THE SCIENCE AND POWER OF HOPE

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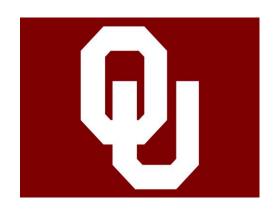




"...the **gross national product** does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials.

It measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to our country...

...it measures everything in short, except that which makes life worthwhile."



Where I found hope.

- Young Male, Recent HIV+ diagnosis, Rejected by Family, Homeless and living under bridge....
- Hopeless right?





- How do we conceptualize the impact human service organizations have on those they serve?
- Historically, well-being was based on the reduction of psychological problems. That is, going from a -8 to a 0.
- In short, it turns out we have been most interested in understanding what is wrong with people.



- Recently, social science researchers and practitioners have begun to ask....
 - What if we studied what is right with people?
 - What are the psychological traits that allow individuals, groups, and communities to thrive?
 - What makes a life worth living?
- Positive Psychology has identified 24 strengths that enhance our capacity to flourish.



- Empirical studies of the 24 strengths have demonstrated that hope is one of the top predictors of our ability to flourish.
- What does it mean to Flourish?
 - Be engaged in our activities (e.g., parenting).
 - Experience positive emotions (joy) more than negative emotions (anger).
 - Develop and maintain positive relationships,
 - Find meaning in the pursuit of our goals.
 - Achieve the goals we set in life.

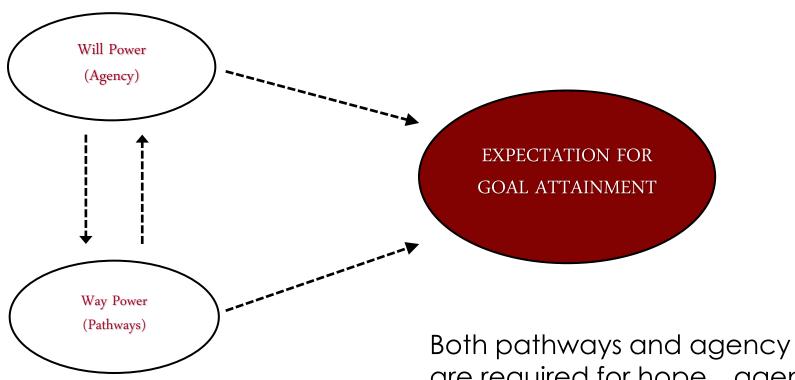


HOPE THEORY

- Hope requires the ability to create credible mental strategies (pathways) to achieve the goal and the ability to direct and maintain mental energy (agency) to these pursuits.
- Pathways Thinking = Waypower or mental roadmaps to goal attainment.
- Agency Thinking = Willpower that one can direct and sustain toward goal pursuits.
- Hope = Pathways + Agency.



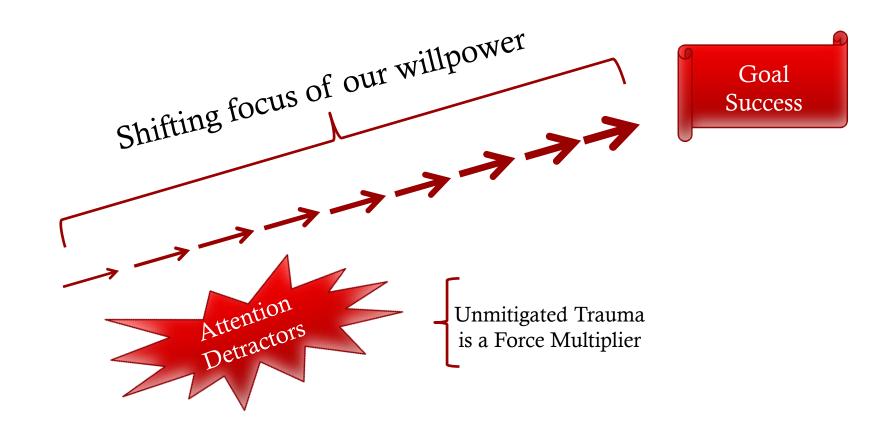




Both pathways and agency are required for hope...agency without pathways is more likely a wish!



THE EVOLUTION OF HOPE



THE BENEFITS OF HOPE



Hopeful people experience improved social, psychological, and physical well-being across the life span.

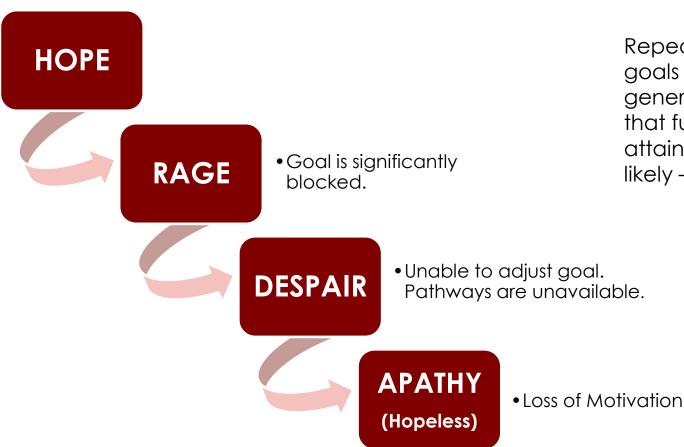






What is the opposite of hope?





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



- Low hope individuals recognize their deficiency in pathways and agency.
 - Lower sense of long term goals.
 - Often feel blocked from goals.
 - Negativity and focus on failure.
 - Lower self-control.
 - Anxiety and depression.
 - Lower self-esteem.
 - Lower problem solving skills.
 - Higher likelihood of negative behaviors.





MEASURING HOPE

- ADULT HOPE SCALE (Snyder et al., 1991).
 - 8-item self-report measure.
 - Hellman, Pittman, & Munoz (2013).
 - Reliability Generalization.

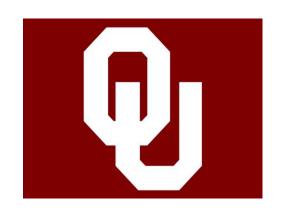
- ©CHILDREN'SHOPE SCALE (Snyder et al., 1997).
 - 6-item self-report measure.
 - Hellman, Munoz, Worley, Feeley, Gillert (Under Reviw).
 - Reliability Generalization.



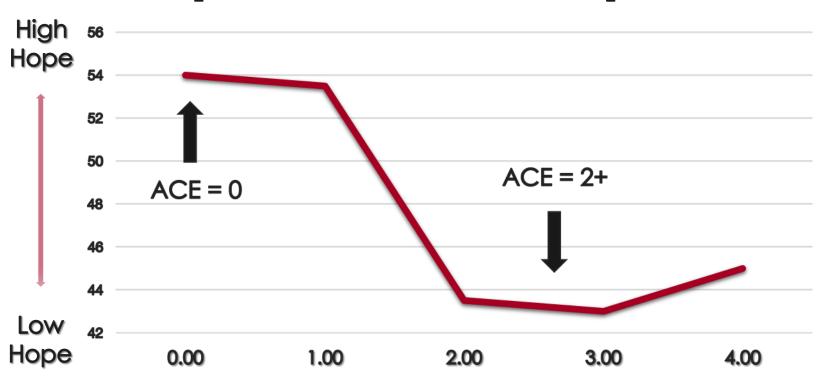
Hope Research Agenda:

- Does hope predict adaptive outcomes?
- Does hope buffer the negative effects of stress and adversity?
- © Can hope be improved by intervention and sustainable?

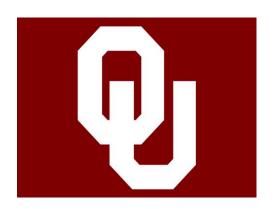




Hope and Adverse Childhood Experience







Estimated 15 million children are exposed to domestic violence.

Meta-analytic studies find these children are at increased risk for emotional, social, and behavior difficulties.

Additional stress associated with trauma of repeated separations, child custody battles, and family isolation.

These children experience:



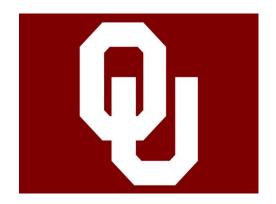
CAMP HOPE CALIFORNIA

Table 3.

Prevalence of Adverse Childhood Experiences.

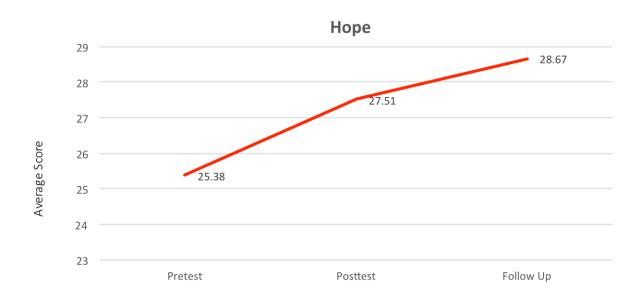
ACE Score	CDC Study (N=17,337)	Camp HOPE Children (N=64)
0	36.1%	0.0%
1	26.0%	4.8%
2	15.9%	4.8%
3	9.5%	11.1%
4+	12.5%	79.4%

The Average Number of ACE = 5.51



THE POWER OF HOPE

FIGURE 1. Children's Hope Index.



Children Exposed to Domestic Violence



Increase in child's hope was associated with adult observations.

- Higher energy level (zest).
- Perseverance toward goals (grit).
- Ability to self-regulate emotions and behaviors (self-control).
- Expecting the future to hold positive possibilities (optimism).
- Appreciation toward others (gratitude).
- Motivation to seek out new potentials (curiosity).
- Awareness of the feelings/motivations of others (social intelligence).

Increases in a child's hope were associated with adult observations of behaviors associated with positive character development.



Trauma & Hope

Current Projects:

- A Pathway to Justice, Healing, and Hope: Addressing Polyvictimization in a Family Justice Center Setting Demonstration Initiative (2016 DOJ 3-year grant).
- Alliance for Hope International: Blue Shield Project.
 - ACE, Hope at Intake.
 - Hope and well-being indicators at 40-50 days of treatment.
- Verizon Hopeline ®: Camp HOPE 15 states in 2017.



THE POWER OF HOPE.

At the heart of change is our ability to understand the way things are

and imagine the way life could be.

NURTURING HOPE



НОРЕ

Progress Reinforces
 Pathway/Agency Relationship

Creating Future Memories of Success

 Barriers are Considered and Pathways Adjusted

Viable Pathways

 Clarifying Goals Increases Agency **Goal Setting**



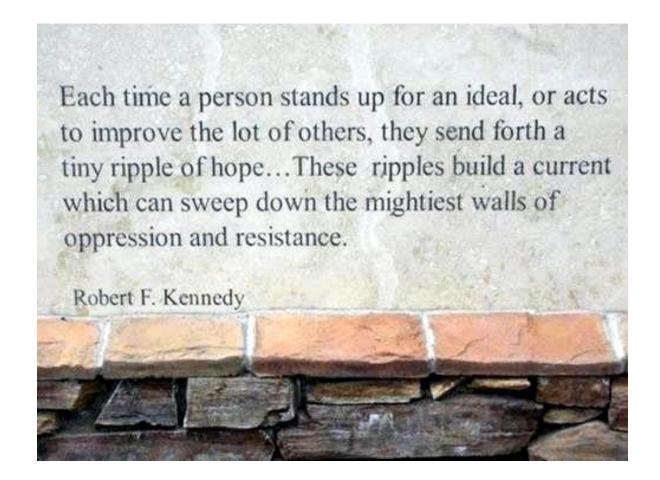


THE POWER OF HOPE

- Individual and Family Well-being:
 - Mindfulness and Hope: Self-compassion, Forgiveness, and Gratitude, as pathways of hope.
 - Trauma and Hope: Improving hope, mitigating trauma in survivors and children of DV.
 - US Army Chaplain Corp: Hope Training Program as an intervention to soldier critical incidents.
- Leadership and Organizational Effectiveness:
 - Burnout: Hope mitigates the negative effect of compassion fatigue on burnout.
 - Hope and Board Member Engagement: Board member orientation, hope, and engagement.
 - Hope in Organizational Well-being: Hope predicts performance, reduces turnover, improves engagement.
- Community Development:
 - Olympia Washington: Moving from being a trauma informed community to a hope informed community.
 - How hopeful is Tulsa? Interdisciplinary course at OU-Tulsa to measure the relationship between neighborhood design and hope.
 - Downtown Muskogee: Urban Design and Planning efforts based upon downtown revitalization and community hope.



HOPE AS A SOCIAL GIFT





The Science and Power of Hope

Thank You

