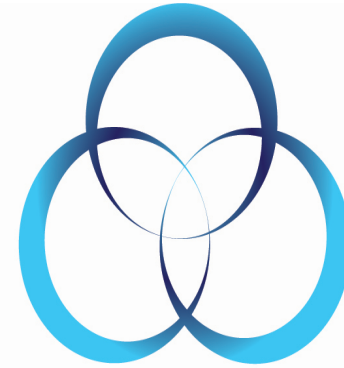


Introduction: The Science and Power of Hope



Hope Centered and
Trauma Informed®

Dr. Chan Hellman

.....

Well-Being In Practice



What is wrong with you?

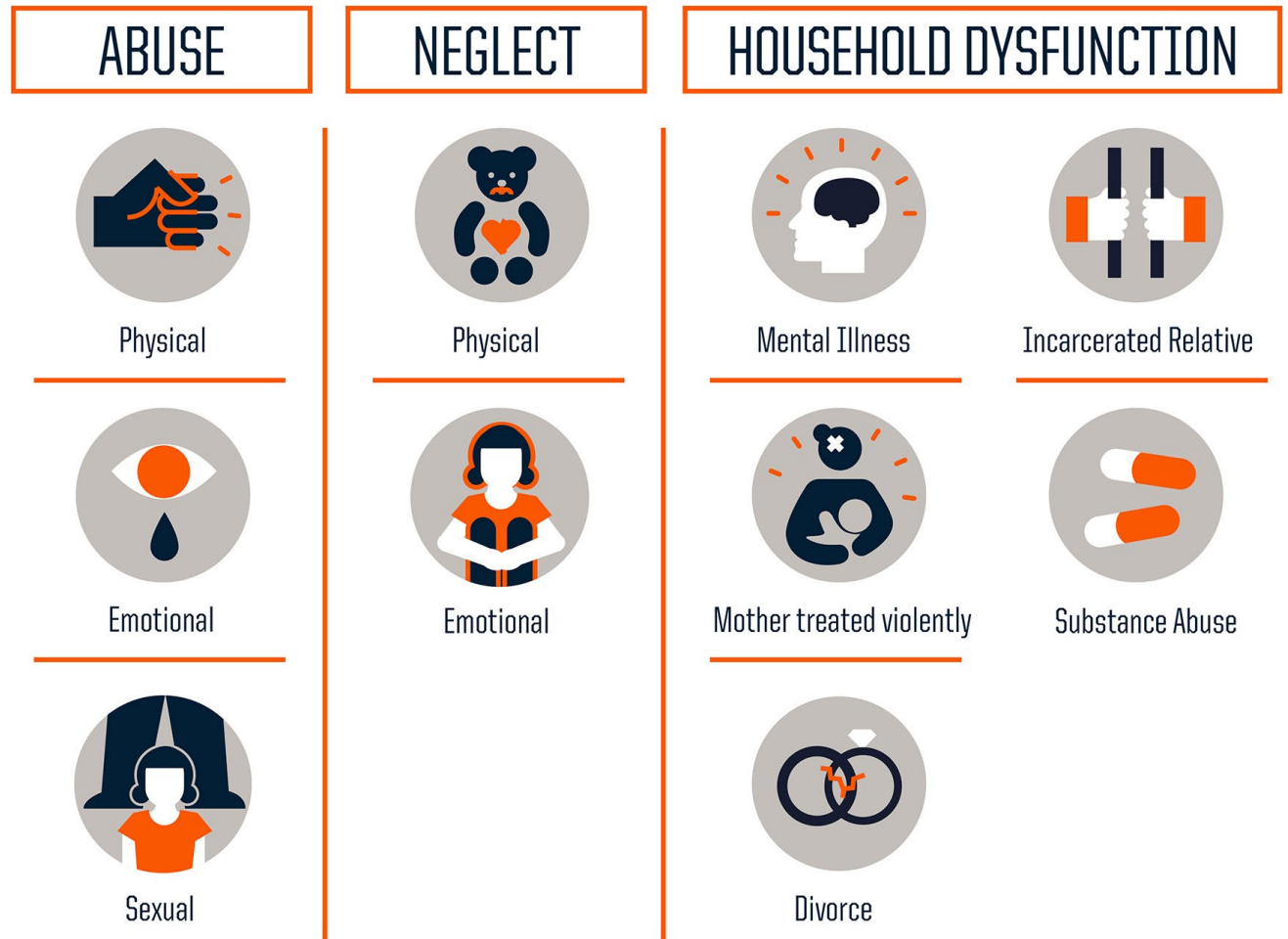
Well-being is viewed as the reduction of adversity

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

What has happened to you?

Well-being is viewed from a client centered approach

ACE Categories



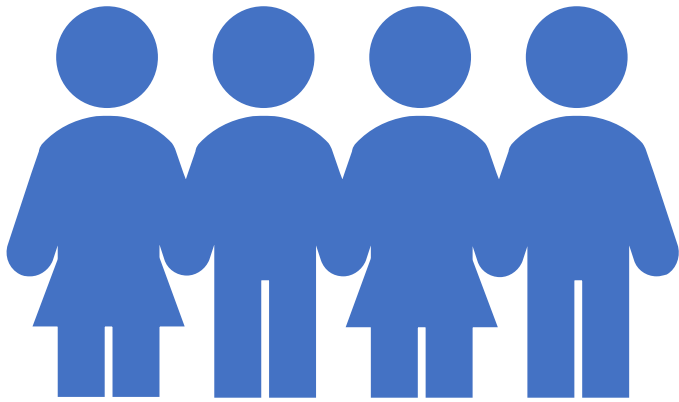
Prevalence of ACE in US

ACE Score	CDC Findings
0	36.1%
1	26.0%
2	15.9%
3	9.5%
4+	12.5%

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



People with high levels of trauma (ACEs and Polyvictimization) often respond with:

Inability to trust
others

Perception that
danger is
everywhere

Difficulty with
change and
transitions

Guarded and
anxious

Difficult to re-
direct, rejects
support

Highly **physically**
reactive

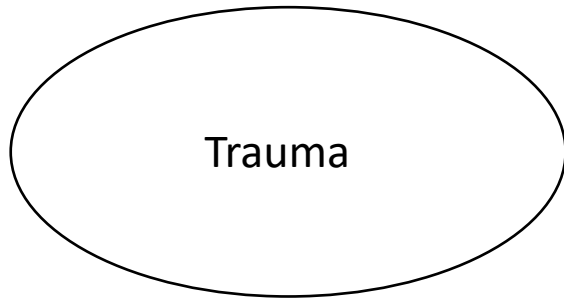
Highly **emotionally**
reactive

Difficulty “calming
down” after
outbursts

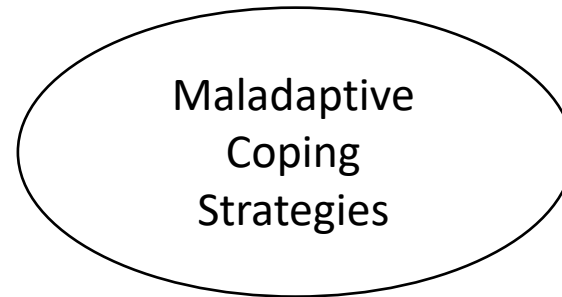
Holds onto
grievances

Unable to recognize
dynamics that lead
to **same results**

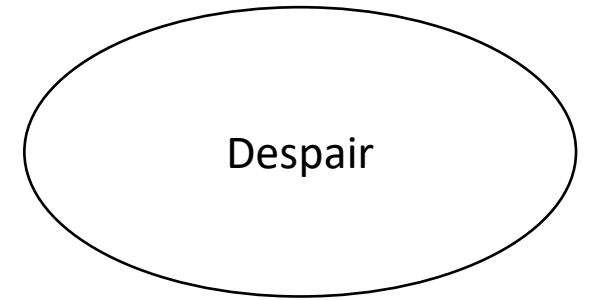
Our Past



Our Present



Our Future



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?

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.

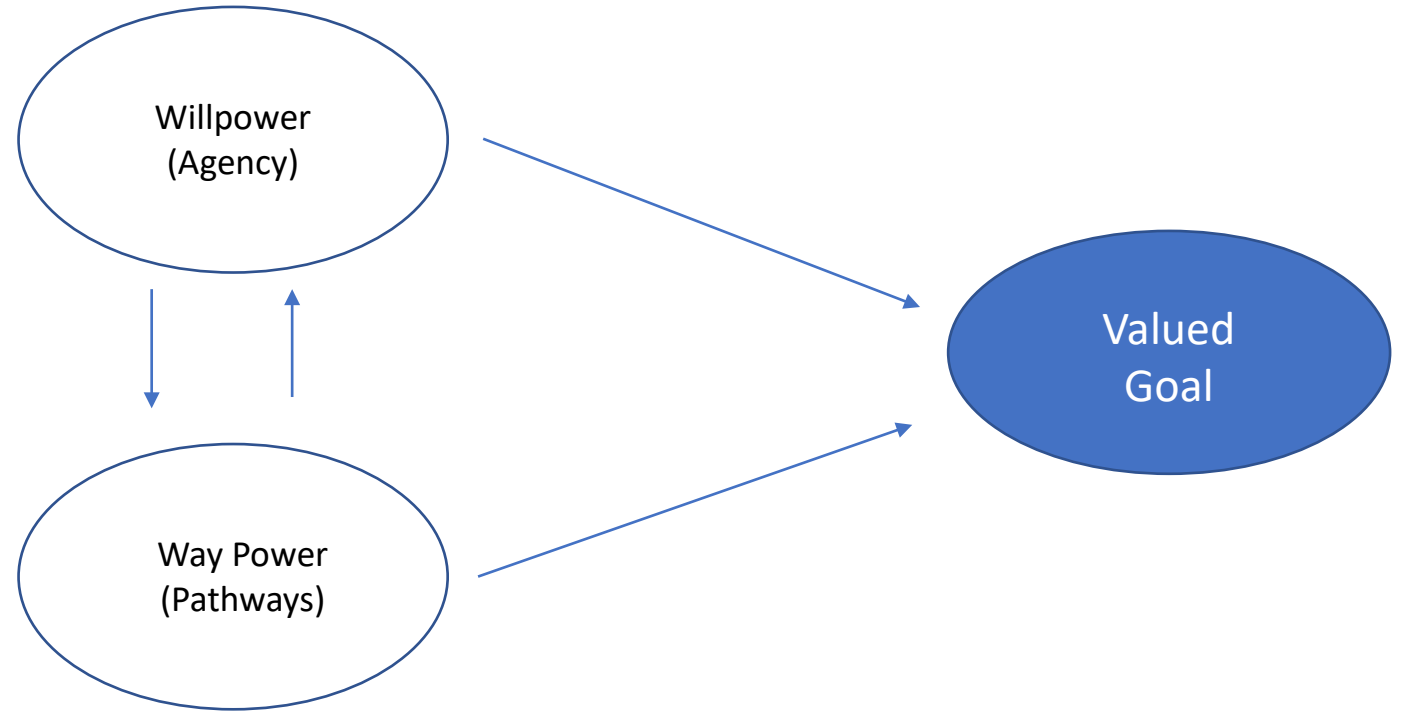
Agency (Willpower) is the ability to sustain motivation to move along these pathways.

How Adversity/Trauma Influence Hope

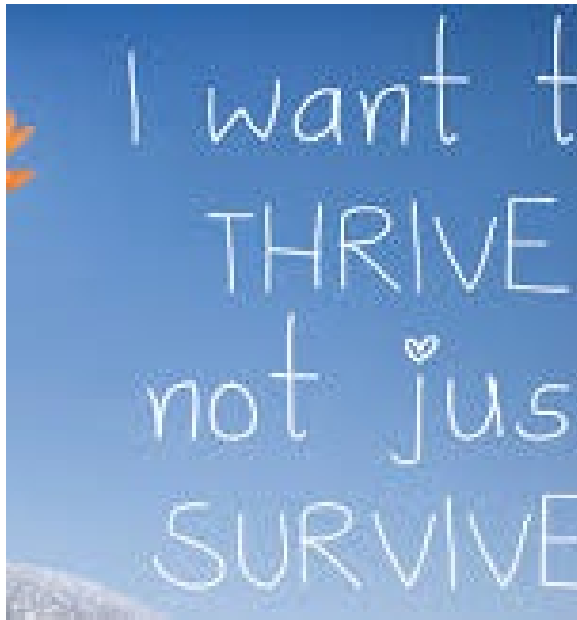
- Adversity Influences The Nature of Our Goals.
 - Avoidant or Achievement Mindset
 - Short-Term and Long-Term
- Pathways Are The Strategies or Roadmaps We Identify To Pursue Goals.
 - Ability to consider barriers and problem solve
 - Ability to identify multiple pathways to goals
- Willpower Is The Mental Energy We Can Focus On Pathway Pursuits.
 - Willpower is a potentially limited resource
 - Importance of nutrition



Tenets of Hope



The Science of Hope



2,000 Published Studies

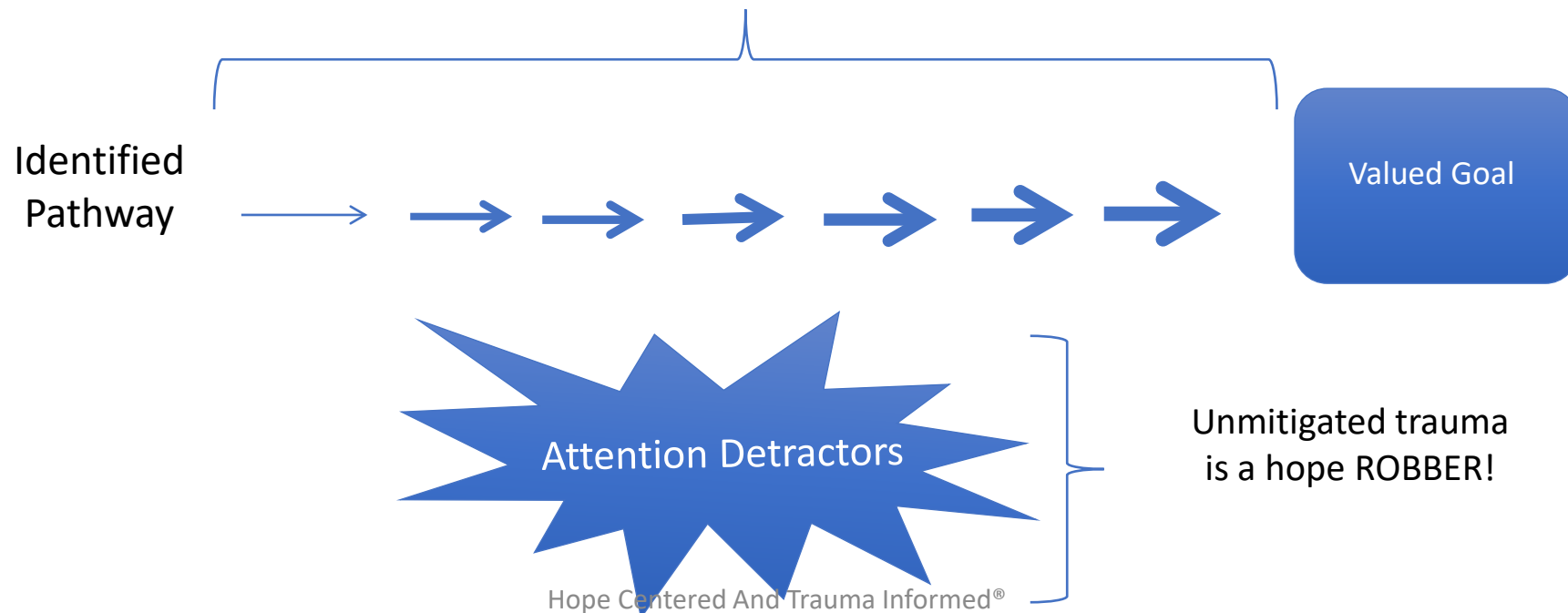
Hope is linked to positive outcomes and important assets:

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

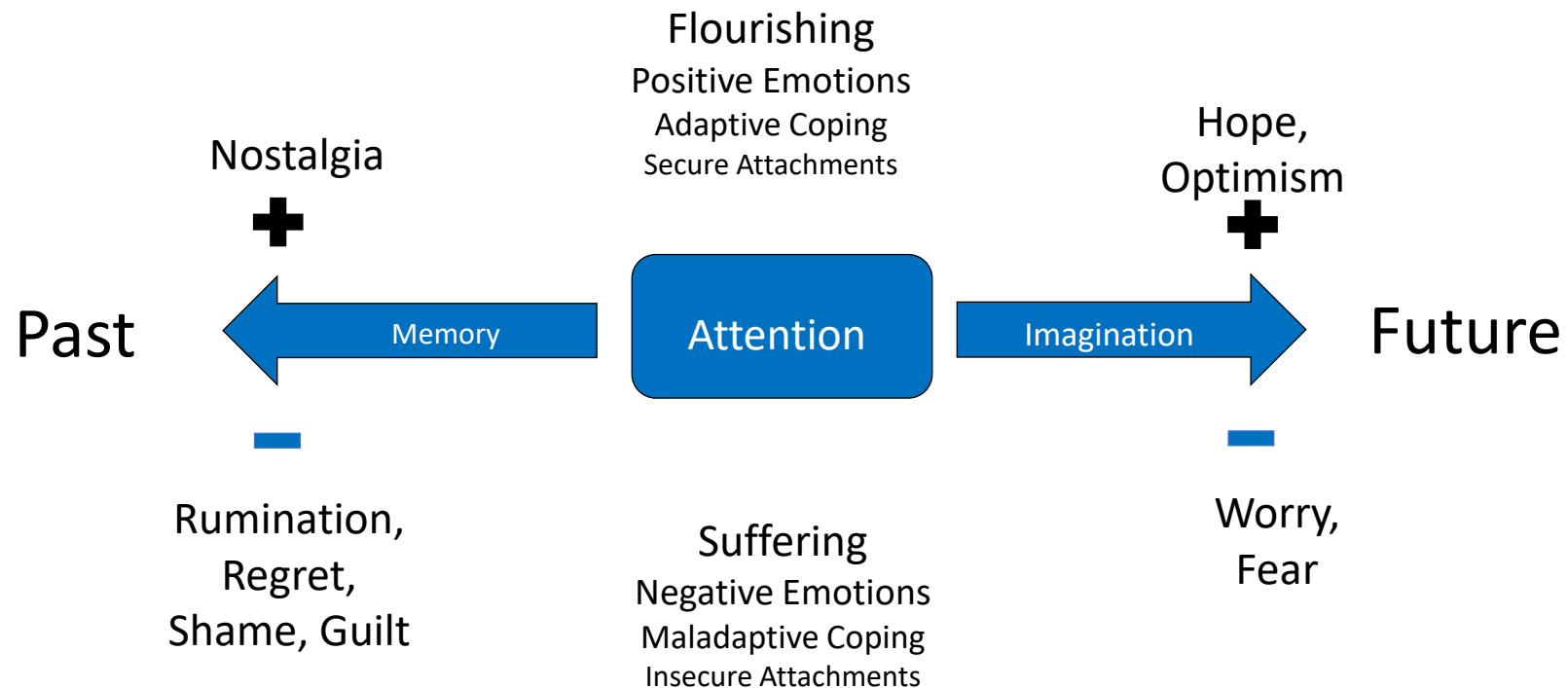


The Experience of Hope

How well can you manage your willpower?



Where Do You Focus Your Attention (Willpower)?

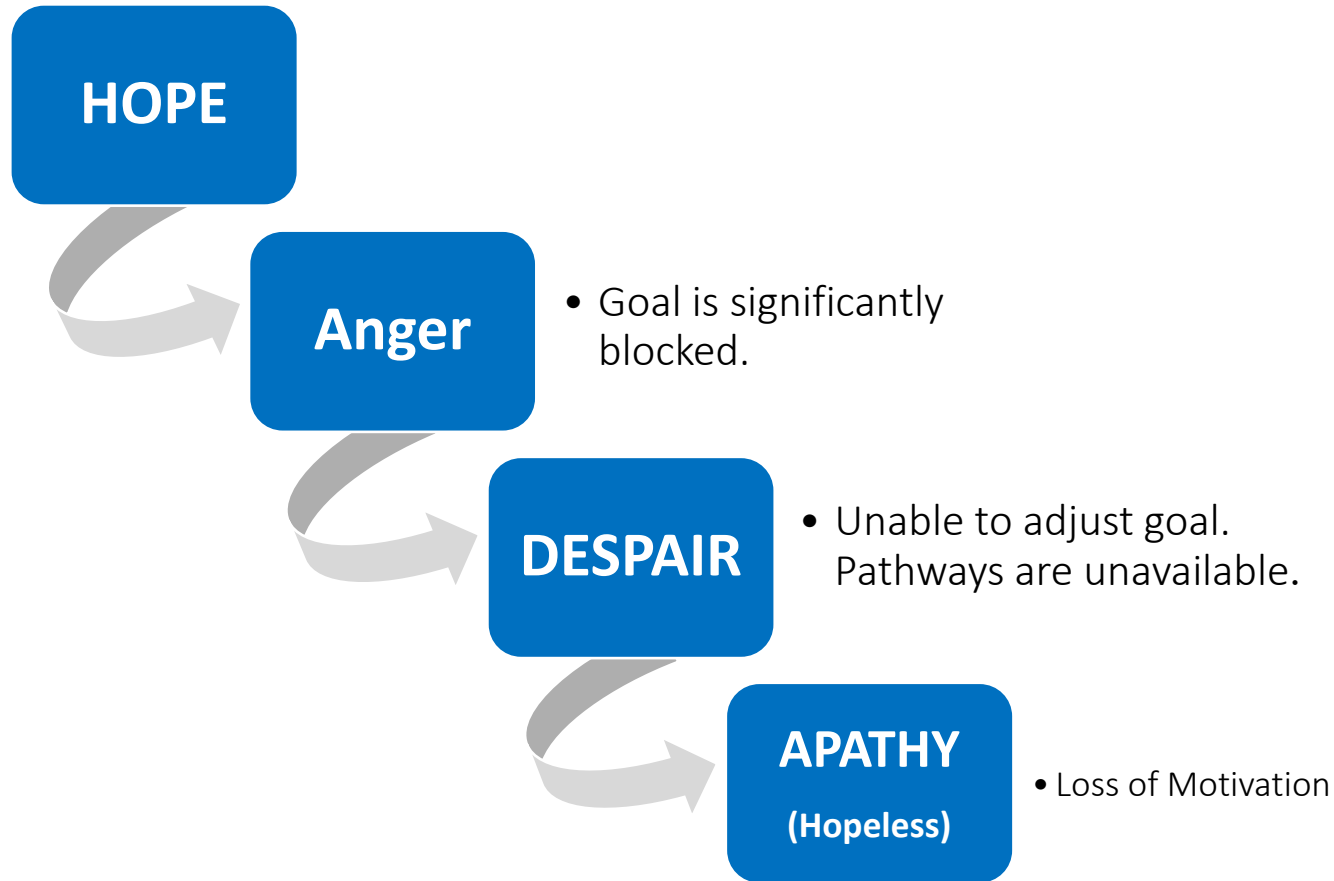




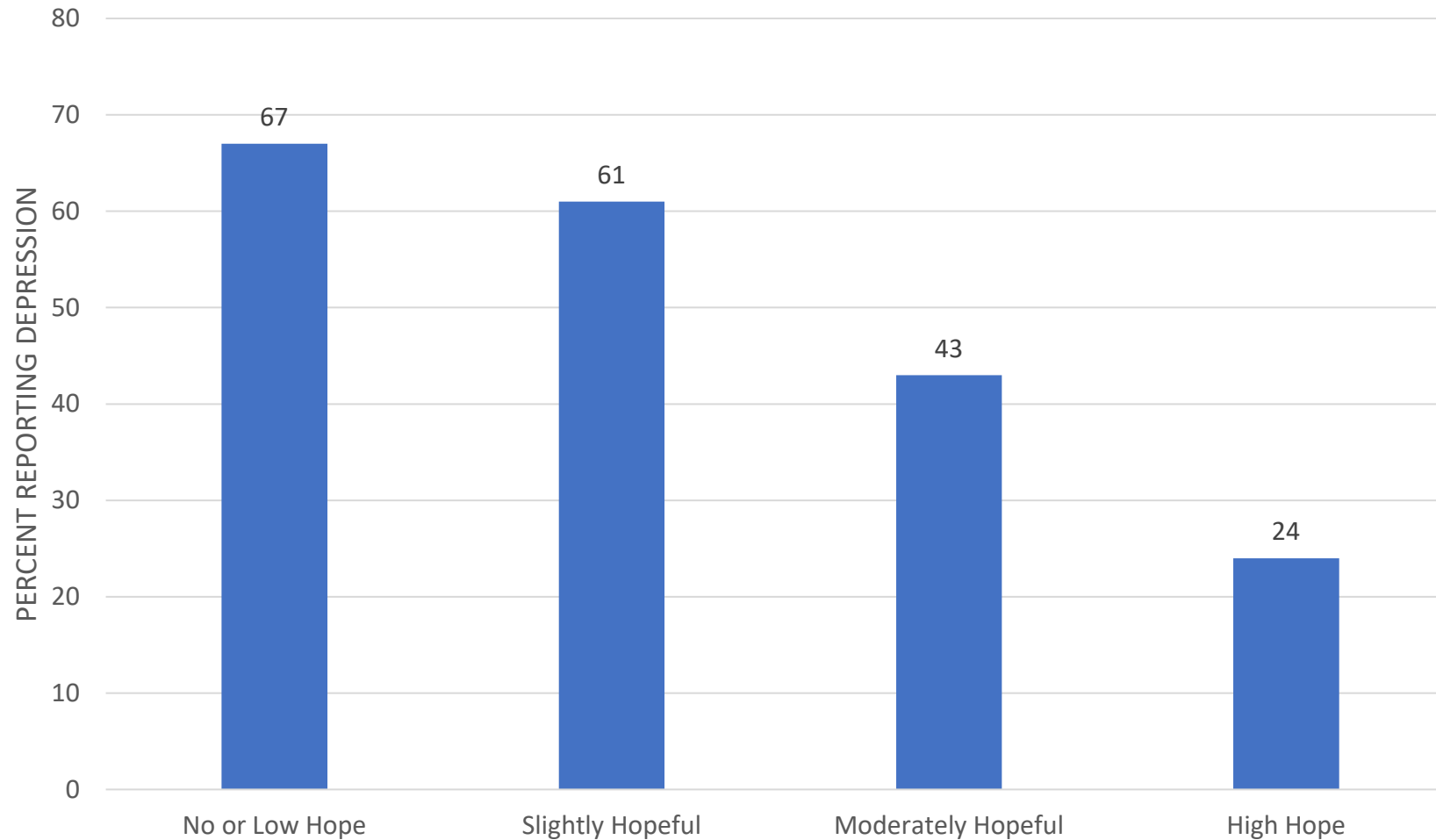
What is the opposite
of hope?



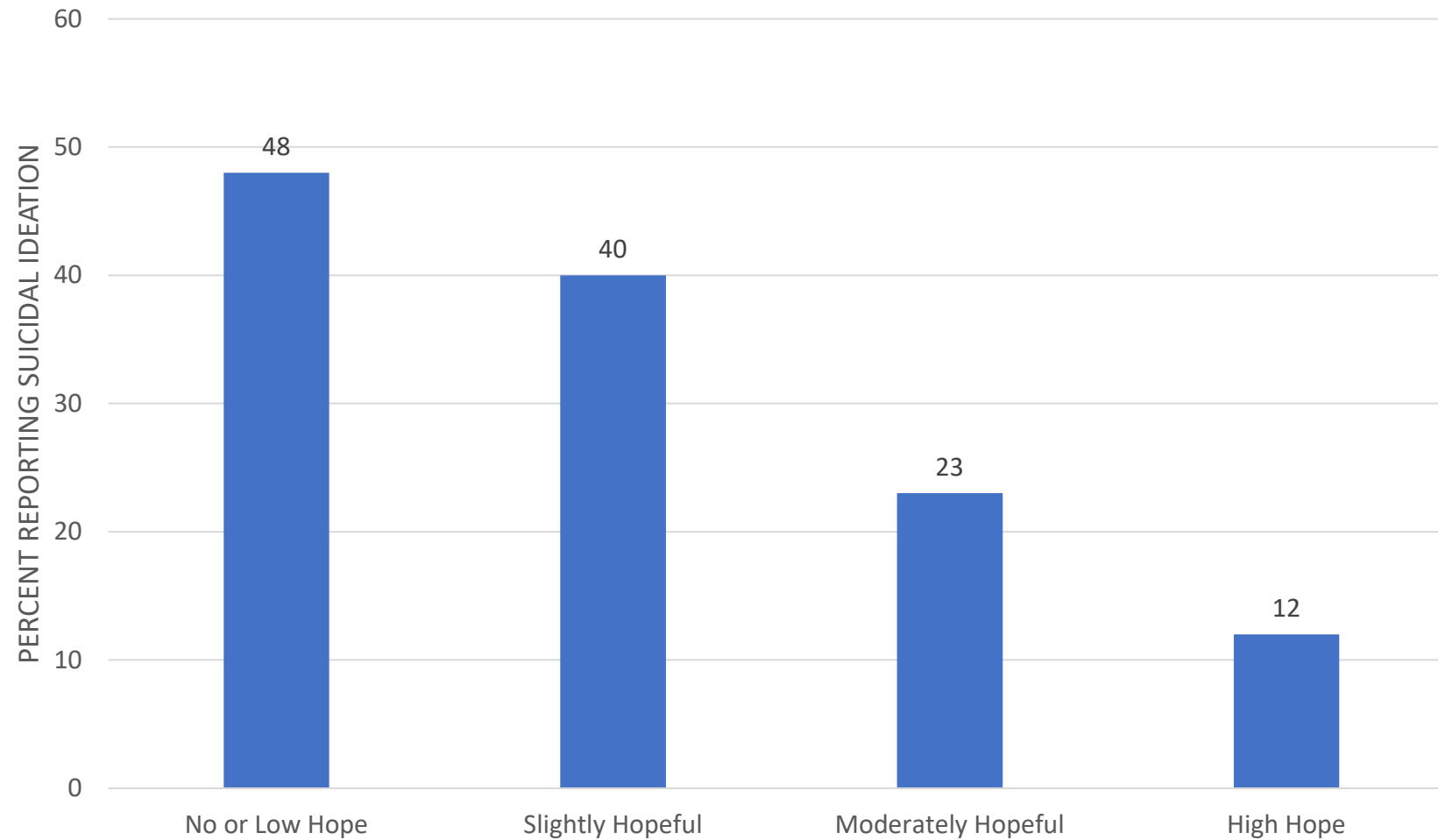
THE LOSS OF HOPE IS A PROCESS



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



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



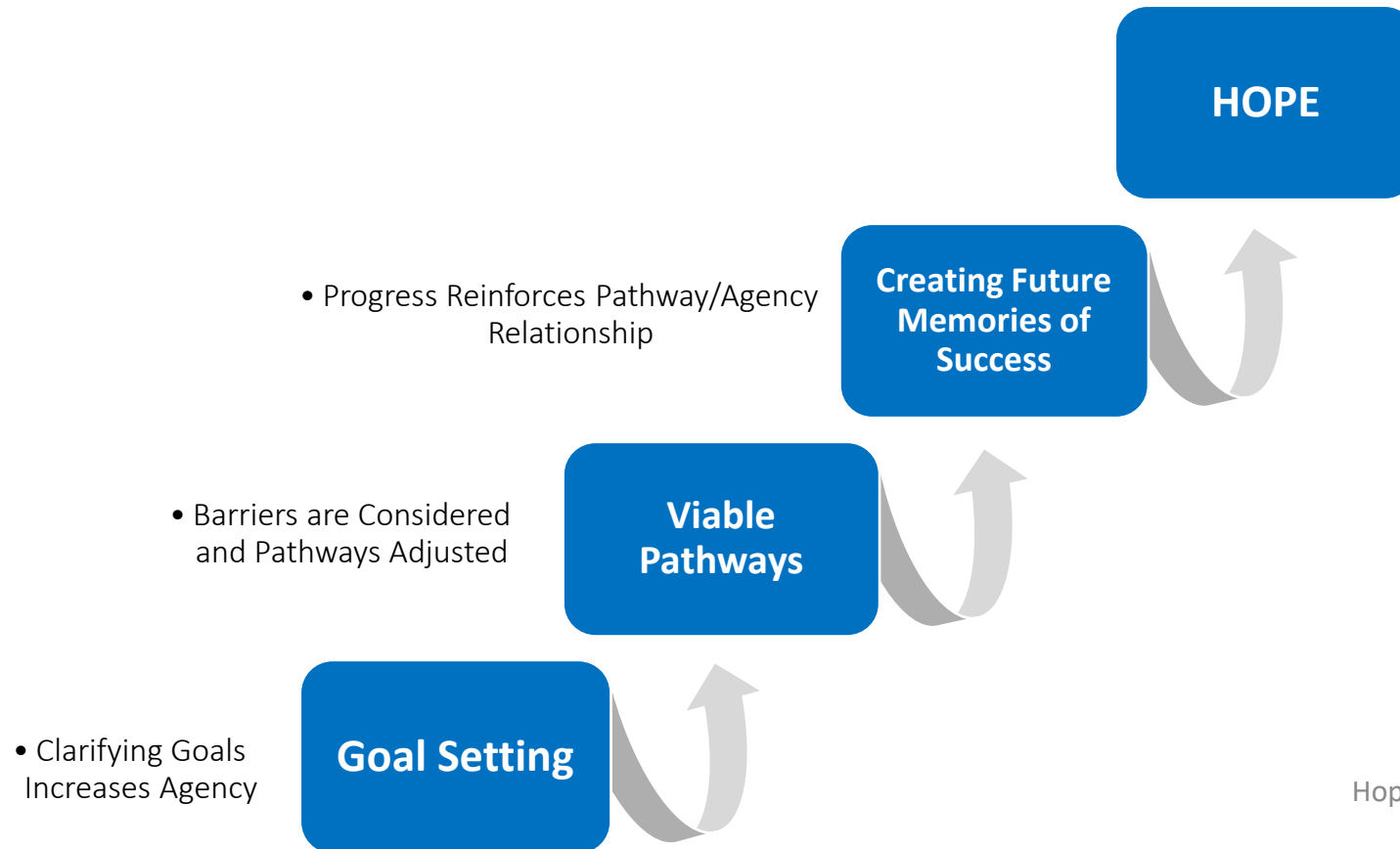
The Power of Hope



HOPE CAN BE TAUGHT!



NURTURING HOPE IN CHILDREN AND ADULTS



Hope and High ACE Youth

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+	12.5%	55.6%



The Average Number of ACE = 4.40*



Hope and High ACE Yough

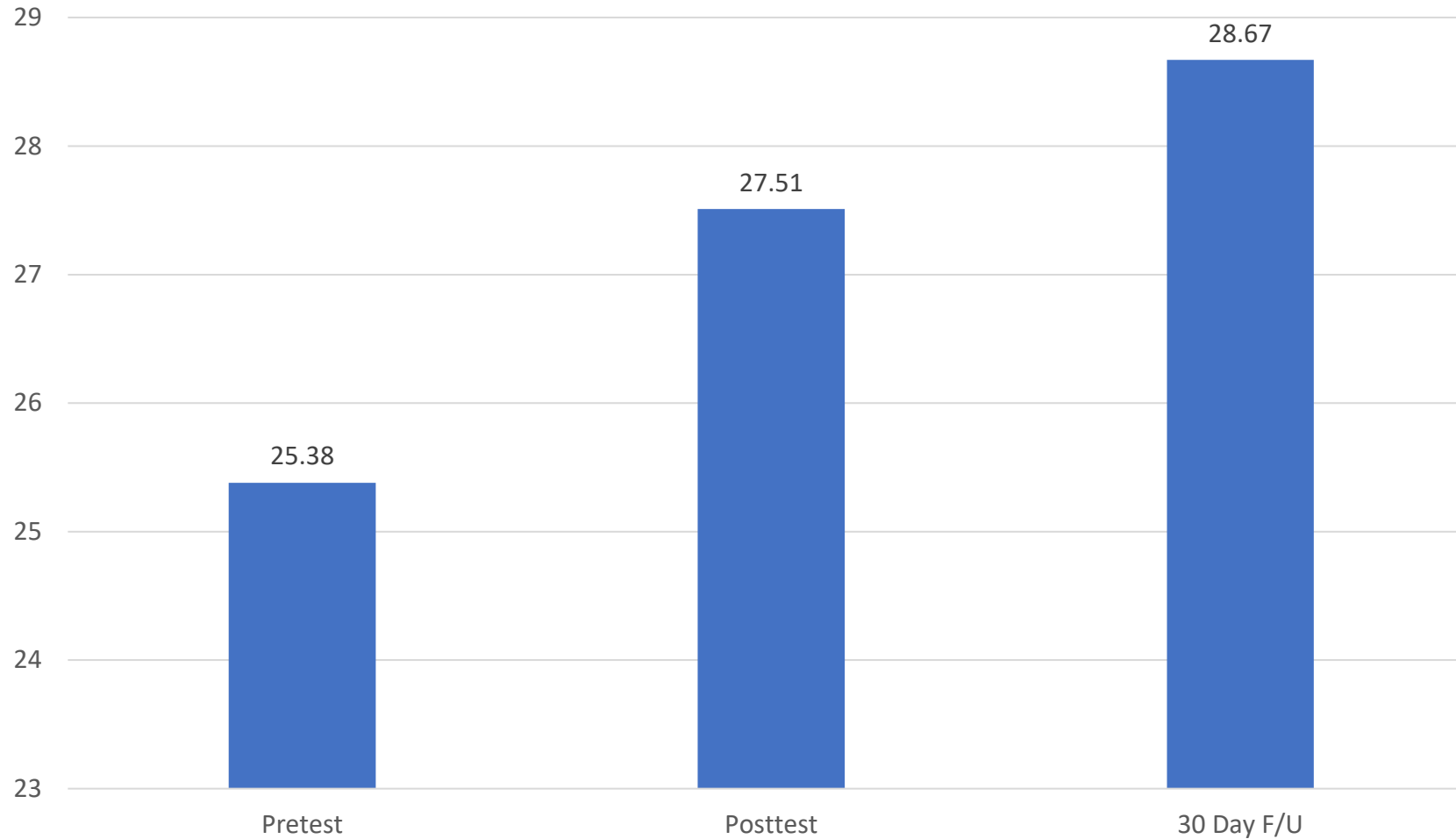
Prevalence of Adverse Event by Type

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



THE POWER OF HOPE

Changes In Hope Among High ACE Children



Strategies To Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help develop personally relevant goals.
Pathways	List and discuss potential pathways toward goal achievement.
Willpower	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.

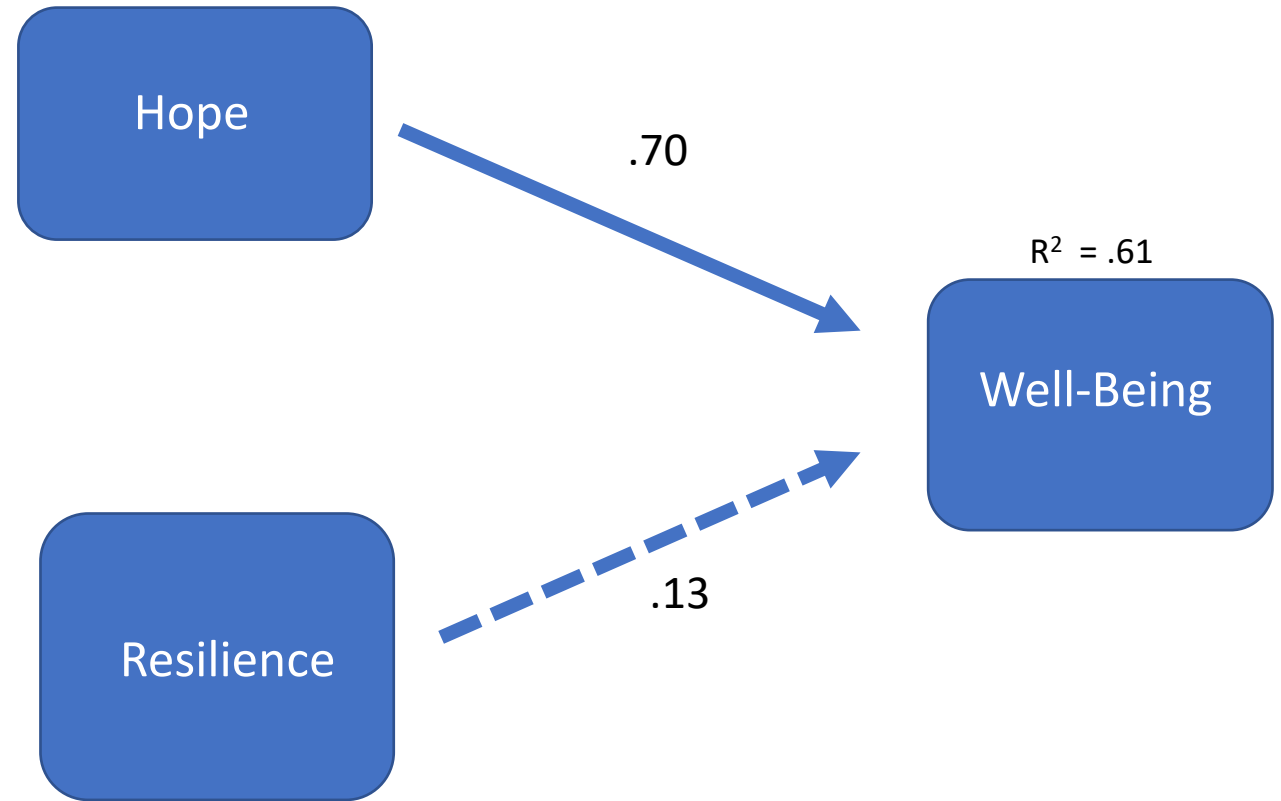


Impact of Hope On Staff



Hope Vs. Resilience

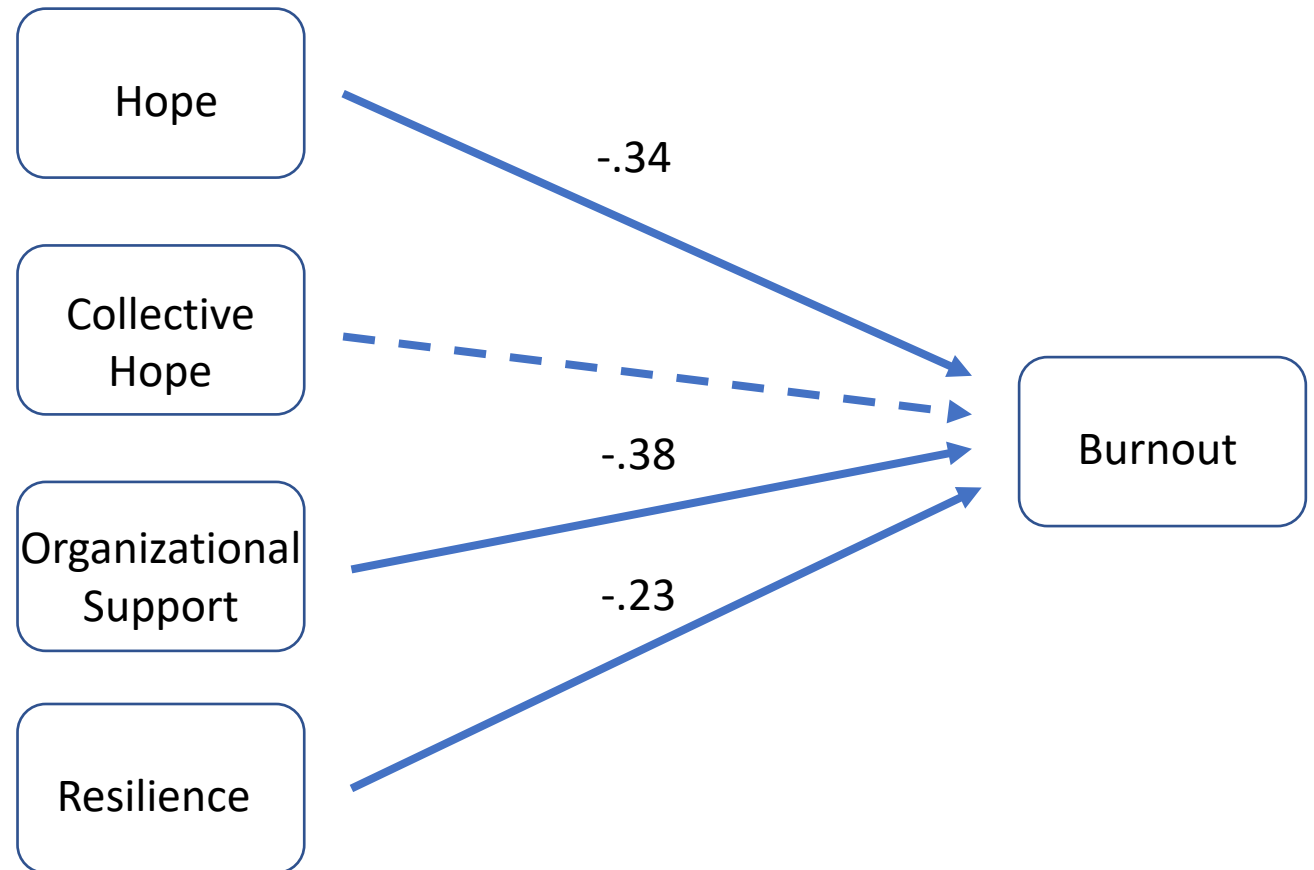
Hope
Centered
Organization



Hope Centered Organization



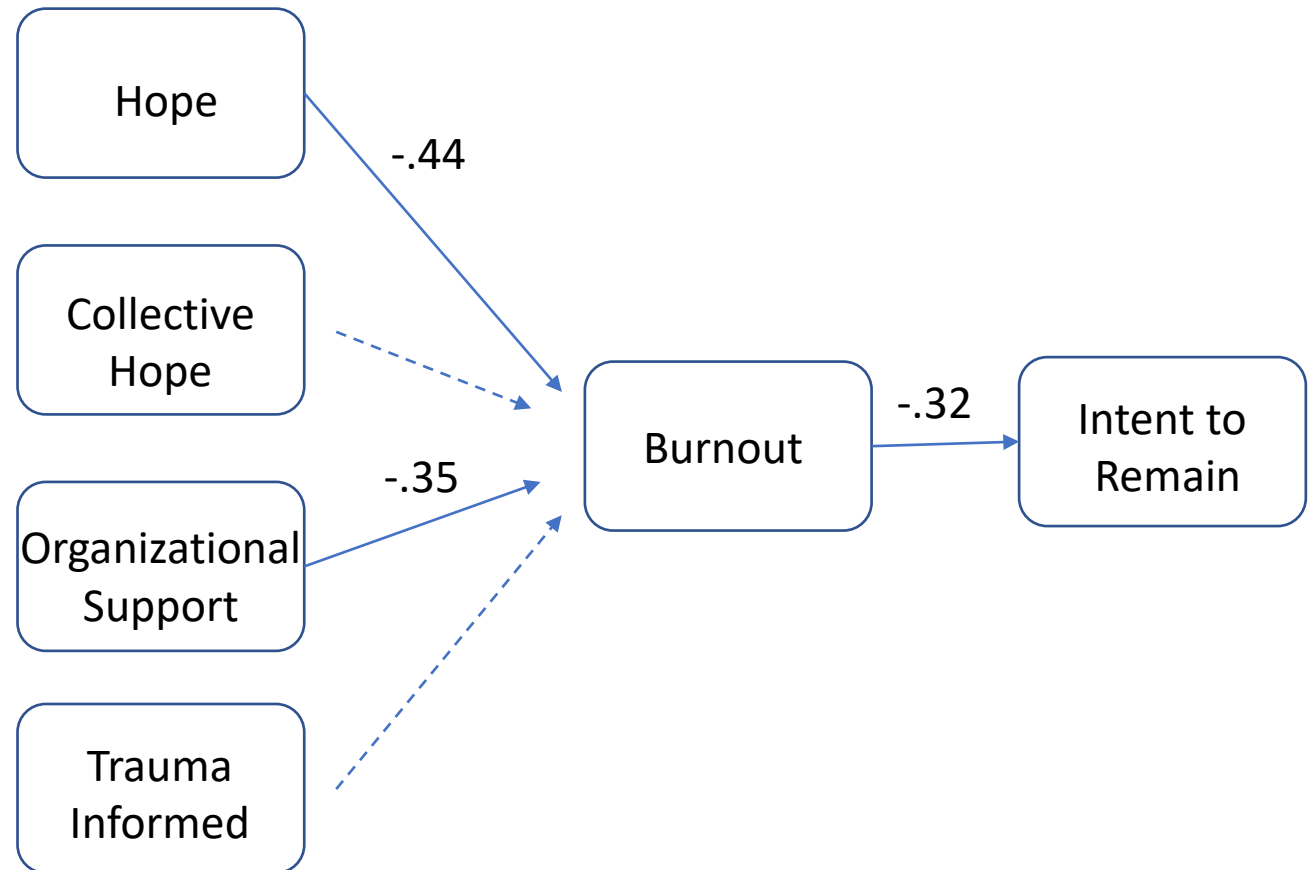
Burnout



Hope Centered Organization



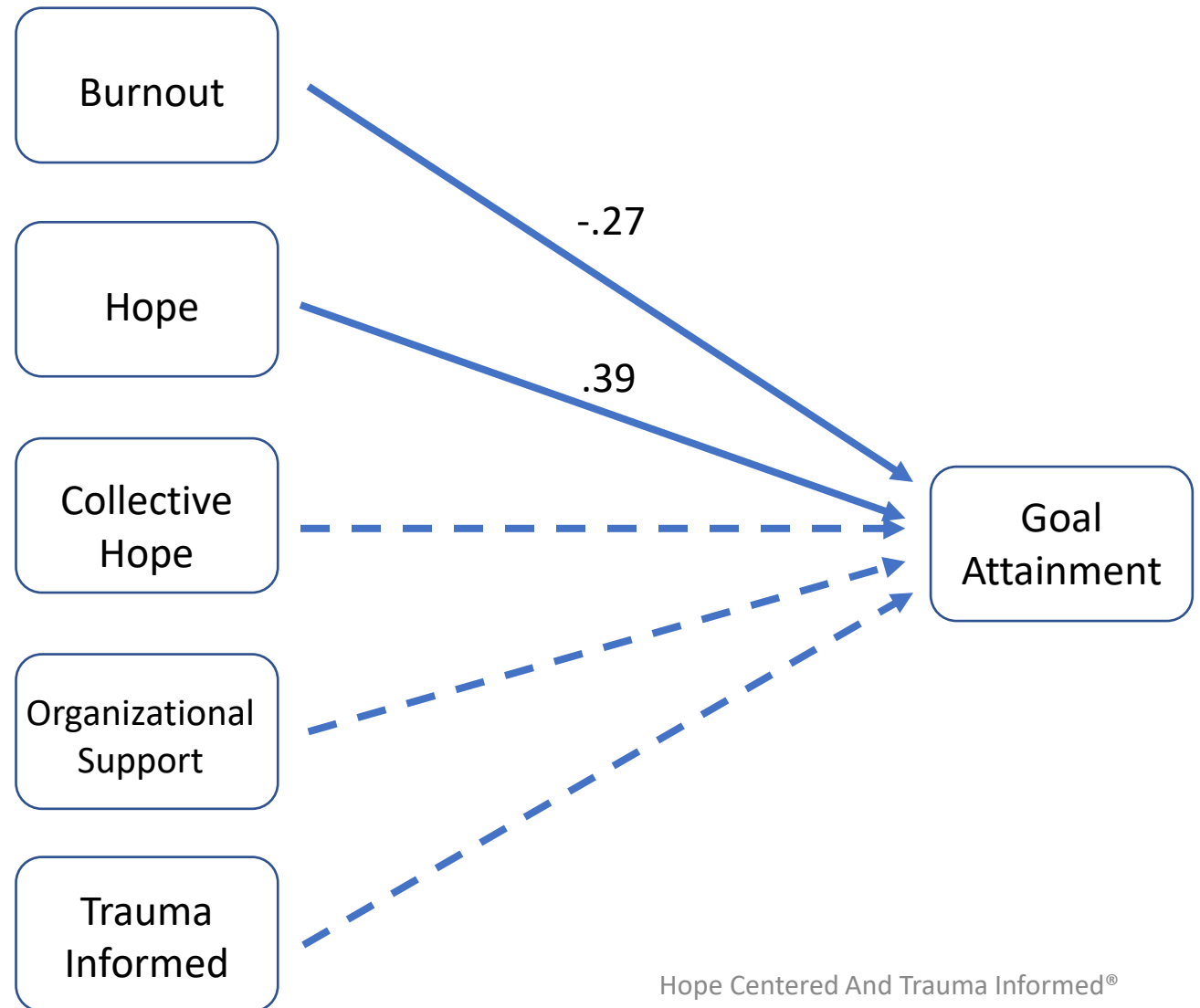
Turnover



Hope Centered Organization

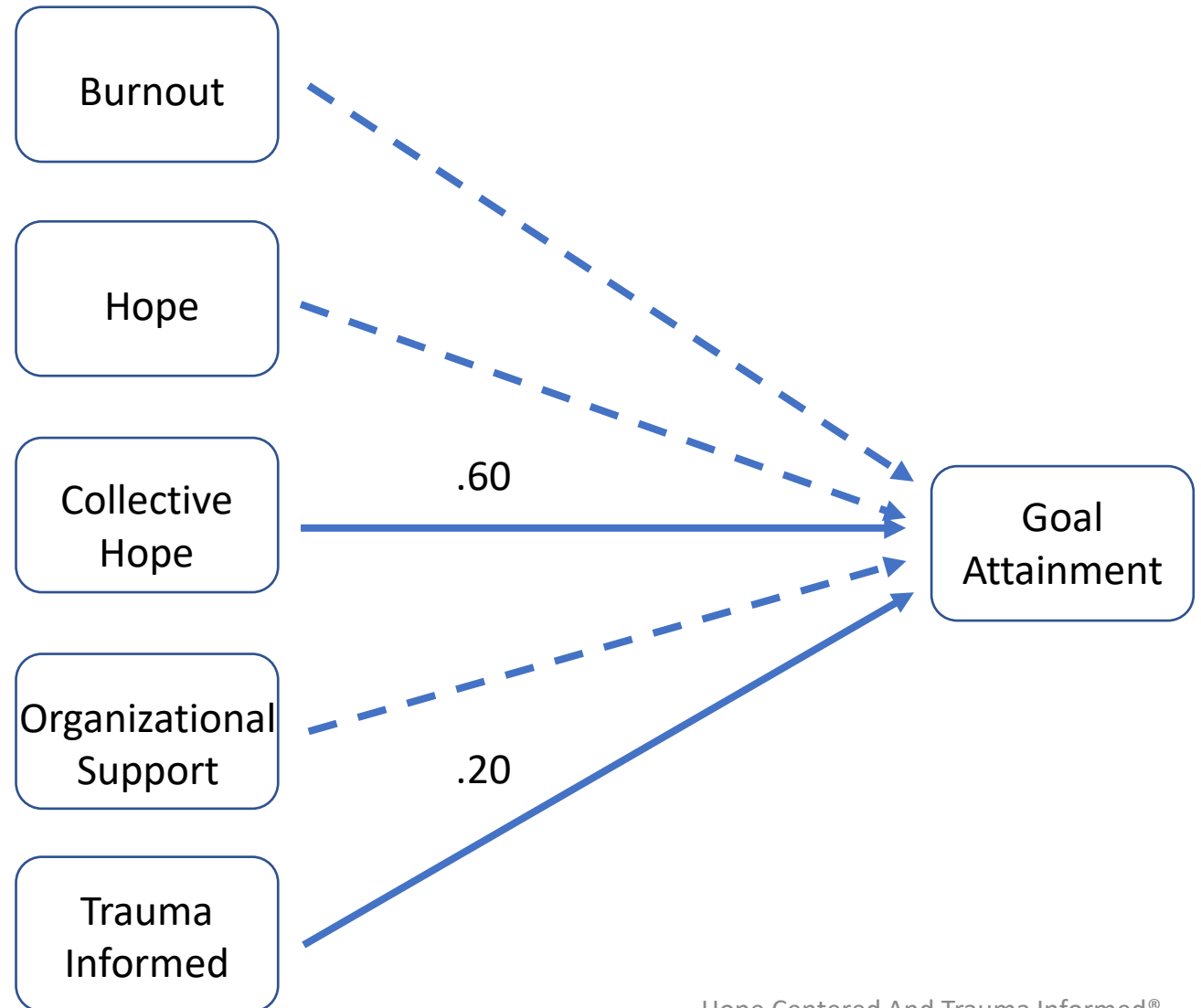


Personal Goal Attainment



Organizational 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 begin to
imagine the way things could be.

This is where hope is born.

