dr. Seuss

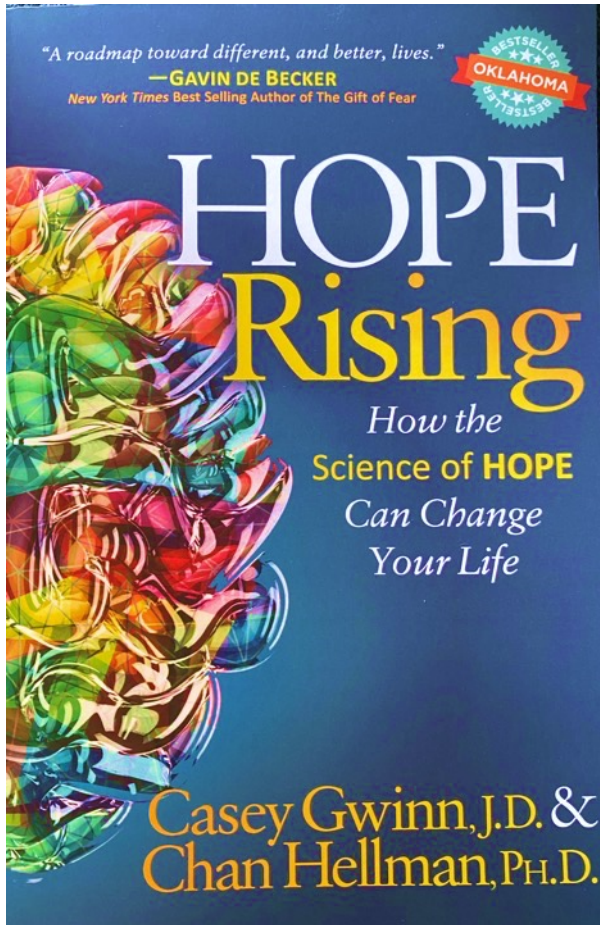
Relationships, Relationships, Relationships

Hope in our lives is always connected to
relationships...

Thank you, Dr. Rick Snyder...



Hope Rising for First Responders, Probation Officers, Service Providers, and Survivors



"I've been buying up *"Hope Rising"* since hearing you at Brooklyn law school in late 2019. We give them to clients, partners, board members, everybody. Last week, we sent them to the homes of all our staff members working remotely (many of them new hires) and we're orchestrating a book club to discuss hope regularly."

Mary Murphy, Director, Erie County Family Justice Center

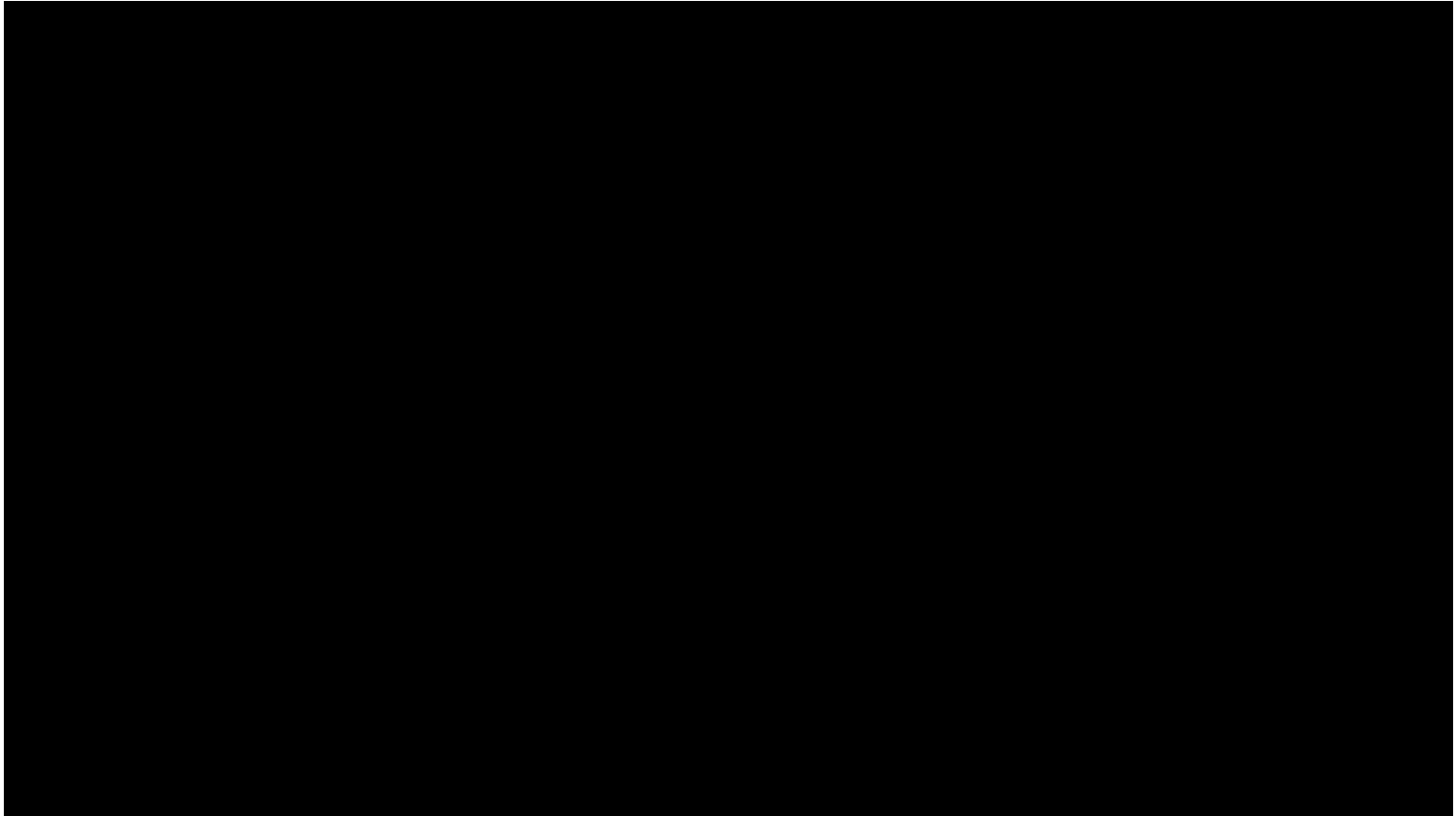
The Science of HOPE In State Government



**HOPE
RISING**

OKLAHOMA

Hope Rising Oklahoma



“

We are born with HOPE...

It is the *essence* of who we are
as human beings

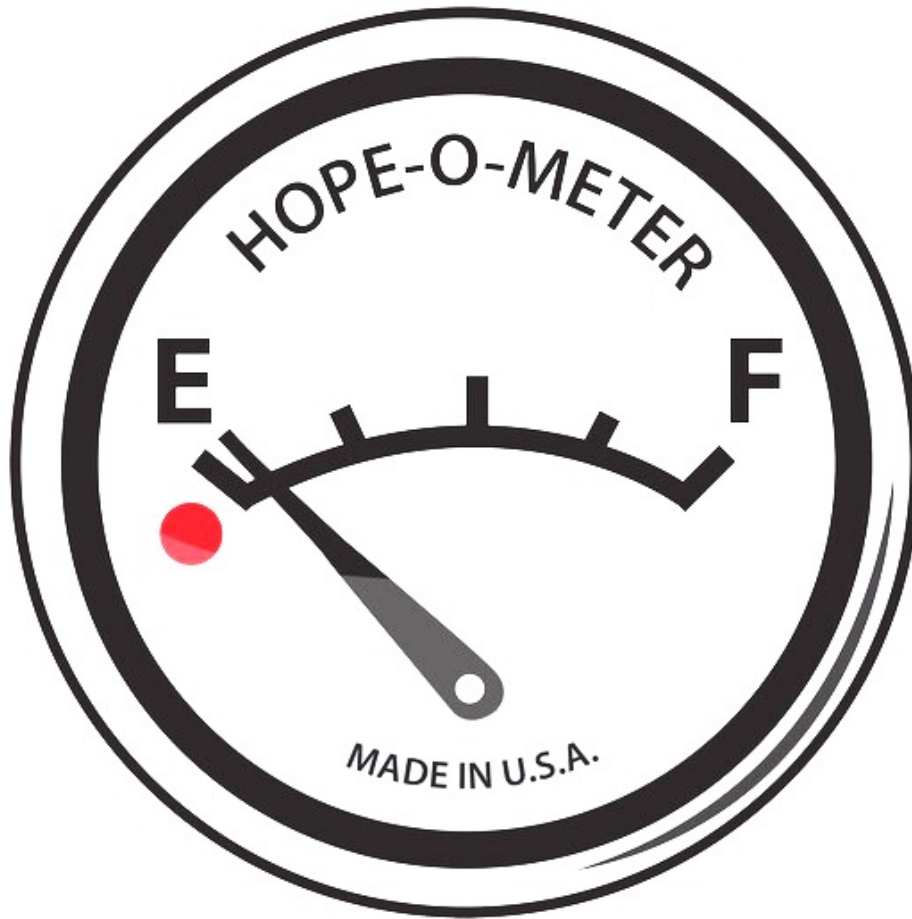
Casey Gwinn

“

Direct as well as vicarious trauma and adversity in life can rob us all of HOPE... children are always robbed first.

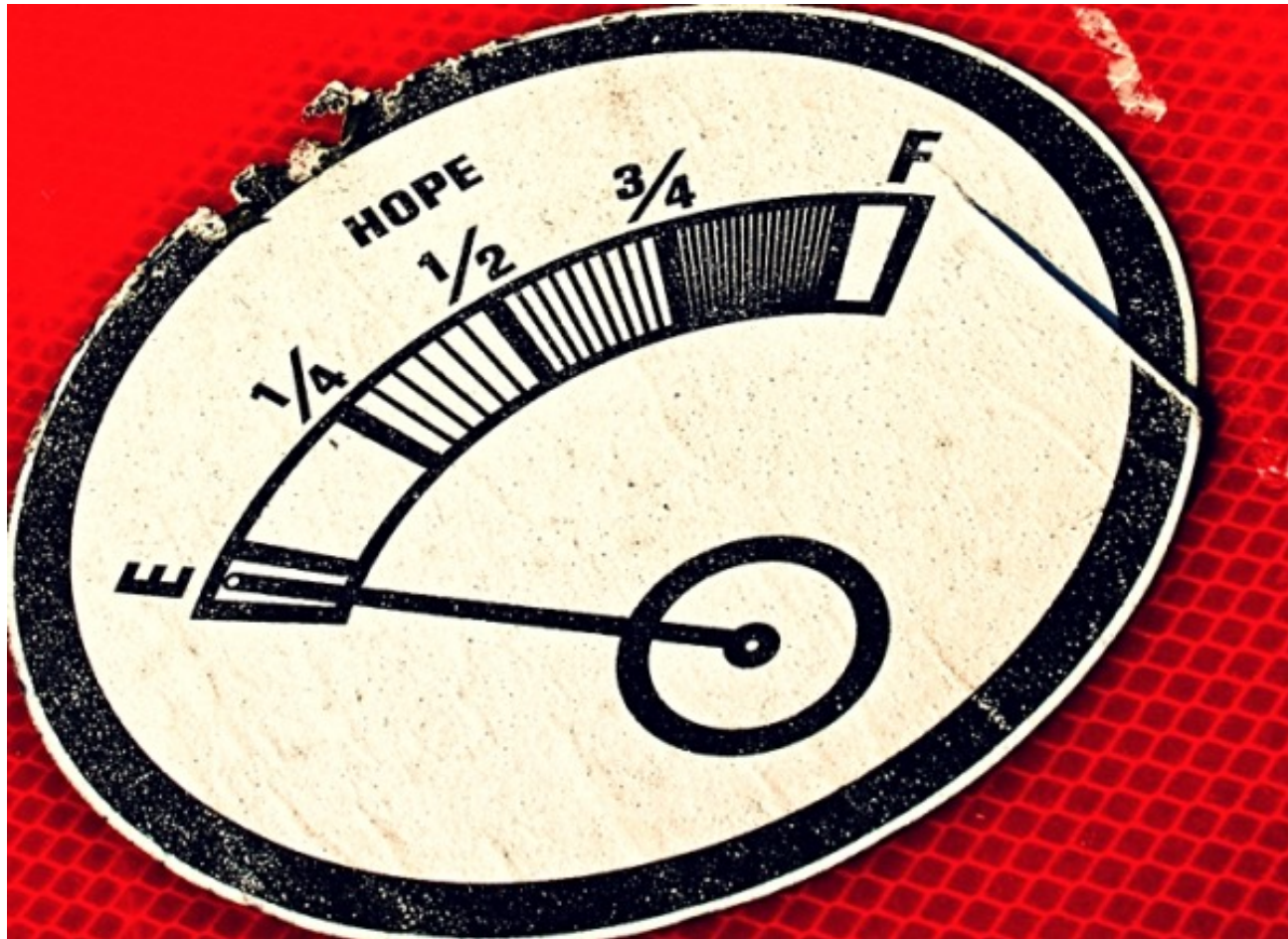


We all get robbed of hope!



- Direct Trauma
- Childhood/Adult
- Vicarious Trauma
- Historic Oppression/
Racism/Injustice
- Burnout
- Illness
- Disease
- Heartbreak
- COVID-19

How is your Hope Meter?



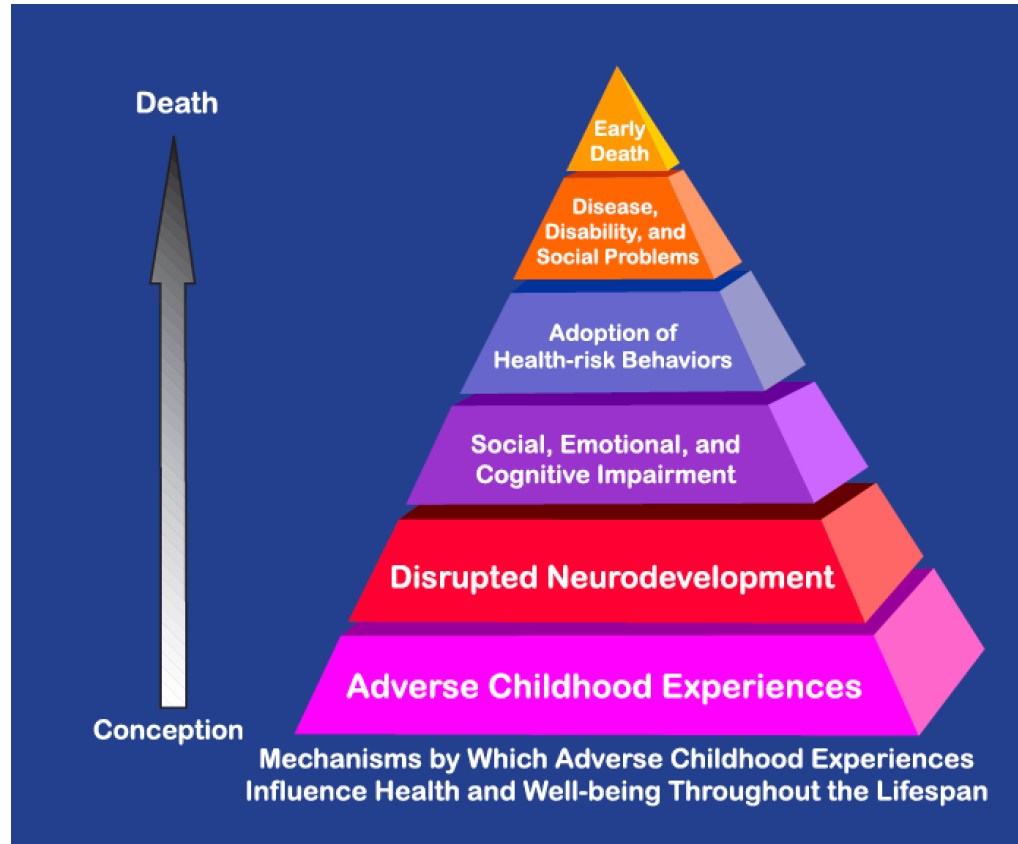
“

We want to create hope
for every person...
we must give hope,
always hope...

Mother Teresa

“You cannot give
what you do not have...”





Our Language – Childhood Trauma (ACES) + Polyvictimization + Force Multipliers = Complex Trauma

Force Multipliers: Historic Oppression; Poverty; Racism; Pornography; Community Violence; Bullying; etc.

And see: <https://healthfederation.org/ACEs> for the Philadelphia ACE Survey



**A high ACE Score or
Polyvictimization Score (or the
other traumas we face in our lives)
is not a destiny...**



Hope heals trauma...



“Hope is the belief that your future can be brighter than your past and that you play a role in making it happen.”

Casey Gwinn & Chan Hellman in
*Hope Rising: How the Science of
HOPE Can Change Your Life*
(2018)



Camp HOPE America

“Hope is believeing in yourself, in others, and in your dreams.”



2,000 Published Studies on the Science of HOPE

“In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived.”

Casey Gwinn & Chan Hellman

Hope Rising: How the Science of HOPE

Can Change Your Life





**But what about resiliency?
Shouldn't we all be focusing on
resiliency?**



**“Hope is the mindset that
drives resilient behavior.”**

Dr. Chan Hellman
Hope Research Center
University of Oklahoma

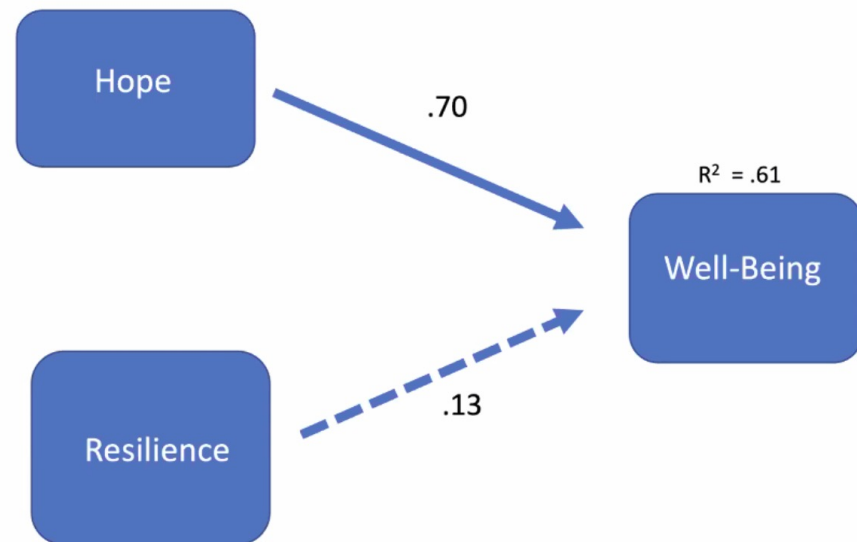
Resiliency is the ability to bounce back or recover...hope takes us forward...



“The term resilience has, to at least some extent, become an empty word that can be filled with almost any meaning” (van Breda, 2018).

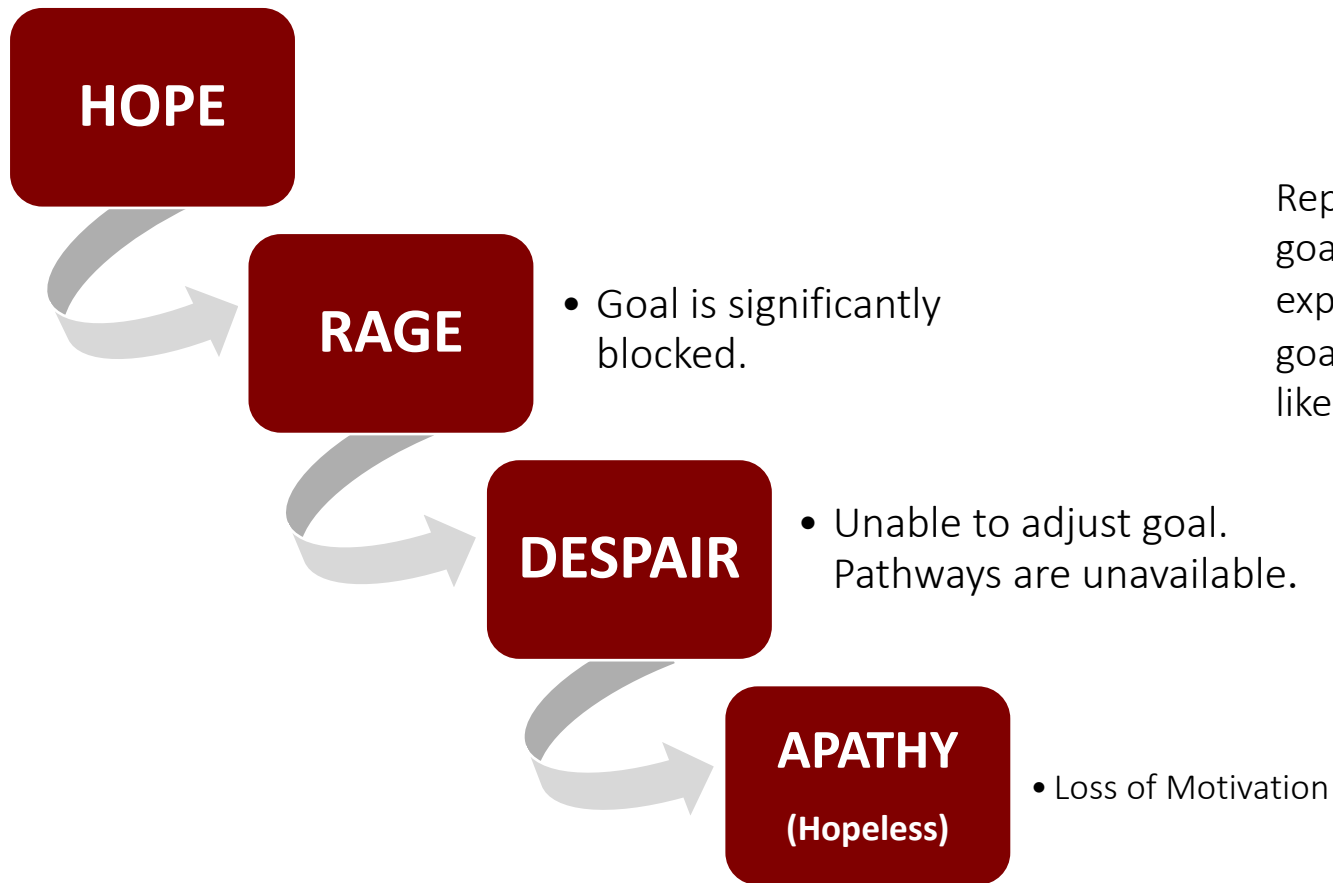
Hope Vs. Resilience

Hope
Centered
Organization



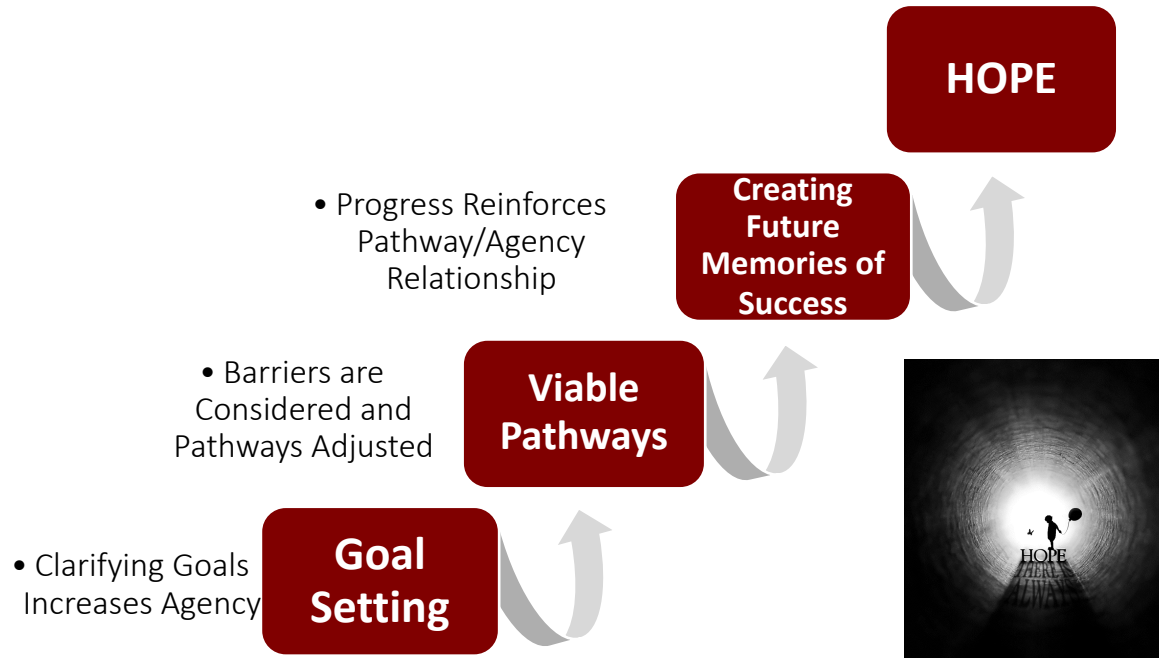
Hope Centered And Trauma Informed®

THE SCIENCE OF HOPE



Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”

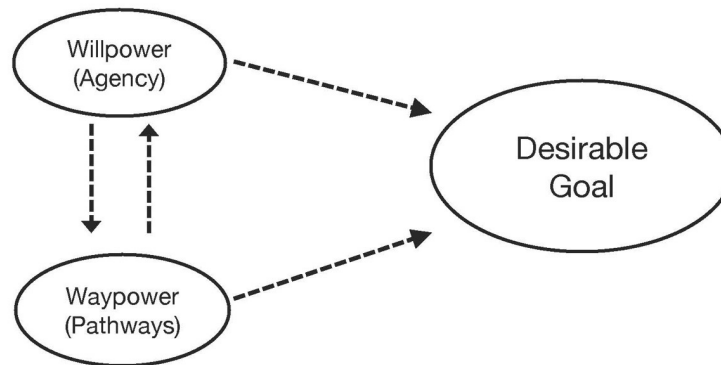
NURTURING HOPE



The Science of HOPE

- We are driven by our goals:
 - To the extent we can establish clear strategies (pathways) to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. (Snyder, 2002).
- Agency and Pathway Thinking Are Both Required

Willpower and Waypower

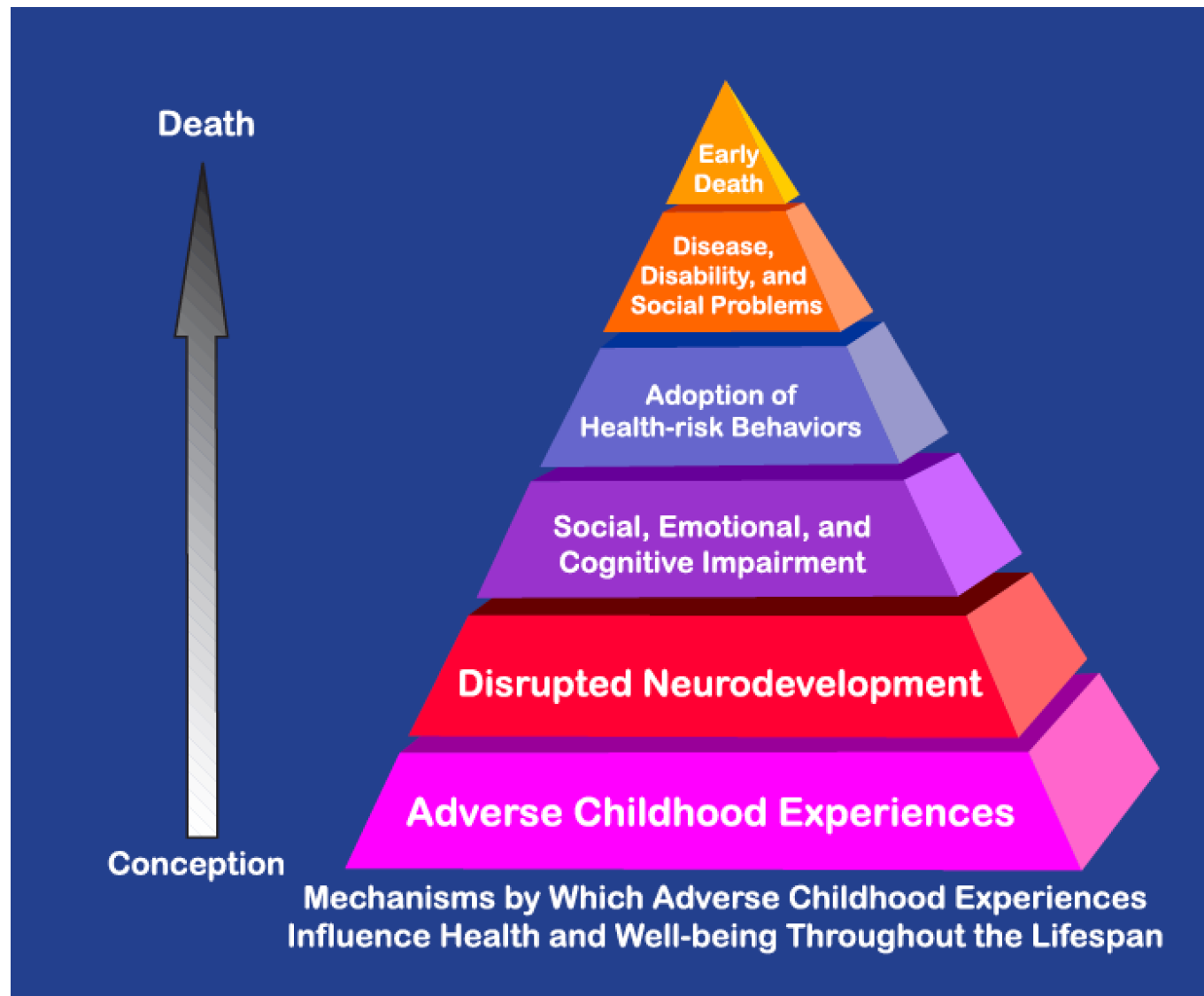


THE SCIENCE OF HOPE



Why Hope Matters

- Snyder's hope measures have been cited over 2,000 times in scholarly journals.
- Empirical evidence supports that high hope matters!
 - Improved pro-social behaviors.
 - Increased ability to self-regulate.
 - Serves as a coping resource (e.g., cancer, HIV, spinal cord injury, trauma).
 - Predicts goal attainment.
 - Protects against burnout and vicarious trauma
 - Reduces the intensity of physical suffering.
 - Predicts substance abstinence
 - Predicts lower recidivism and lower levels of violence
 - Improves well-being.
- High hope individuals flourish within their environment.
- Hope Scores are more predictive of college success than SAT Scores
- Children can be taught hope in the public school system and rising Hope Scores improve grades, behavior, and performance

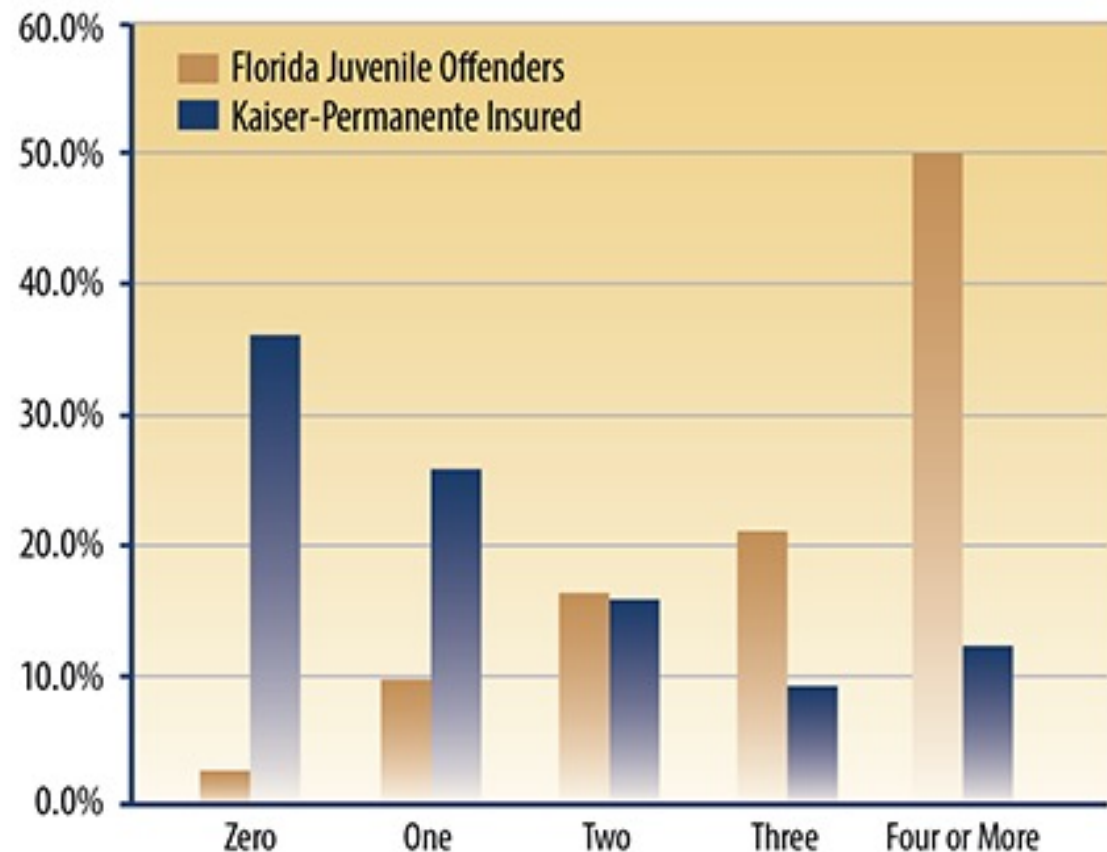


Adverse Childhood Experiences Study (ACE)

- Ten questions/ten trauma experiences
- Predictive of adult illness, disease, and criminality
- www.cestudy.org
- www.cestoohigh.org

Juvenile Offenders in Florida

**Average
ACE Score:
4.29**



<http://www.journalofjuvjustice.org/JOJJ0302/article01.htm>

ACE Scores with Child Abuse, Domestic Violence, and Sexual Assault Offenders

**Average
ACE
Score: 5.5**

Table 1. Adverse Childhood Experiences (ACE) Questionnaire scores and comparison with normative sample

ACE score	Current sample (N = 151), %	Normative sample ^a (N = 7970), %	t
0	9.3	38.0	7.22 ^b
1	13.2	26.0	3.56 ^b
2	13.9	15.9	0.67
3	15.2	9.5	2.36 ^b
4 +	48.3	12.5	10.86 ^b

^a Normative sample from the Centers for Disease Control and Prevention⁸ based on 1998 male data from Felitti et al.³

^b $p < 0.0001$.

Table 2. Number of Adverse Childhood Experiences (ACE) by offender type

Number of ACE	Offense category, no. (%)			
	Child abusers	Domestic violence offenders	Sexual offenders	Stalkers
0	4 (11.4)	8 (17.8)	2 (3.3)	0 (0)
1	7 (20.0)	5 (11.1)	7 (11.5)	1 (10.0)
2	7 (20.0)	7 (15.6)	5 (8.2)	2 (20.0)
3	9 (25.7)	7 (15.6)	5 (8.2)	2 (20.0)
4	8 (22.9)	18 (40.0)	42 (68.9)	5 (50.0)
Total	35 (23.2)	45 (29.8)	61 (40.4)	10 (6.6)

results of meta-analytic research, which found that adult male sexual offenders were more than 3 times as likely to have had histories of sexual abuse in their childhoods, compared with a nonsexual (but criminal) comparison group.⁶

measured by the ACE Questionnaire, can be linked to antisocial behavior in a criminal population.

Methods

The sample was composed of 151 adult

6/4/14

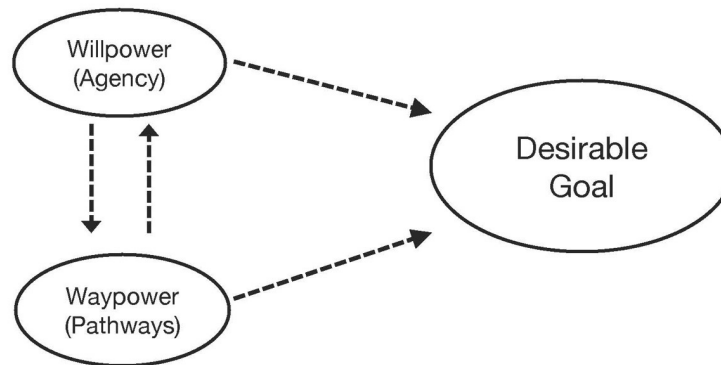
James A Reavis, PsyD; Jan Looman, PhD; Kristina A Franco;
Briana Rojas Perm J 2013 Spring;17(2):44-48

**The majority of all mass shooters,
cop killers, and domestic violence
killers have two things in common
- a history of unmitigated
childhood trauma and violence
against women (including
strangulation)**

The Science of HOPE

- We are driven by our goals:
 - To the extent we can establish clear strategies (pathways) to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. (Snyder, 2002).
- Agency and Pathway Thinking Are Both Required

Willpower and Waypower



Guiding Principles in Hope Centered Work

Hope is a cognitive belief not a feeling

Imagination is the instrument of HOPE

Hope is not wishful thinking

Hope begets Hope

Hope is never alone – it always connects to relationships

Hope can be taught and learned

We should be committed to
the shift toward being a
trauma-informed
(kindhearted) organization...

Moving from:

"What is wrong with you?"

To:

"What happened to you?"

But being trauma-informed is not
enough...

Being Hope Centered (Personally)

- Hope is personally pursuing goals that you are motivated to achieve and that are within your control
- Goals, Willpower, Waypower
- Willingness to invest the effort required to overcome barriers or re-goal
- Nurturing hope in your life
- Regularly assessing your level of hope and continuously learning about the science of hope

Being Hope Centered (Professionally)

- Intentionally cultivating Collective Hope
- Being an organization focused on nurturing hope within staff, partnerships, and clients
- Increasing individual and organizational goal alignment through regular, one-on-one check-ins
- Cultivating values-based high hope leaders/supervisors
- Regularly measuring hope in staff and clients (pre/post)

Becoming Hope Centered

A hope-centered organization commits to language, values, policies, practices, and structure with the science of hope. This creates an environment where both staff members and those we serve thrive and experienced increased and sustainable wellbeing.

Training Institute on Strangulation Prevention



RESOURCE
LIBRARY

UPCOMING
TRAININGS

NEWS AND
MEDIA

HOPE HUB

 *Registration
Now Open!*

AUGUST 16-19, 2022

IN-PERSON EVENT

ADVANCED COURSE ON STRANGULATION PREVENTION



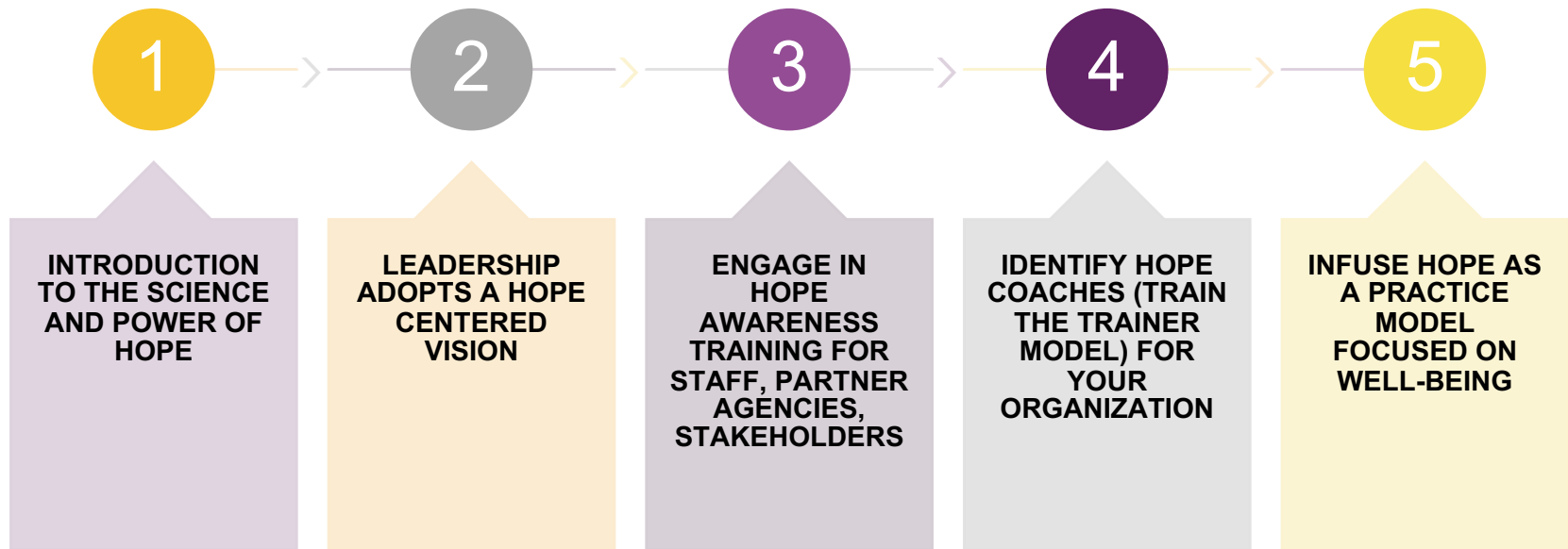
• • • • •

Gael Strack

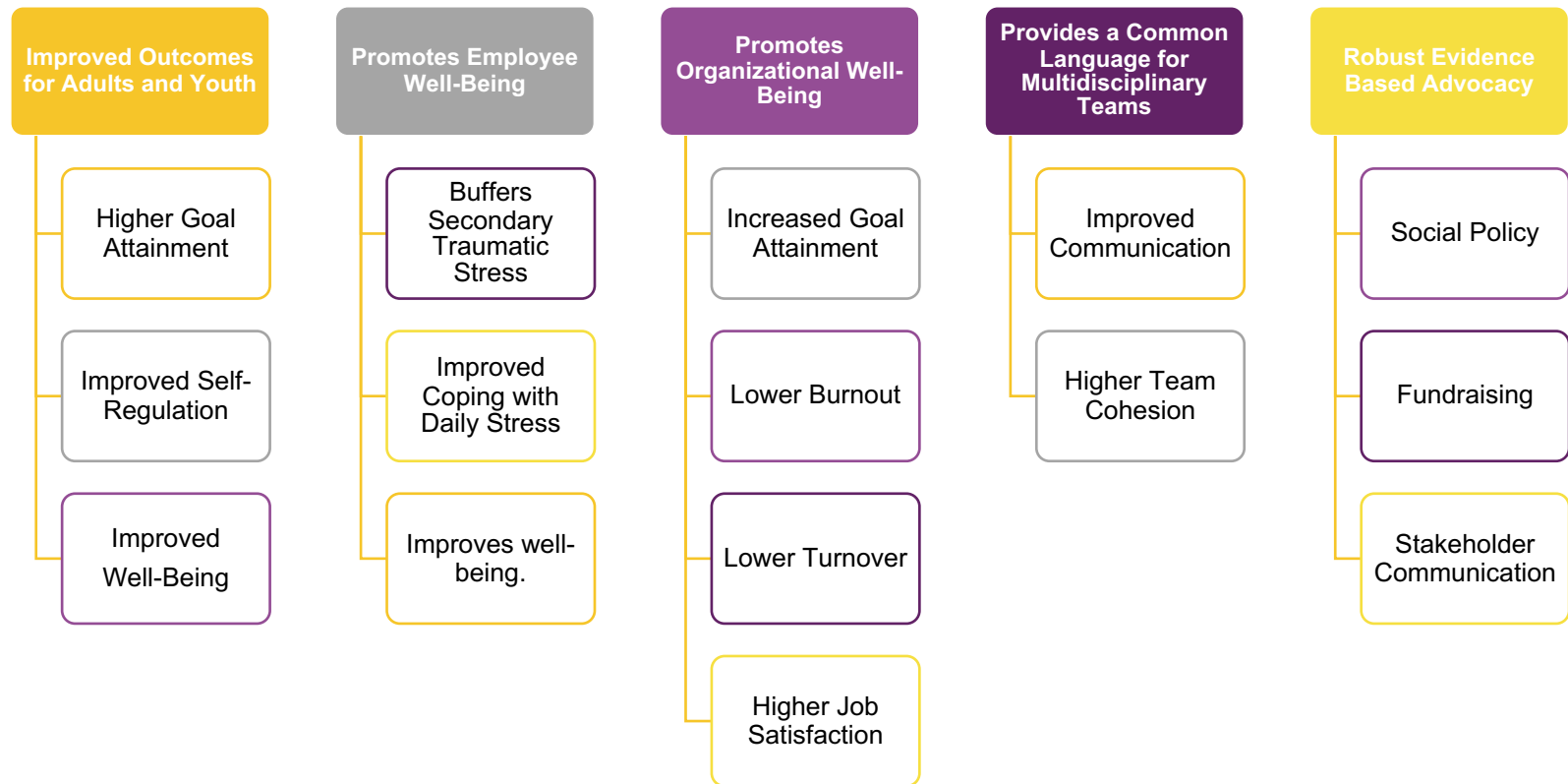
Chief Executive Officer
Alliance for HOPE
International



Steps to Becoming a Hope Centered Organization



Benefits of a Hope Centered Organization



Any Organization Can Become Hope-Centered

Common Goal Becomes Wellbeing

Conscious Strategies Drive Us
Toward Finding Pathways to Wellbeing

Policies and Procedures – Formal and Informal
Standard Operating Procedures Nurture
(rather than diminish) Hope

Yesenia Aceves

Director of Culture
and Creative Services,
Alliance for HOPE
International



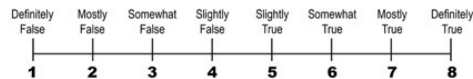
Strategies to Nurture Hope

Introduce Hope	Introduce hope and discuss its core components (NOT wishful thinking)
Goal Setting	Help survivors and staff to develop personally relevant goals
Pathways	List and discuss potential pathways the survivors/staff can identify
Willpower	Have survivors and staff to identify/describe sources of motivation
Problem Solve	Identify obstacles – look for high hope role models
Create Hope Visual	Create a Visual Map/Dream Board accessible for the reference
Re-Goaling	Remember – We have the ability to re-goal

HOPE is measurable, malleable, and cultivatable...

THE ADULT HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ____ 1. I can think of many ways to get out of a jam.
- ____ 2. I energetically pursue my goals.
- ____ 3. There are lots of ways around any problem.
- ____ 4. I can think of many ways to get the things in life that are most important to me.
- ____ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- ____ 6. My past experiences have prepared me well for my future.
- ____ 7. I've been pretty successful in life.
- ____ 8. I meet the goals that I set for myself.

Notes: The **Agency** subscale score is the sum of items 2, 6, 7 & 8; the **Pathways** subscale score is the sum of items 1, 3, 4 & 5. **Hope** is the sum of the four **Pathways** and four **Agency** items. Scores can range from a low of 8 to a high of 64.

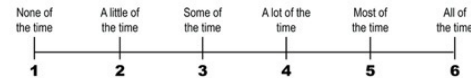
Agency Score ____ (Add items 2, 6, 7, and 8)

Pathways Score ____ (Add items 1, 3, 4, and 5)

Total Hope Score ____ (Agency Score + Pathways Score)

THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ____ 1. I think I am doing pretty well.
- ____ 2. I can think of many ways to get the things in life that are most important to me.
- ____ 3. I am doing just as well as other kids my age.
- ____ 4. When I have a problem, I can come up with lots of ways to solve it.
- ____ 5. I think the things that I have done in the past will help me in the future.
- ____ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score ____ (Add items 1, 3 and 5)

Pathways Score ____ (Add items 2, 4, and 6)

Total Hope Score ____ (Agency Score + Pathways Score)

Camp HOPE America

**For the children and teen survivors
of trauma, violence, and abuse...**





Hope is...
believing in yourself, believing in
others, and believing in your dreams...

CHA 2021 National Average ACE Score : **6.14**



The Pathways to HOPE Project



FIGURE 1.
Children's Hope Index.

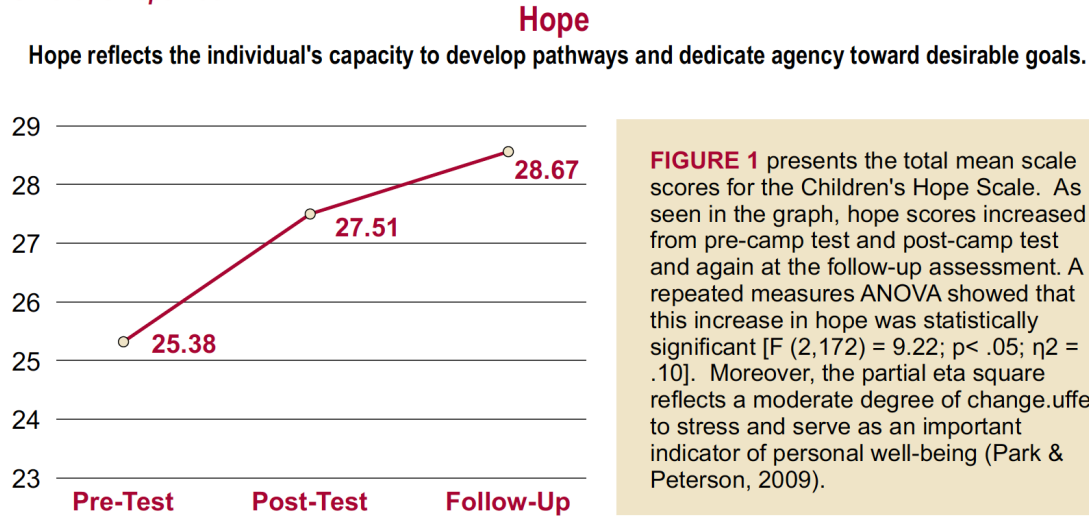


FIGURE 1 presents the total mean scale scores for the Children's Hope Scale. As seen in the graph, hope scores increased from pre-camp test and post-camp test and again at the follow-up assessment. A repeated measures ANOVA showed that this increase in hope was statistically significant [$F(2, 172) = 9.22$; $p < .05$; $\eta^2 = .10$]. Moreover, the partial eta square reflects a moderate degree of change.uffer to stress and serve as an important indicator of personal well-being (Park & Peterson, 2009).



Children's Resiliency Score

Resiliency refers to believing in yourself, believing in others, and believing in your dreams.

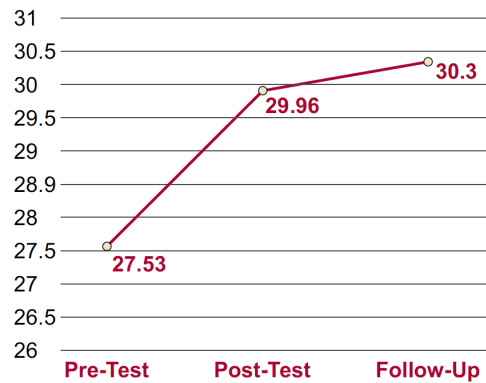
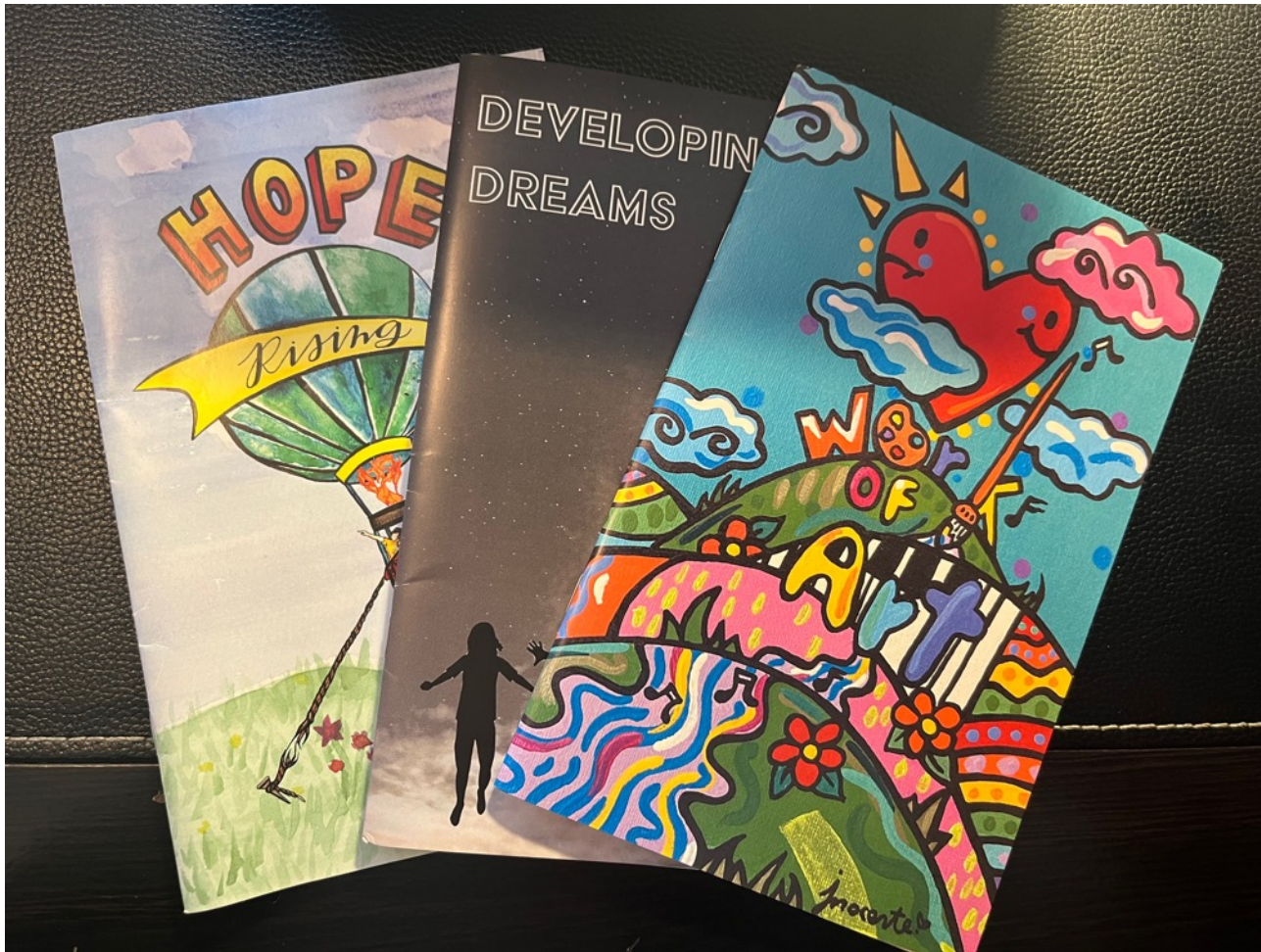


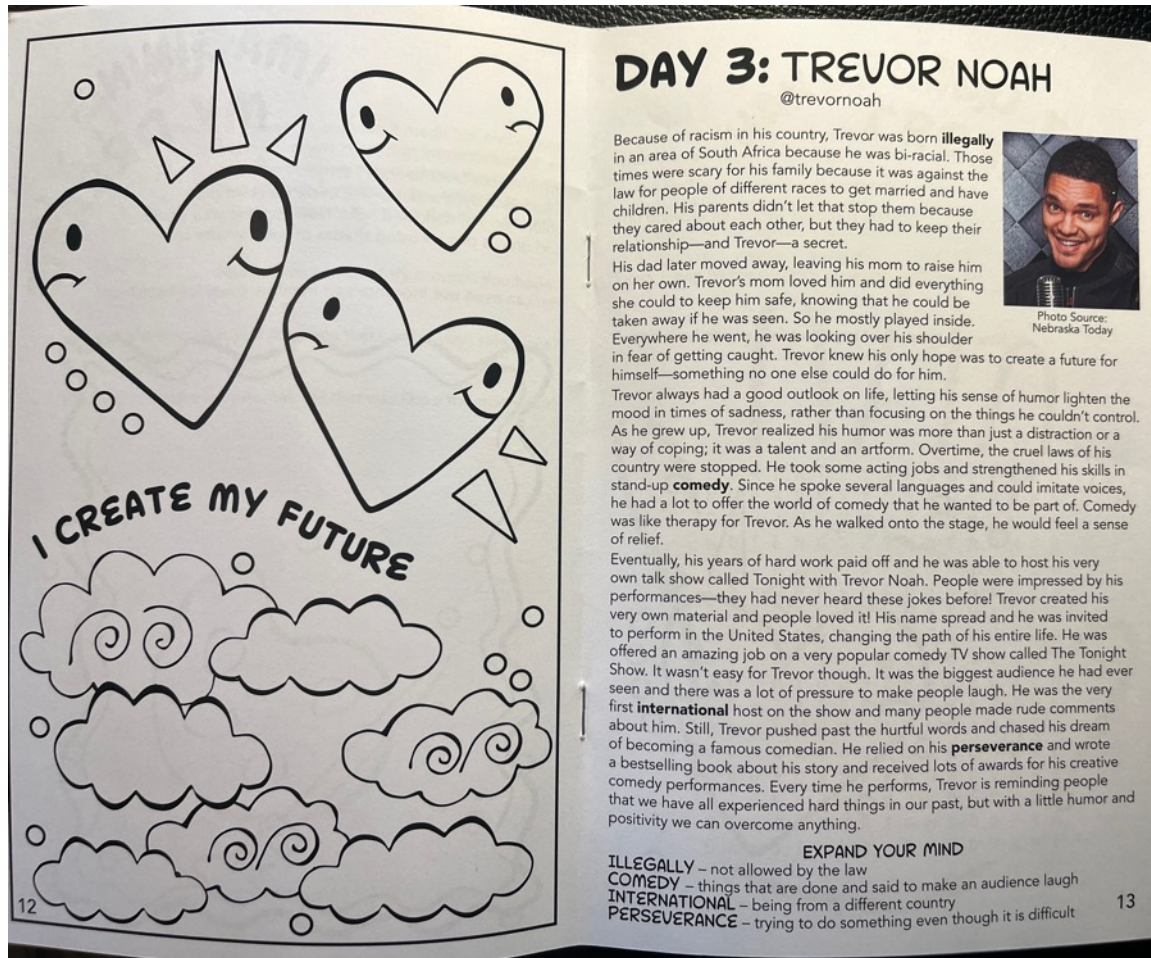
FIGURE 8 presents the total mean scale scores for the Children's Resiliency Scale. As seen in the graph, Resiliency Scores increased from pre-camp test to post-camp test and again slightly at the follow-up assessment. Repeated measures ANOVA showed that this increase in Resiliency was statistically significant [$F(2,162) = 14.29$; $p < .05$; $\eta^2 = .15$]. Moreover, the partial eta square reflects a moderate degree of change.



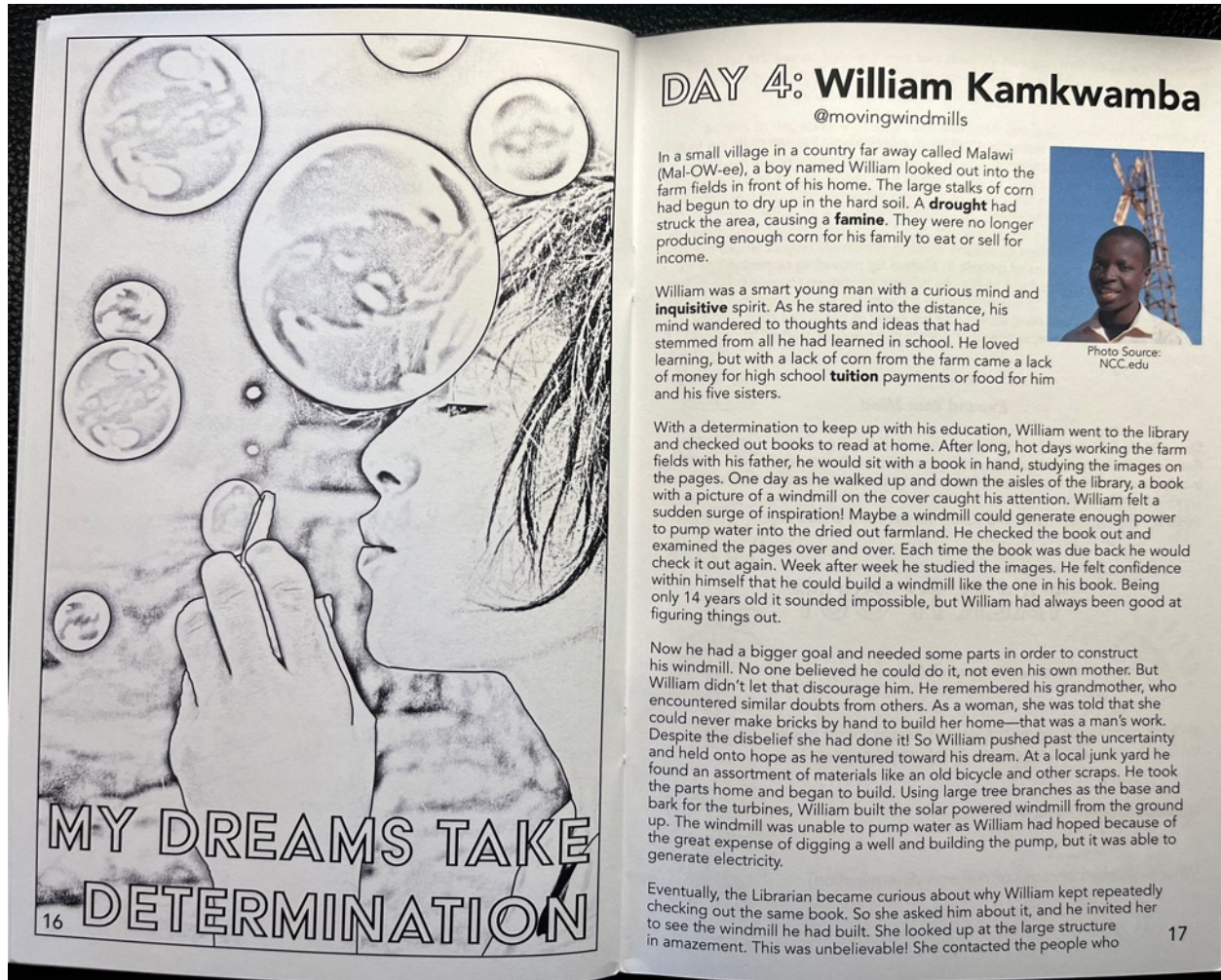
Teach HOPE to Trauma-Impacted Youth



Study Hope Heroes



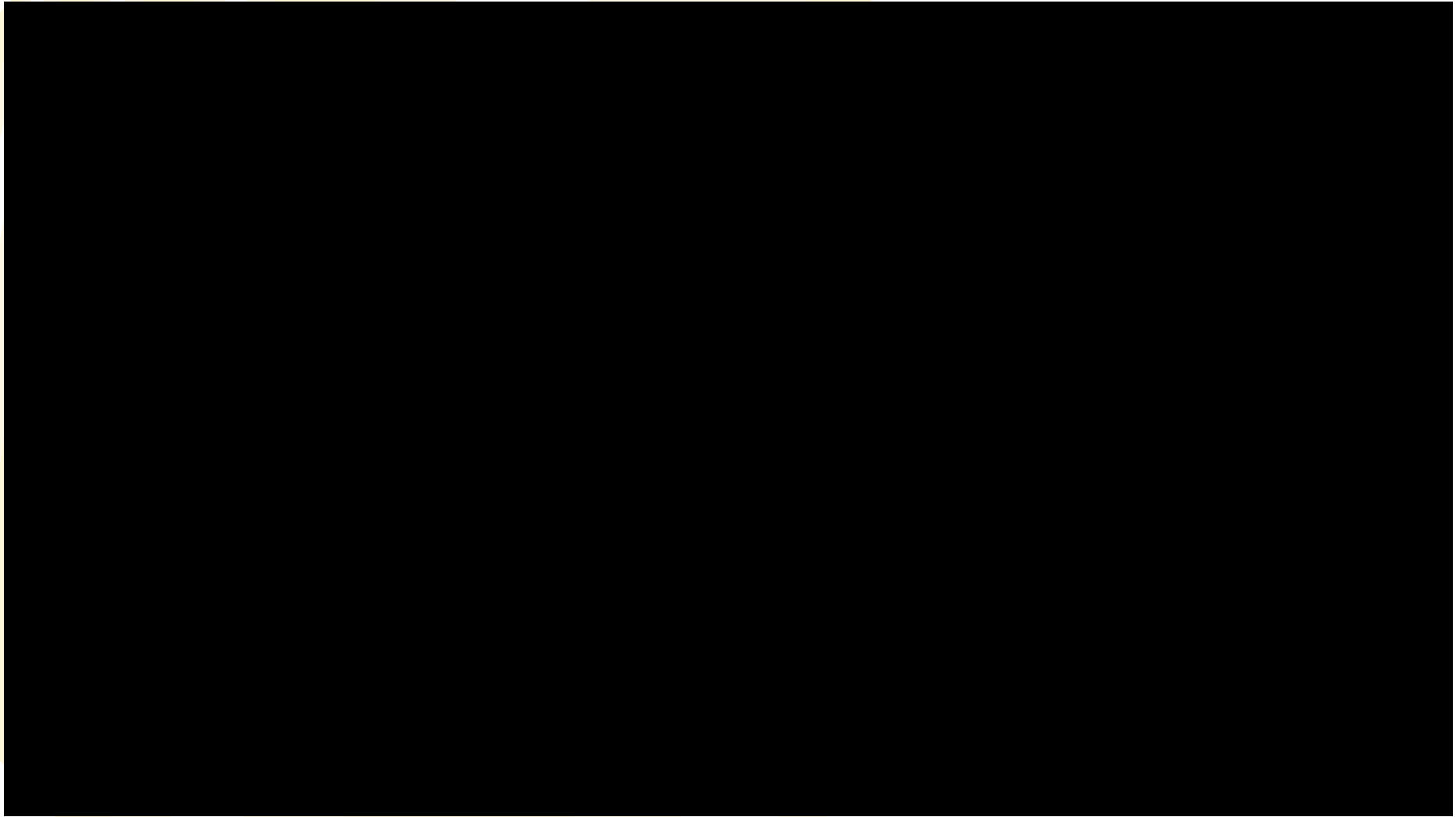
Memorize Truth Statements



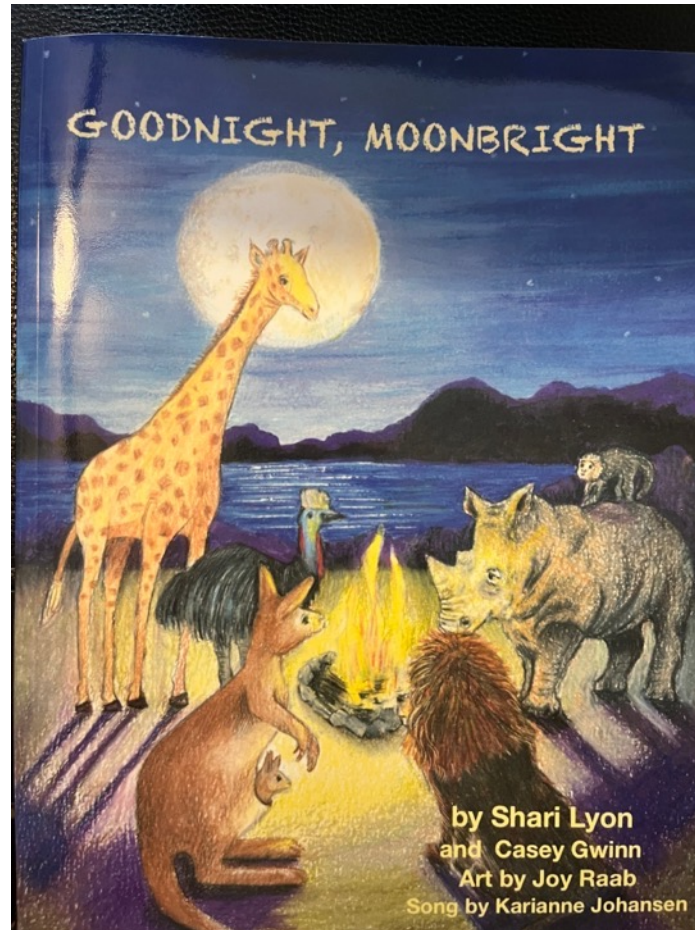
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ALLIANCE for
HOPE
INTERNATIONAL



Introducing the Science of HOPE to Young Children



Jamal Stroud

Mentor and Outreach
Manager

Camp HOPE America, a
program of

Alliance for HOPE
International

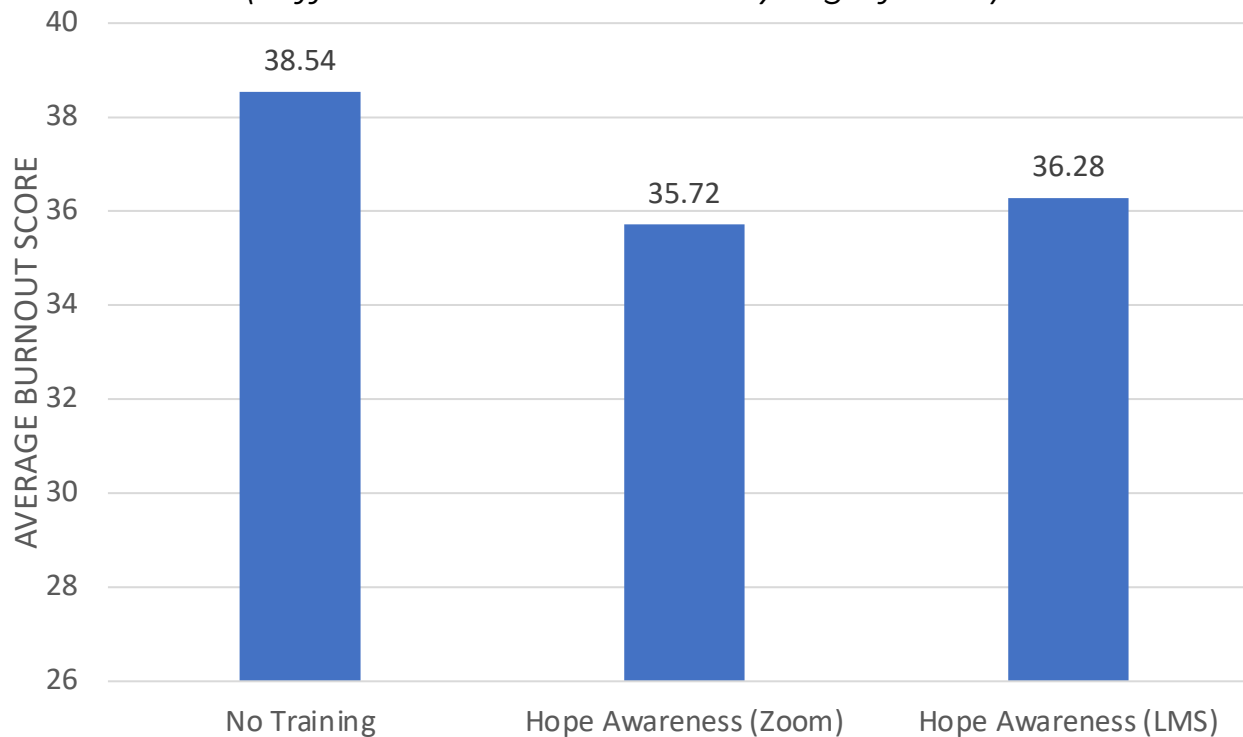




Newest Research on the Power of HOPE in 2022

Impact of Hope Training On Employee Burnout

(Differences Are Statistically Significant)

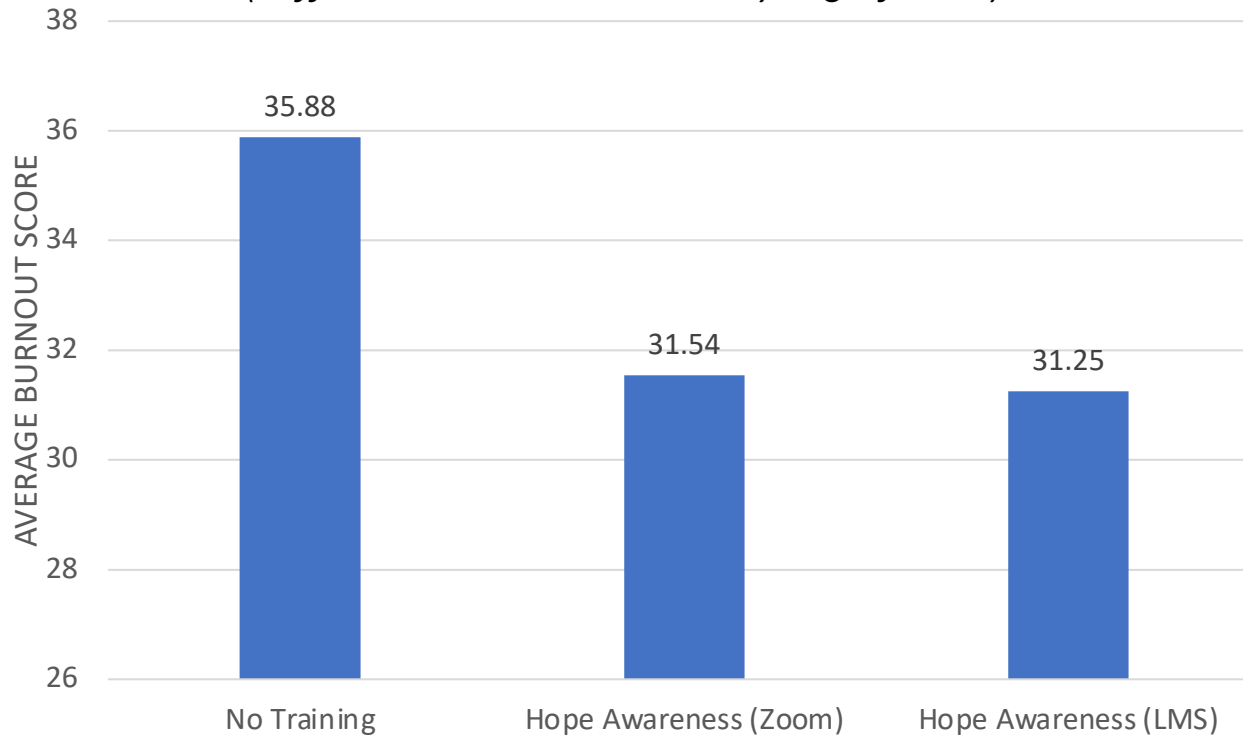


Hope Centered And Trauma Informed®



Impact of Hope Training On Secondary Traumatic Stress

(Differences Are Statistically Significant)



Hope Centered And Trauma Informed®



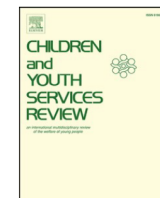
Hope and Resilience Reduce Child Welfare Worker Burnout



Contents lists available at [ScienceDirect](#)

Children and Youth Services Review

journal homepage: www.elsevier.com/locate/childyouth



Hope and resilience as protective factors linked to lower burnout among child welfare workers

Angela B. Pharris^{*}, Ricky T. Munoz, Chan M. Hellman

Hope Research Center, University of Oklahoma, School of Social Work, United States

ARTICLE INFO

Keywords:

Hope
Resilience
Child welfare workforce
Burnout

ABSTRACT

Research has established that child welfare professionals regularly face workplace burnout, leading to both high turnover and reduction in service quality. Resilience has been identified as an important factor in coping with workplace burnout. However, a second construct, hope, has also been described as an important buffer to adversity and burnout. To better understand the relative role hope and resilience play in mitigating burnout among child welfare professionals, we conducted a study involving two independent samples of child welfare professionals in Oklahoma ($N = 1,272$). The two samples were analyzed with structural equation modeling. The model fit the data well ($\chi^2 = 85.11$, $p > .001$; $df = 32$, $RMSEA = 0.052$ [90% CI: 0.039, 0.065]; CFI: 0.983;

Rising Hope is Crucial for the Homeless

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RESEARCH ARTICLE

JOURNAL OF
COMMUNITY
PSYCHOLOGY

WILEY

Psychosocial factors associated with dispositional hope, agency thinking, and pathways thinking in a homeless adult population

Ashten R. Duncan¹  | Sarah Beth Bell²  |
Alicia L. Salvatore^{3,4}  | Chan M. Hellman⁵ 

¹Department of Family and Community Medicine, University of New Mexico, Albuquerque, New Mexico, USA

Abstract

Adults facing homelessness often perceive themselves to




Mindfulness Practices Increase Hope



Research Article

Mindfulness-Based Stress Reduction and Hope in Women Participating in Alternative Sentencing Programs

Heather Chancellor McIntosh¹ , Krista Kezbers¹, Rachel Nichols², and Chan Hellman³

Research on Social Work Practice
1-7
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DOI: 10.1177/1049731521993230
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Abstract

Purpose: Alternative sentencing programs for women with nonviolent drug offenses may provide opportunities to change the life trajectories of women and their families. The primary purpose of this study was to assess whether a mindfulness-based stress reduction (MBSR) intervention could improve levels of hope following treatment. A second objective was to assess whether MBSR intervention could influence perceived stress, self-compassion, and mindfulness. **Methods:** Participants attended a 6-week mindfulness class, with outcomes measured using pretest–posttest survey comparison. **Results:** Paired sample *t* tests showed improvements in hope, stress, self-compassion, and mindfulness following treatment. **Discussion:** Community-based intervention models, such as MBSR therapy in alternative sentencing programs, may alleviate negative psychological impacts experienced by female offenders. These results align with previous research that suggests participants may see improved ability to regulate emotions following MBSR therapy. This research indicates that MBSR therapy, for women in alternative sentencing programs, may promote hope as a learned psychological skill.

Keywords

alternative sentencing, female incarceration, hope, mindfulness-based stress reduction

The average worldwide incarceration rate of women is 9.9 per 100,000, making up 6.9% of the global prison population (Walmsley, 2017). Oklahoma has the highest female incarceration rate in the United States (Elliot, 2018; Sharp & Marcus-Mendoza, 2001) at a rate of 281 per 100,000 (Kajstura, 2018). In the United States, women are more likely to be incarcerated for nonviolent drug offenses, with 25% of women in prison having been convicted of a drug-related offense compared with 14% of men (The Sentencing Project, 2020). Drug-related offenses include possession, manufacture, and distribution of drugs with a potential for abuse (Bureau of Justice Statistics, 1994), all three of which are nonviolent offenses. With mounting evidence that female incarceration is a critical problem, other options must be considered. The primary goal of this pilot study was to assess whether participation in a mindfulness treatment class may improve levels of hope among women at an alternative sentencing program for drug-related offenses. Additionally, we were interested in assessing how MBSR may affect perceived stress, mindfulness, and self-compassion.

Alternative Sentencing

Female incarceration disrupts families and may have lasting negative effects on children, but it also impacts the general community, based on the overall expense of incarceration, such

as taxpayer dollars. In 2017, the average cost of incarcerating one person for a year was US\$36,299.25, or US\$99.45 per day (Federal Register, 2018). A cost–benefit analysis completed by the Washington State Institute for Public Policy found that alternative sentencing programs, in addition to correctional interventions and early childhood programs, reduced crime and saved money for local law enforcement when compared with traditional incarceration methods (Aos & Drake, 2013).

Alternative sentencing may take many forms such as a full incarceration replacement program that allows greater visitation or programs adjunct to incarceration that supplement it from either the beginning or end of the traditional sentence (U.S. Sentencing Commission, 2017). Women in alternative sentencing programs may have come from a cycle of

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³Hope Research Center, The University of Oklahoma, Tulsa, OK, USA

Corresponding Author:

Heather Chancellor McIntosh, Office for Research Development and Scholarly Activity, School of Community Medicine, The University of Oklahoma, 4502 East 41st Street, Tulsa, OK 74135, USA.
Email: heather-mcintosh@ouhsc.edu

Thank you, Luz
Martinez from
Wellness
Dispatch!

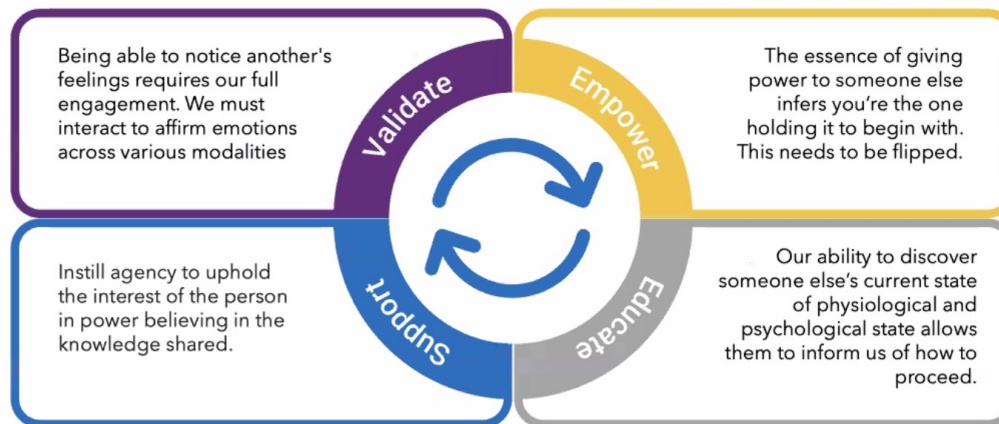
7 AM – Bayfront
Terrace Each
Morning



The Hope Coaching Work of Camp HOPE America

Four Pillars of Healing

Healing-centered engagement offers an important departure from solely viewing people through the lens of harm and focuses on asset-driven strategies that highlight possibilities for discovery and well-being



camphopeamerica.org

Creating Pathways to HOPE



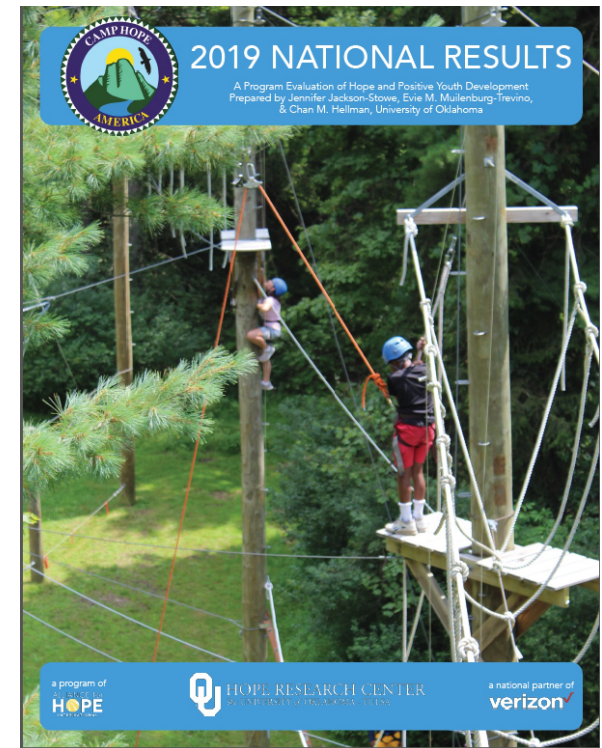
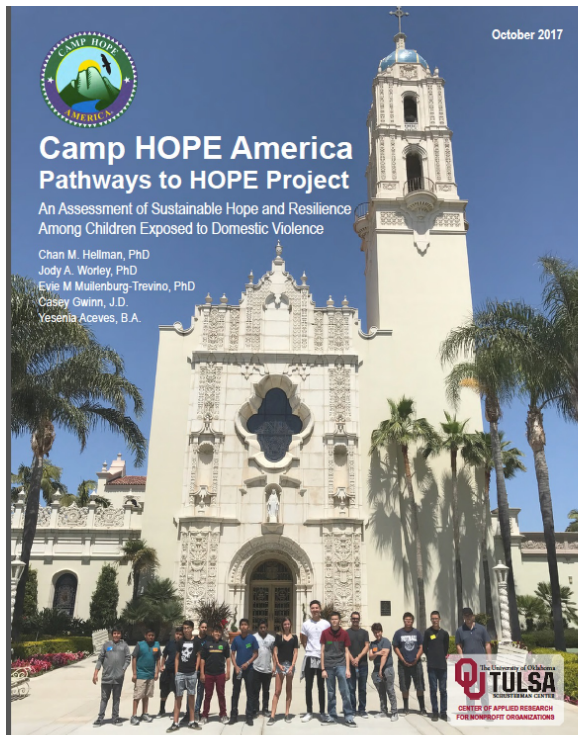
The Gallup Student Poll: Hope Matters in Schools...

The screenshot shows the Gallup Student Poll website. The header includes the Gallup logo, navigation links (What We Do, Who We Are, Locations, Careers, Store), a CONTACT US button, and a search icon. The main content area is divided into several sections:

- Gallup Student Poll**: A large heading on the left.
- Academic Ranking May Motivate Some Students, Alienate Others**: A featured article with the date AUG 9, 2018. The text reads: "Transform your students and schools with proven methods from Gallup's history of education research."
- How to Keep Kids Excited About School**: An opinion piece by Valerie J. Calderon.
- 8 Things You Need to Know About Students**: An opinion piece by Valerie J. Calderon and Daniela Yu. The text reads: "Engaged and hopeful students fare better in school and in life."
- Gallup Student Poll 2014 U.S. Overall Report**: A report dated SEP 22, 2014. The text reads: "The Gallup Student Poll is a 20-question survey that measures the hope, engagement and well-being of students in grades 5-12. The primary application..."
- Youth Readiness for the Future: A Report of the Gallup Student Poll**: A report dated SEP 22, 2014.

At the bottom, there is a call to action: "For More Articles on Gallup Student Poll Visit news.gallup.com". A footer section contains a cookie notice: "Gallup uses Cookies to ensure the best website experience. Continuing without changing Cookie settings assumes you consent to our use of cookies on this device. You can change this setting at any time, but that may impair functionality on our websites." with a [Privacy Statement](#) link and a CLOSE button.

Collaborative work with trauma-survivors increases Hope in their lives...



The Hope-Centered Work Is Always Done Collaboratively...

It is why we advocate for Family Justice Centers
across the country...and around the world. They
are the power of Collective Hope.

HOPE is measurable, malleable, and cultivable...

THE ADULT HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I can think of many ways to get out of a jam.
- ___ 2. I energetically pursue my goals.
- ___ 3. There are lots of ways around any problem.
- ___ 4. I can think of many ways to get the things in life that are most important to me.
- ___ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 6. My past experiences have prepared me well for my future.
- ___ 7. I've been pretty successful in life.
- ___ 8. I meet the goals that I set for myself.

Notes: The **Agency** subscale score is the sum of items 2, 6, 7 & 8; the **Pathways** subscale score is the sum of items 1, 3, 4 & 5. **Hope** is the sum of the four **Pathways** and four **Agency** items. Scores can range from a low of 8 to a high of 64.

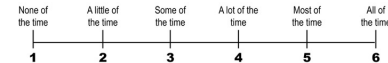
Agency Score ____ (Add items 2, 6, 7, and 8)

Pathways Score ____ (Add items 1, 3, 4, and 5)

Total Hope Score ____ (Agency Score + Pathways Score)

THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I think I am doing pretty well.
- ___ 2. I can think of many ways to get the things in life that are most important to me.
- ___ 3. I am doing just as well as other kids my age.
- ___ 4. When I have a problem, I can come up with lots of ways to solve it.
- ___ 5. I think the things that I have done in the past will help me in the future.
- ___ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score ____ (Add items 1, 3 and 5)

Pathways Score ____ (Add items 2, 4, and 6)

Total Hope Score ____ (Agency Score + Pathways Score)



www.hopescore.com



Hope Scores should be measured in every workplace in America annually...

2016: Hope Score Average of 54.06

2017: Hope Score Average 57.25

2018: Hope Score Average 56.18

2020: Hope Score Average 56.41

Our average ACE Score on our team is 4.0. Hope Scores above 40 put you in the hopeful category. Scores above 48 bump you to a higher level of hope. Scores of 56 or higher make you a high hope person. Everyone on our team scores 48 or above. 70% of the staff score over 56, in the high hope category...

Here is how we measure it...

Personal Survey

Directions:
Read each item carefully. Using the scale shown below, write the the number that best describes YOU next to each item.

Definitely False	Mostly False	Somewhat False	Slightly False	Slightly True	Somewhat True	Mostly True	Definitely True
1	2	3	4	5	6	7	8
<input type="checkbox"/>							
1. I can think of many ways to get out of a jam.							
<input type="checkbox"/>							
2. I energetically pursue my goals.							
<input type="checkbox"/>							
3. I feel tired most of the time.							
<input type="checkbox"/>							
4. There are lots of ways around any problem.							
<input type="checkbox"/>							
5. I am easily downed in an argument.							
<input type="checkbox"/>							
6. I can think of many ways to get the things in life that are most important to me.							
<input type="checkbox"/>							
7. I worry about my health.							
<input type="checkbox"/>							
8. Even when others get discouraged, I know I can find a way to solve the problem.							
<input type="checkbox"/>							
9. My past experiences have prepared me well for my future.							
<input type="checkbox"/>							
10. I've been pretty successful in life.							
<input type="checkbox"/>							
11. I usually find myself worrying about something.							
<input type="checkbox"/>							
12. I meet the goals that I set for myself.							



Forbes Magazine 2019

Forbes

The Business Case For Hope: Creating The Future You Want



Paula Davis Contributor ①

Careers

I write about stress resilience, burnout and well-being at work.

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in



ALLIANCE for
HOPE
INTERNATIONAL

The Science of HOPE In State Government



**HOPE
RISING**

OKLAHOMA



HOPE

A graphic of a snow-capped mountain peak with a large sun rising behind it, partially obscured by the letter 'O' in the word 'HOPE'.

THURSTON



Spokane County Dependency Court

VISION

A HOPE centered court system that is equitable, inclusive, and trauma responsive in strengthening the well-being of families, court professionals, and the community it serves.

Mission

Our dependency court system is an inclusive community that partners with families and professionals to encourage hope, healing, and well-being.

HOPE is the belief that the future will be better and you have the power to make it so.

HOPE
CENTERED
VALUES



GOALS

How we help families determine their goals

Boundaries • Curiosity • Individualized • Integrity • Listening to Understand • Support • Transparency



PATHWAYS

How we create pathways for families to reach their goals

Accessible • Achievable • Anti-bias • Collaboration • Communication • Predictability • Self-Care • Teaming • Trauma Informed • Trauma Responsive



WILLPOWER

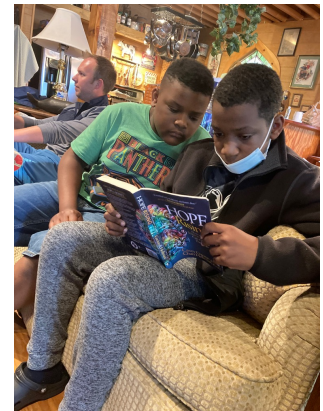
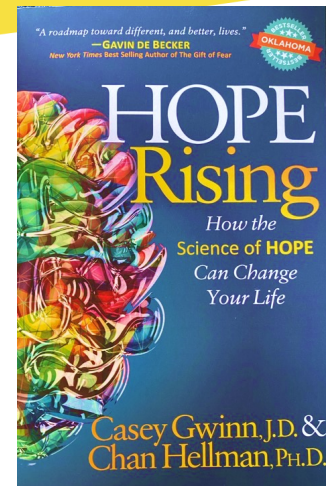
How we help families achieve their goals and build HOPE

Compassion • Celebrate Success • Generosity • Grace • Minimize Trauma • Measure HOPE and Well-Being • Relationships • Trust

Created by Spokane Dependency Community; infographic designed by Washington Administrative Office of the Courts (July 2021)

How Will You Develop a Hope-Centered Organizational Approach?

- How will you live it out?
- How will you teach hope?
- How will you measure it?
- With adults? With kids?
- How will you make sure staff members restore it regularly in their own lives?
- How will you know if you are losing hope?





**Our calling in our work is to...stay
kindhearted and hope-centered...**

Guiding principles in hope centered work

Hope is a cognition not an emotion.

Imagination is the instrument of Hope.

Hope is more than wishful thinking.

Hope begets Hope.

Hope is a gift we can give to others.

Hope can be taught.

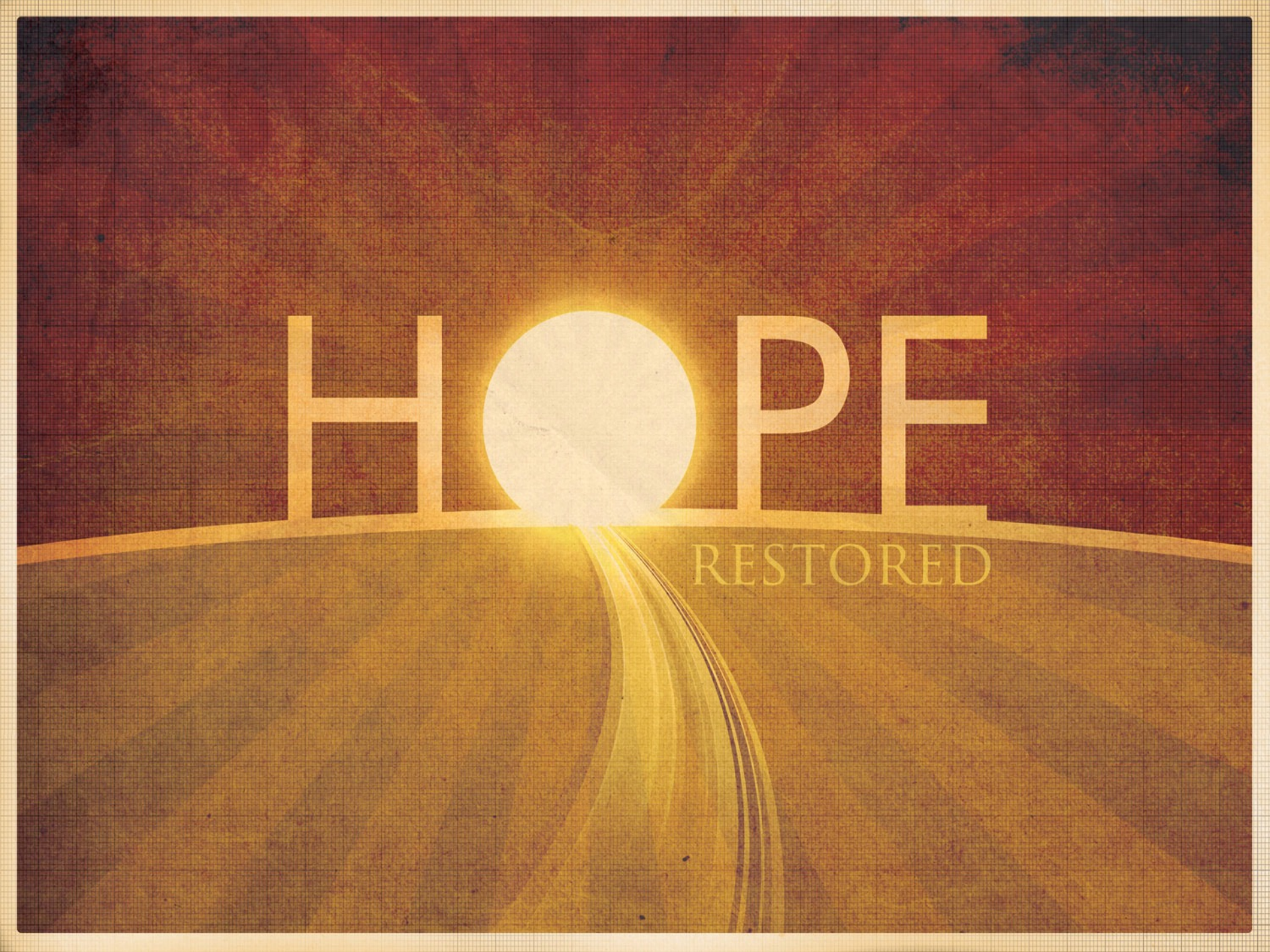
Oh! the Places You'll Go!™



**"You have brains in your head.
You have feet in your shoes.
You can steer yourself
any direction you choose!"**

Dr. Seuss

TM & © 2010 Dr. Seuss

The image features a warm, golden-brown color palette. A large, bright sun is positioned behind the letter 'O' in the word 'HOPE'. The sun's light creates a strong glow and casts a long, winding road that curves from the bottom center towards the horizon. The background is a textured, dark reddish-brown sky. The overall composition is centered and balanced, with a grid-like pattern visible across the entire image.

HOPE

RESTORED