

# HOPE RISING

## The Science and Power of Hope

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Hope Research Center

# Well-Being Interventions

## What is wrong with you?

Client well-being is traditionally viewed as the reduction of problems

Depression,  
Anxiety,  
Anger,  
Chronic Absence  
Etc.

Growing Awareness of *Adverse Childhood Experience* has reframed the question to a more trauma informed:

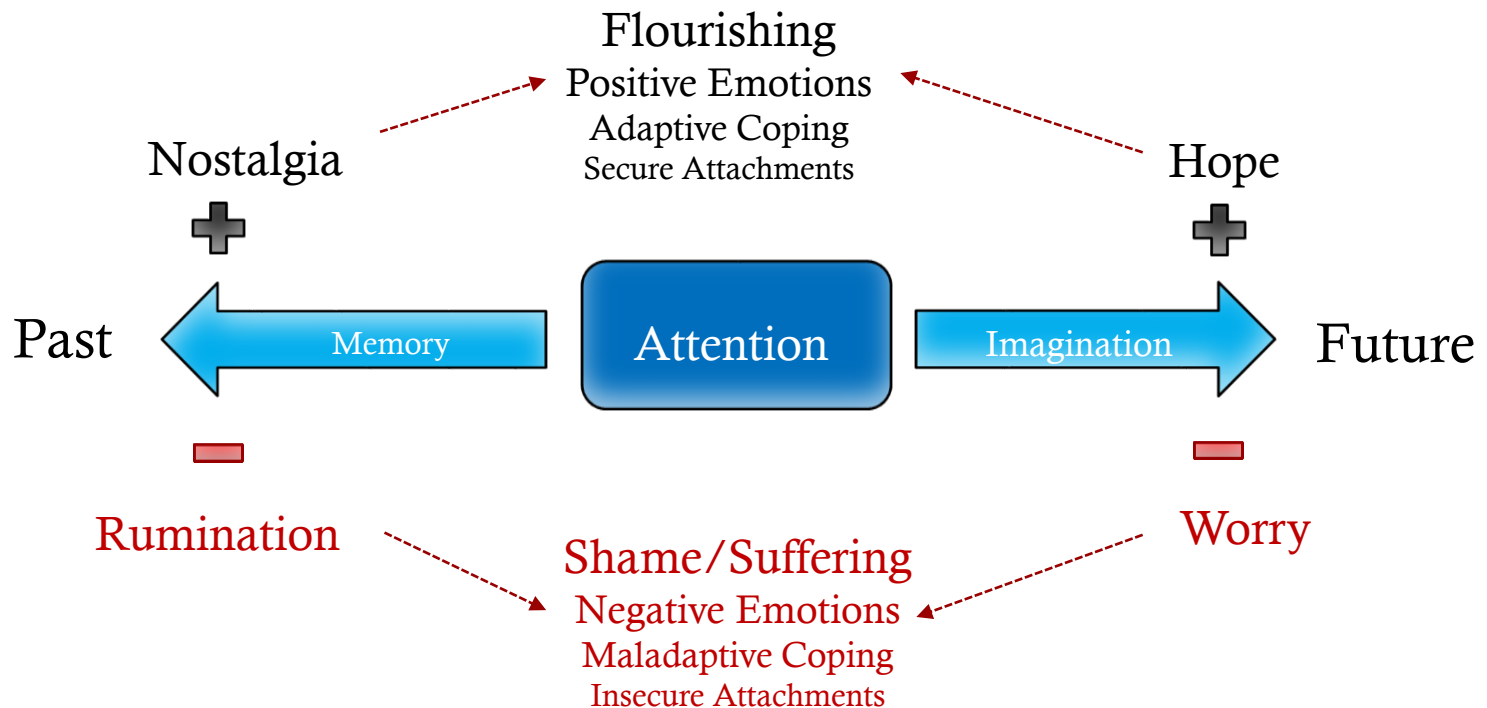
## What Has Happened To You?

# ACE Scores

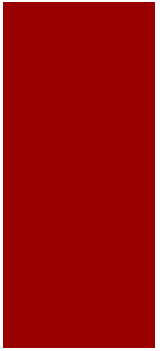
## Consider a Few Comparisons

|                        |      |
|------------------------|------|
| CDC National Data      | 1.61 |
| Children Exposed to DV | 4.40 |
| DV Survivors           | 3.30 |
| Foster Children        | 5.68 |

# Where Do You Focus Your Attention?



# Trauma and Hope



Understanding the Connection  
Between Trauma and Hope.

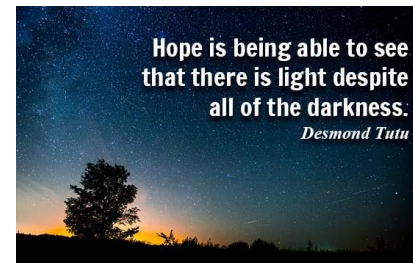
- Trauma and Trust
- Trauma and Rumination
- Trauma and Depression/Anxiety
- Trauma and Insecure Attachment

The image features a dark gray speech bubble with a white outline, positioned centrally. Inside the bubble, the text "Trauma Informed and Hope Centered" is written in a white, sans-serif font. The background is white and decorated with several thin, light gray curved lines, some of which are dashed, creating a sense of movement and depth.

Trauma Informed  
and Hope Centered

## HOPE DEFINED

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



# Nurturing Hope

Hope is linked to positive outcomes and important assets:

- Goal Achievement.
- Survivor Defined Success.
- Social Connectedness.
- Resilience, Optimism, Self-Control.
- Well-Being.

Nurturing hope develops the mindset that will help clients achieve their goals and stay on healthy tracks.



I want to  
THRIVE  
not just  
SURVIVE



# Simplicity of Hope

Hope explains **goal** directed processes.

**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.

# The Simplicity of Hope Theory!

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

- 🌀 Can be either short- or long-term in nature.
- 🌀 Must be valued (our goals are not always their goals).

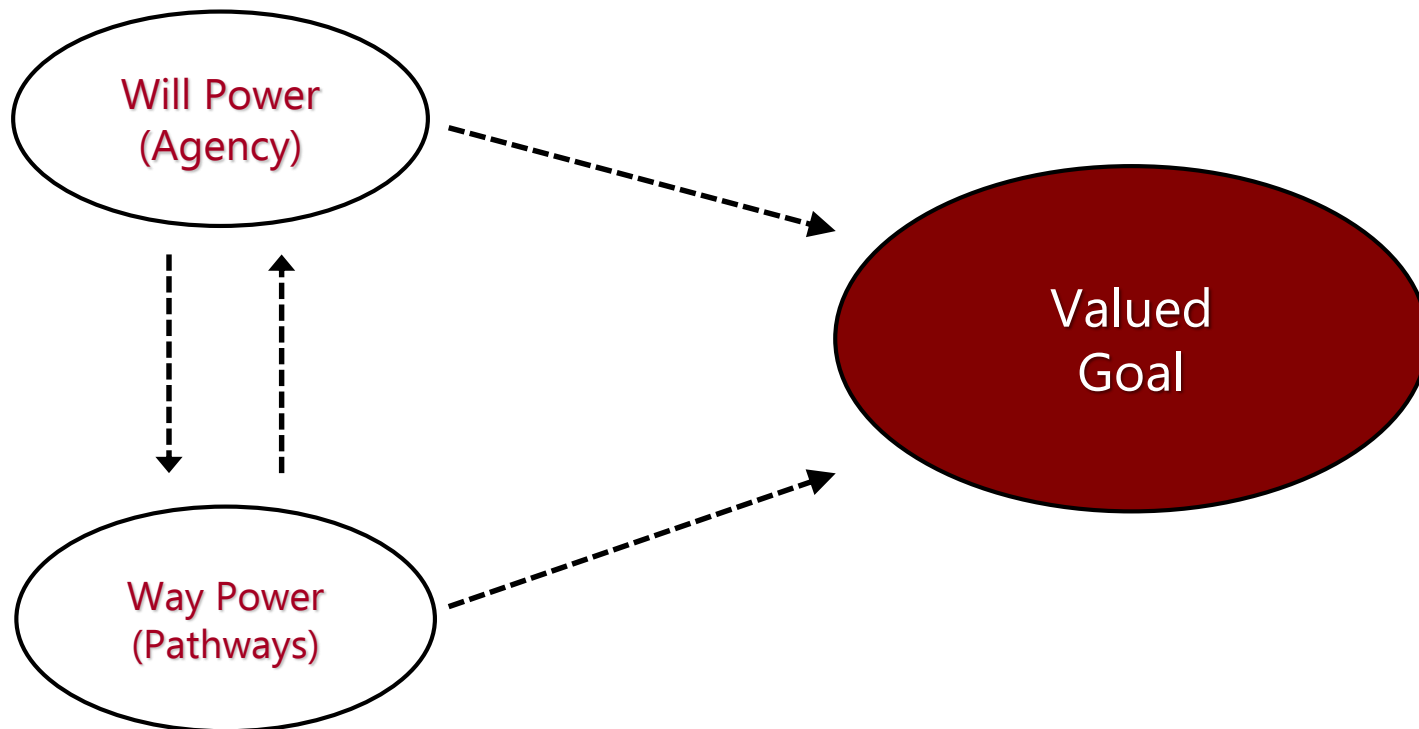
**Pathways:** Mental roadmaps to goal attainment.

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

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

- 🌀 Focus your attention and intention on goal pursuits.
- 🌀 Sustained motivation.

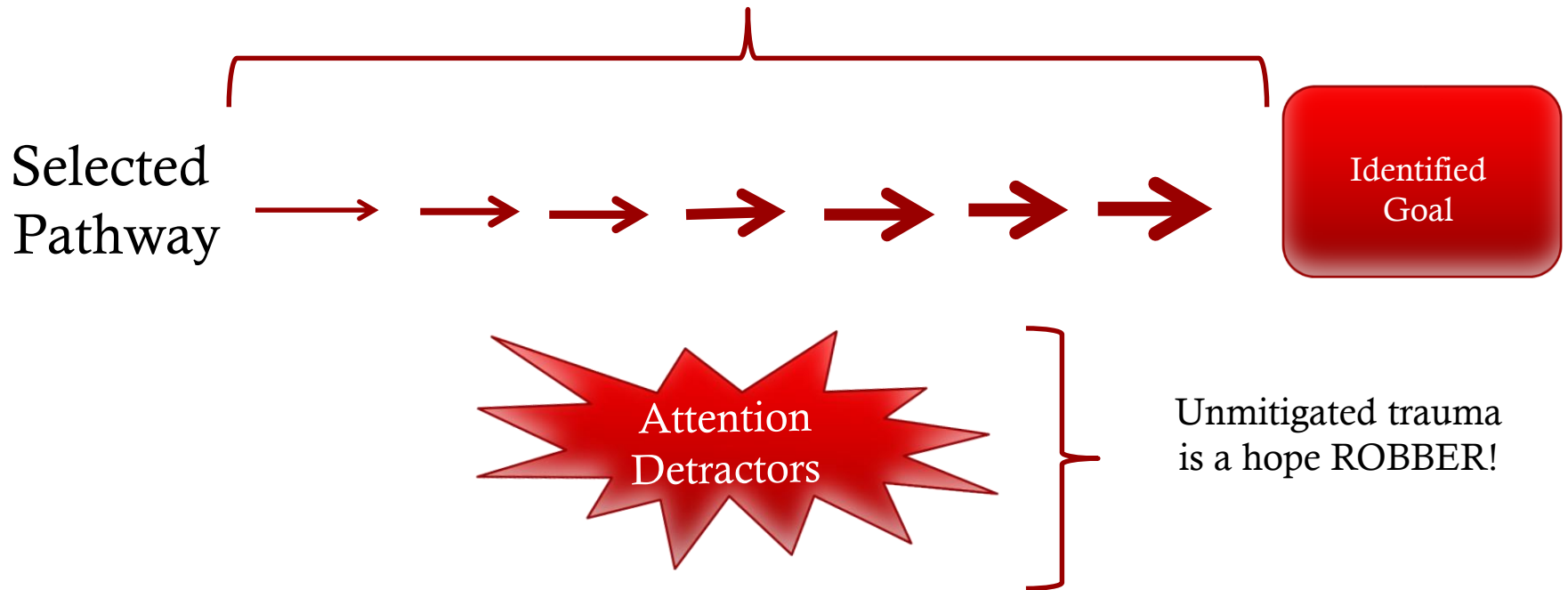
# HOPE THEORY



...agency without pathways is a wish!

# The Application of Hope

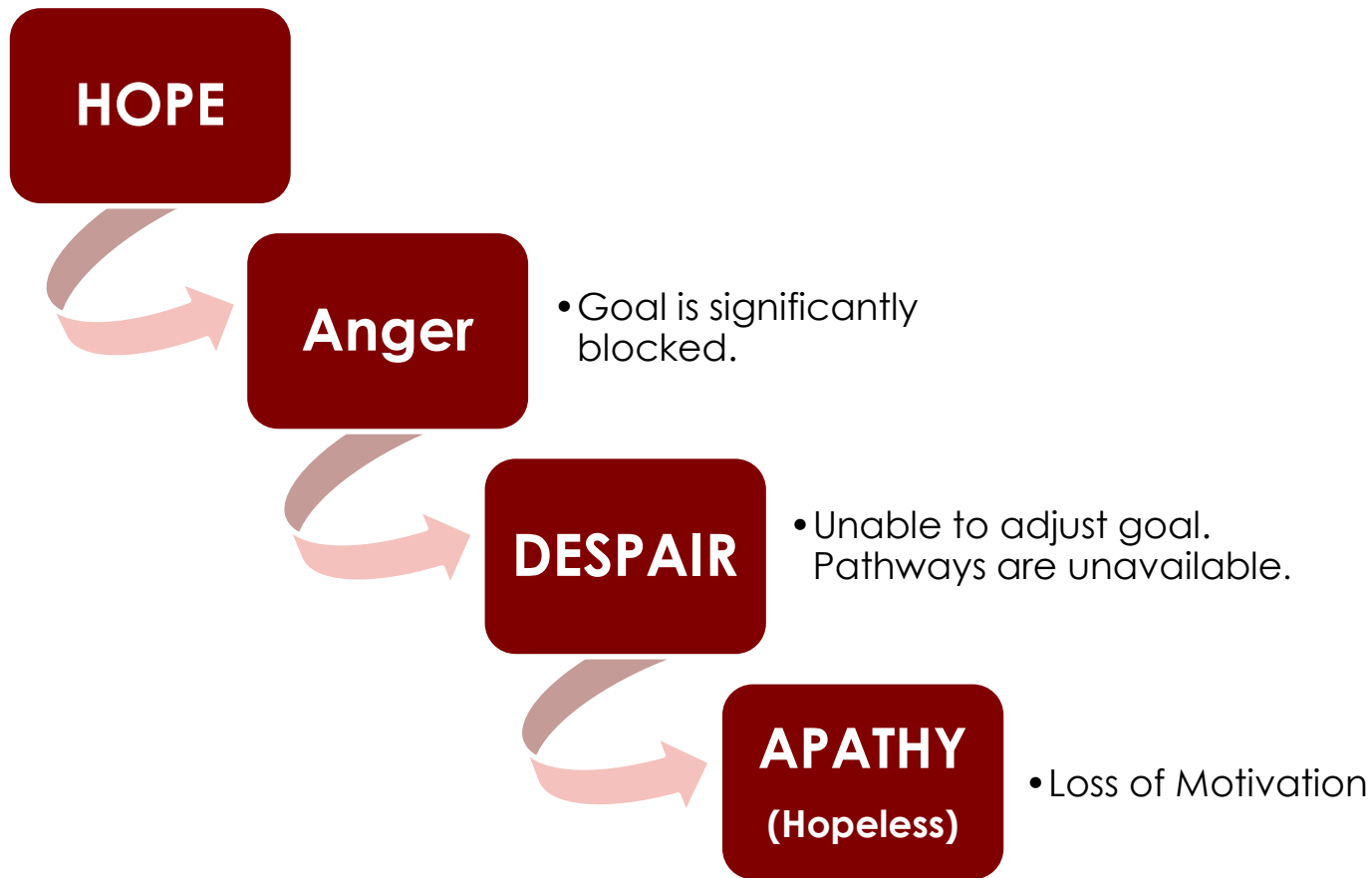
How well can you manage your willpower?



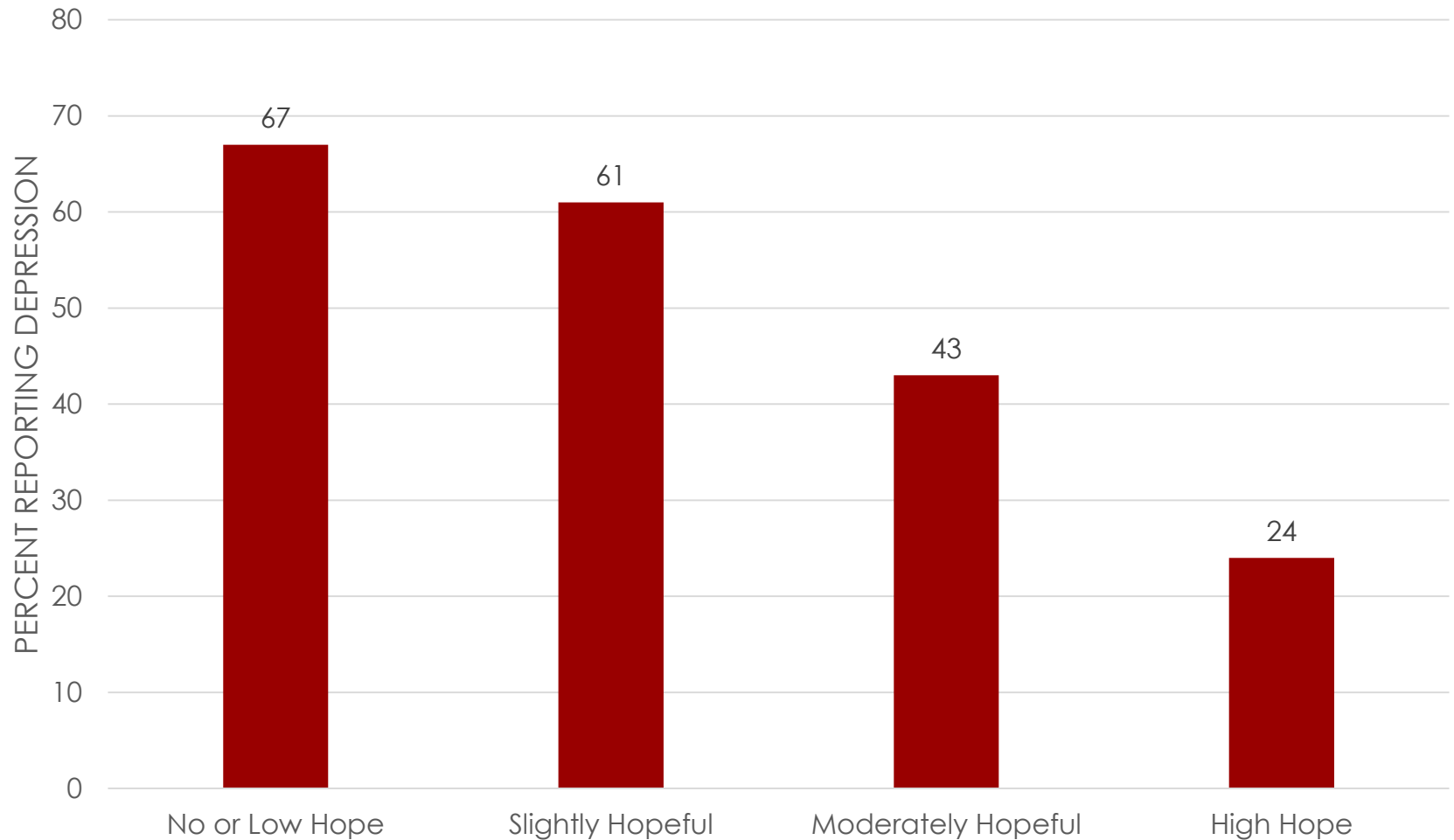


**What is the opposite  
of hope?**

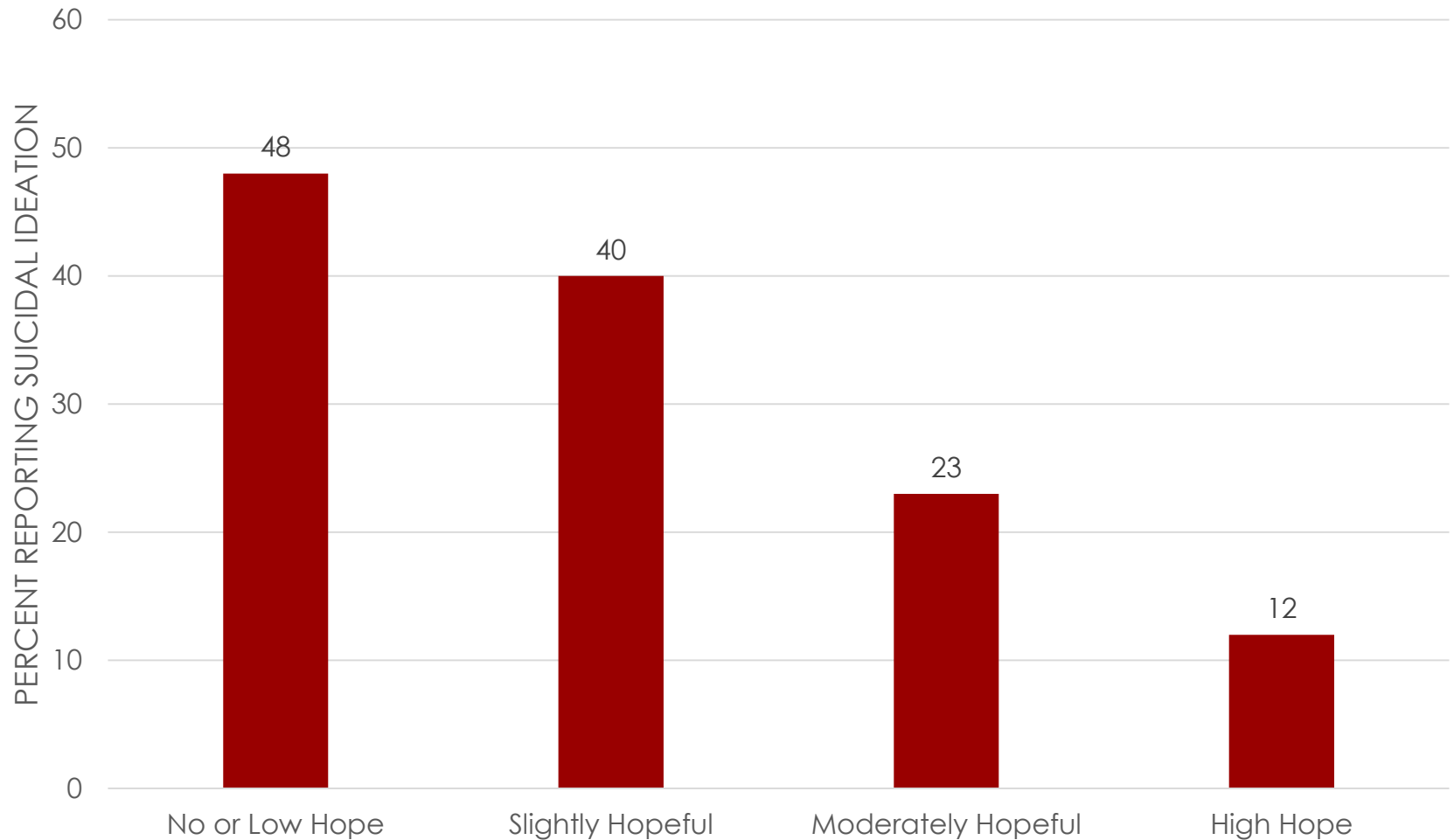
# THE LOSS OF HOPE



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

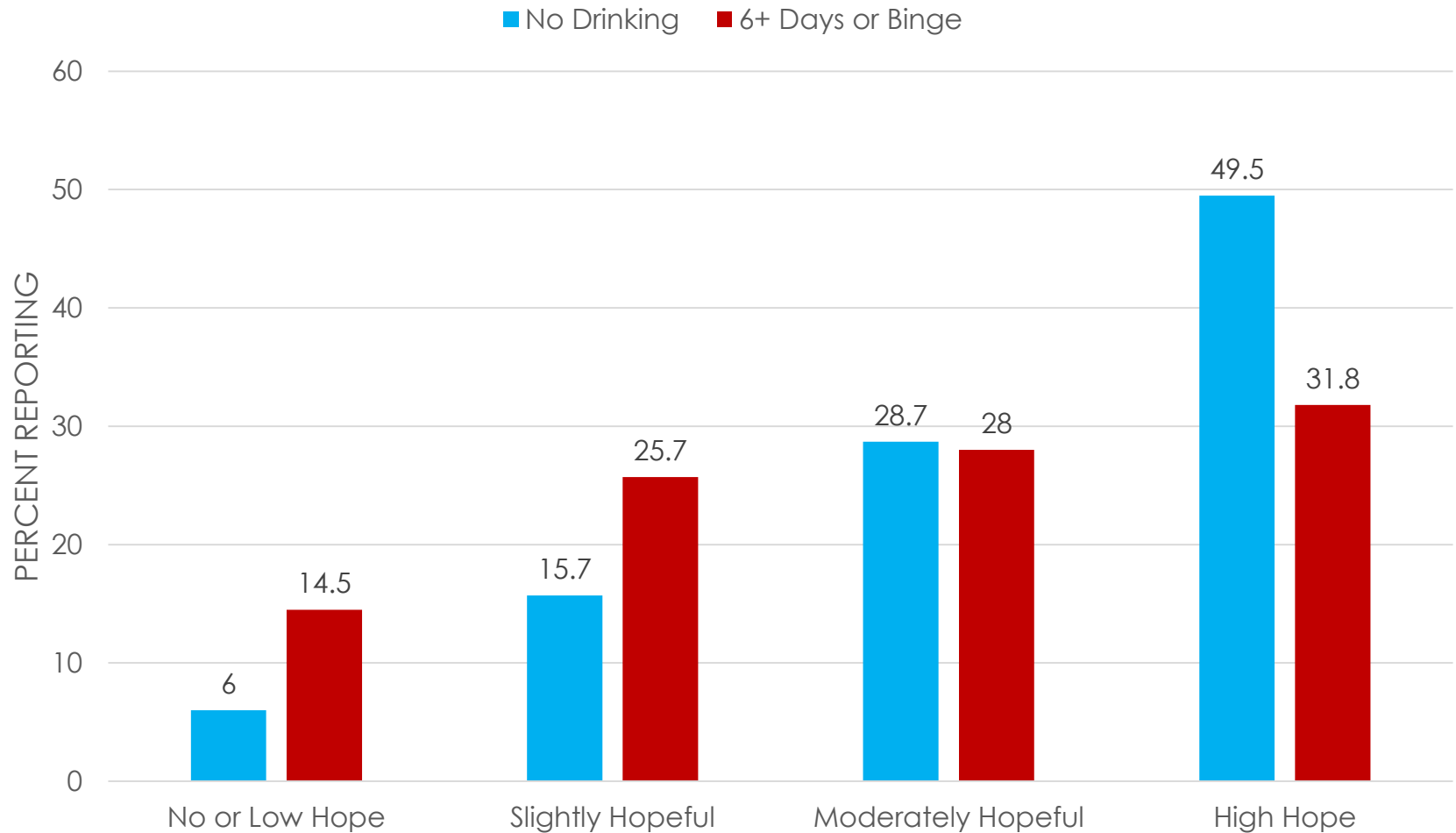


# Hope & Suicidal Ideation Among 8-12 Grade Youth (2018 HYS)

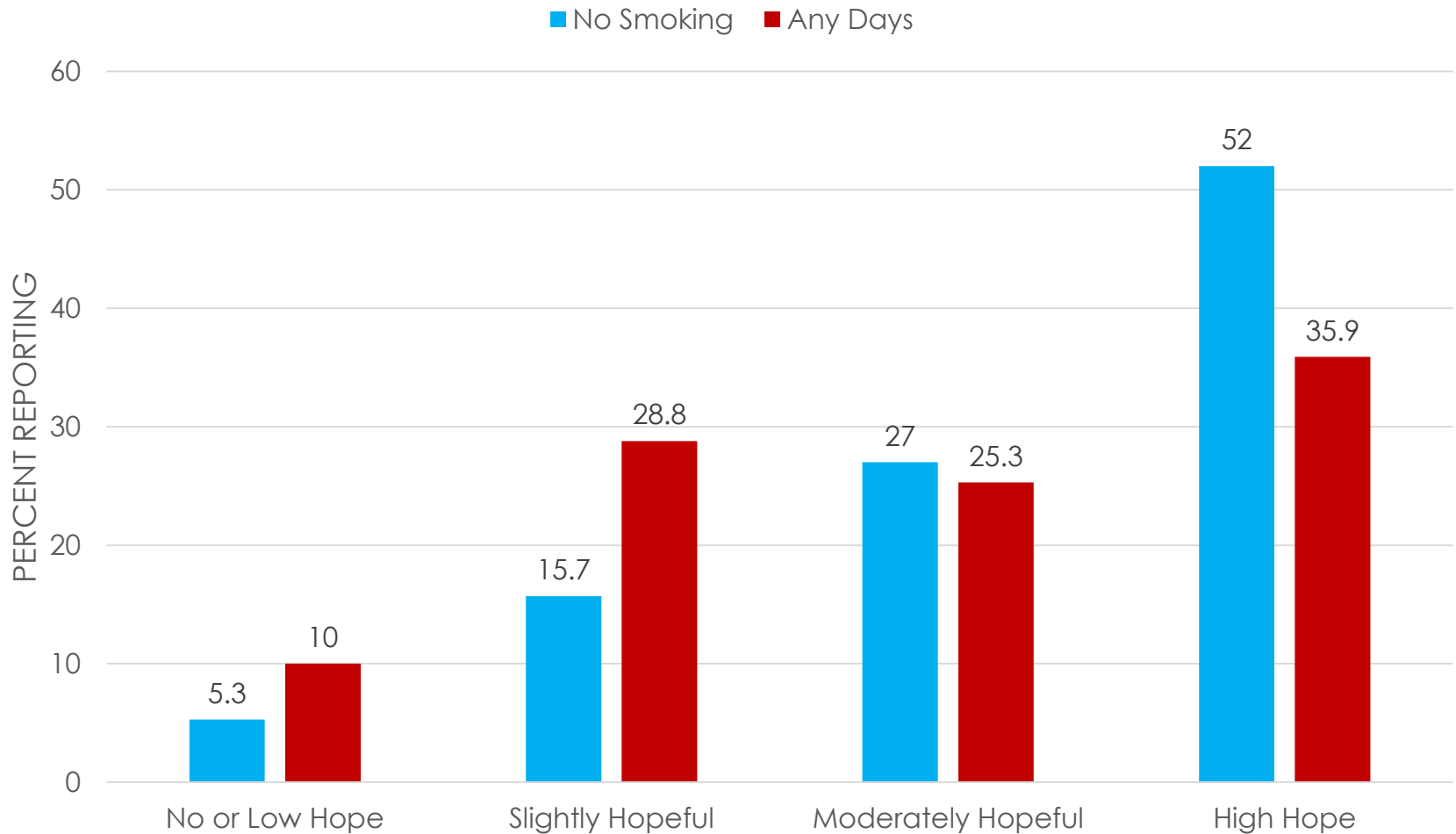




# Hope & Alcohol Use Among 8th Grade Youth(2018 HYS)



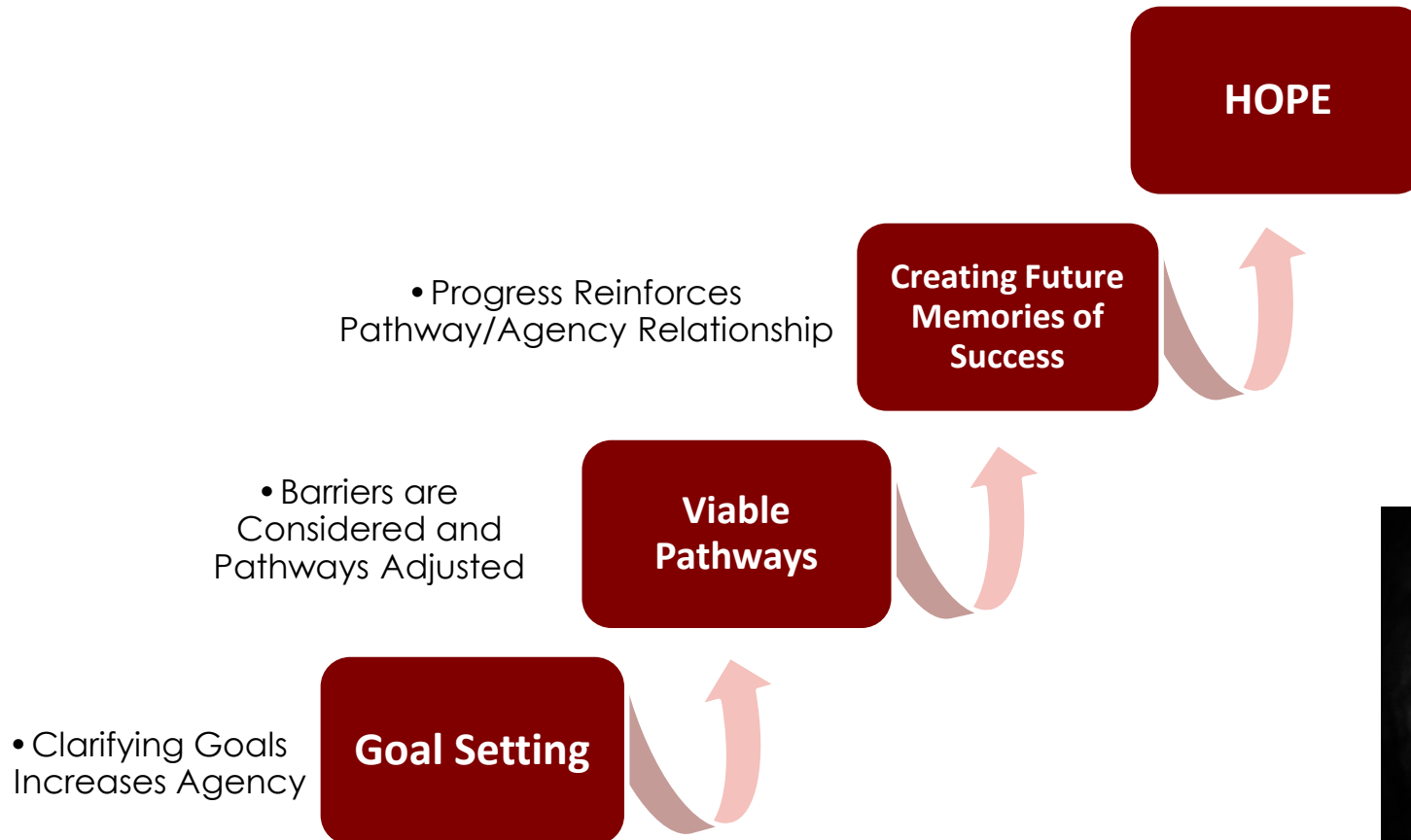
# Hope & Smoking Among 12th Grade Youth(2018 HYS)





## The Power of Hope


# NURTURING HOPE



# 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\*

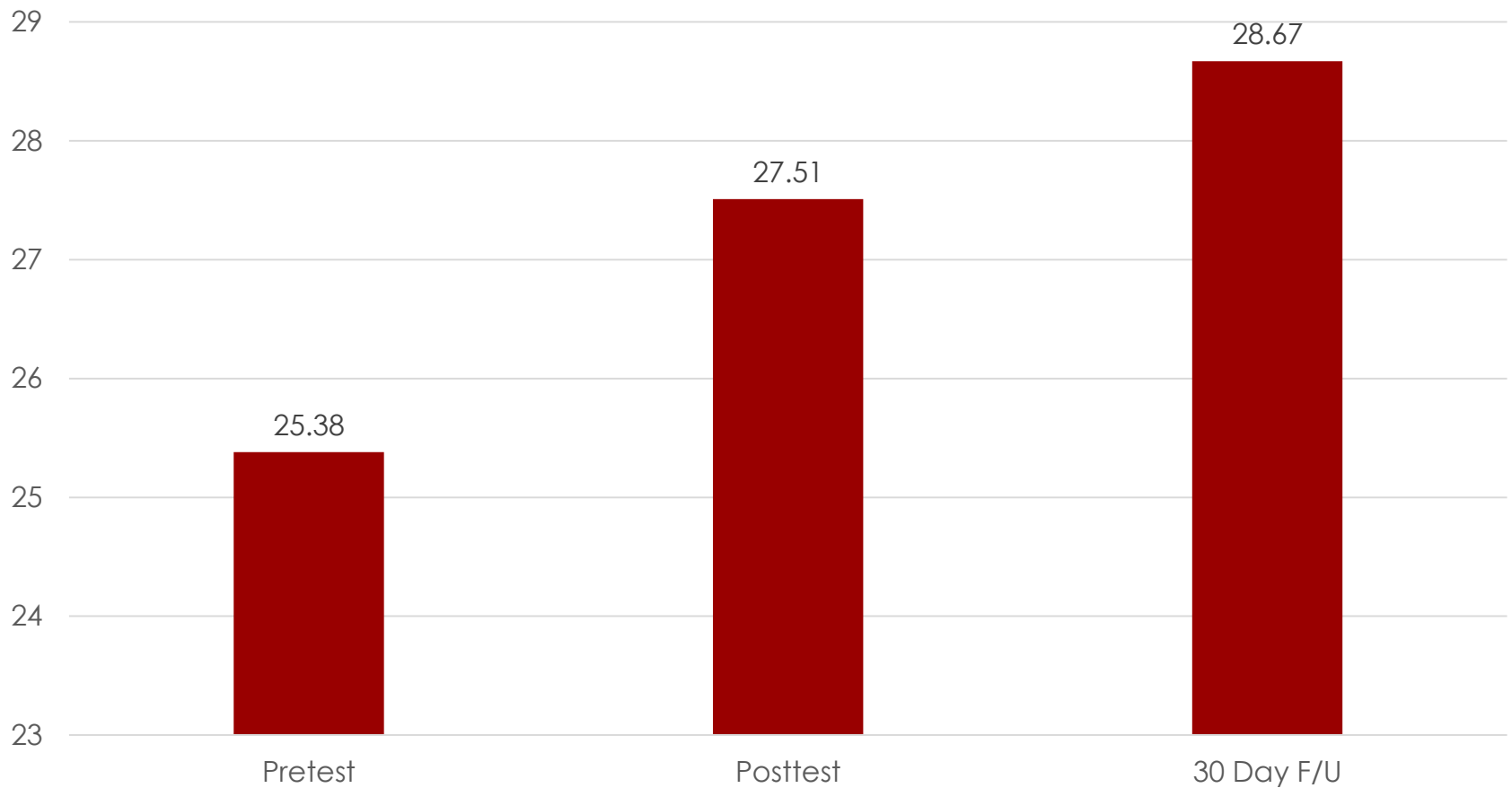
# CAMP HOPE and ACE

## 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

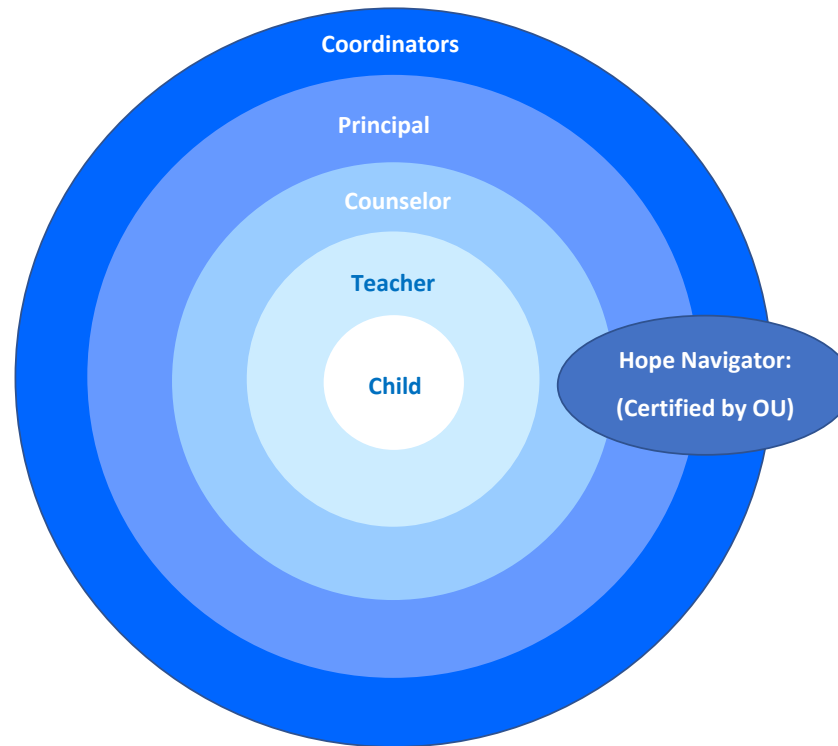


# Strategies To Nurture Hope

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



# BUILDING A TRAUMA INFORMED AND HOPE CENTERED SCHOOL



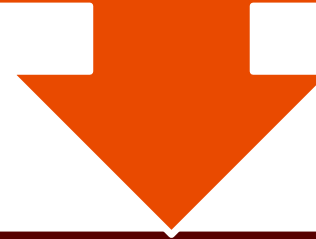
Hope Research Center

# BUILDING THE NEXT GENERATION OF NONPROFIT LEADERS



Hope as  
a theory  
of  
change

At the heart of change is your ability to understand the way things are and to imagine the way things could be.



The Future Will Be Better, and you have the power to make it so!

"A roadmap toward different, and better, lives."

—GAVIN DE BECKER

New York Times Best Selling Author of *The Gift of Fear*

# HOPE Rising

*How the  
Science of HOPE  
Can Change  
Your Life*

Casey Gwinn, J.D.  
AND  
Chan Hellman, Ph.D.

*"Hope Rising will be an important source of help to those seeking to find ways to reduce the impact of adverse childhood experiences in order to live thriving, hope-filled lives."*

**Dr. Vincent J. Felitti**

# Thank You!