

The Power of Hope In Trauma Survivors

Chan M. Hellman, PhD



Hope Research Center



Well-Being?

What is Wrong With You?

- Depression
- Anxiety
- Emotional Dysregulation

If we can reduce what is wrong with you, is that well-being?

Trauma Informed Care/Practice has helped change the question to:

What Happened To You?

ACE Categories

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Prevalence of ACE in US

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

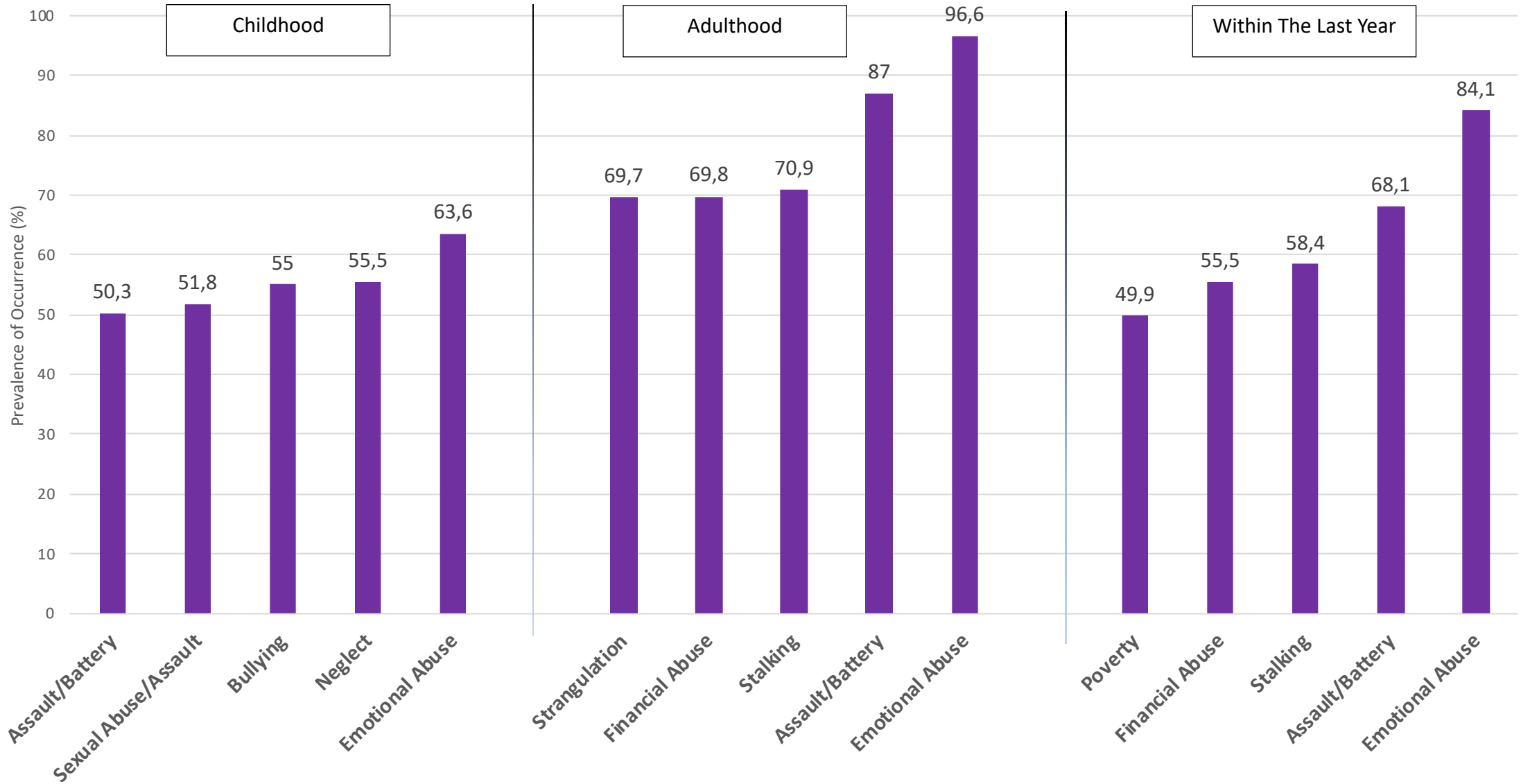
Average ACE = 1.61

Consider A Few Comparisons

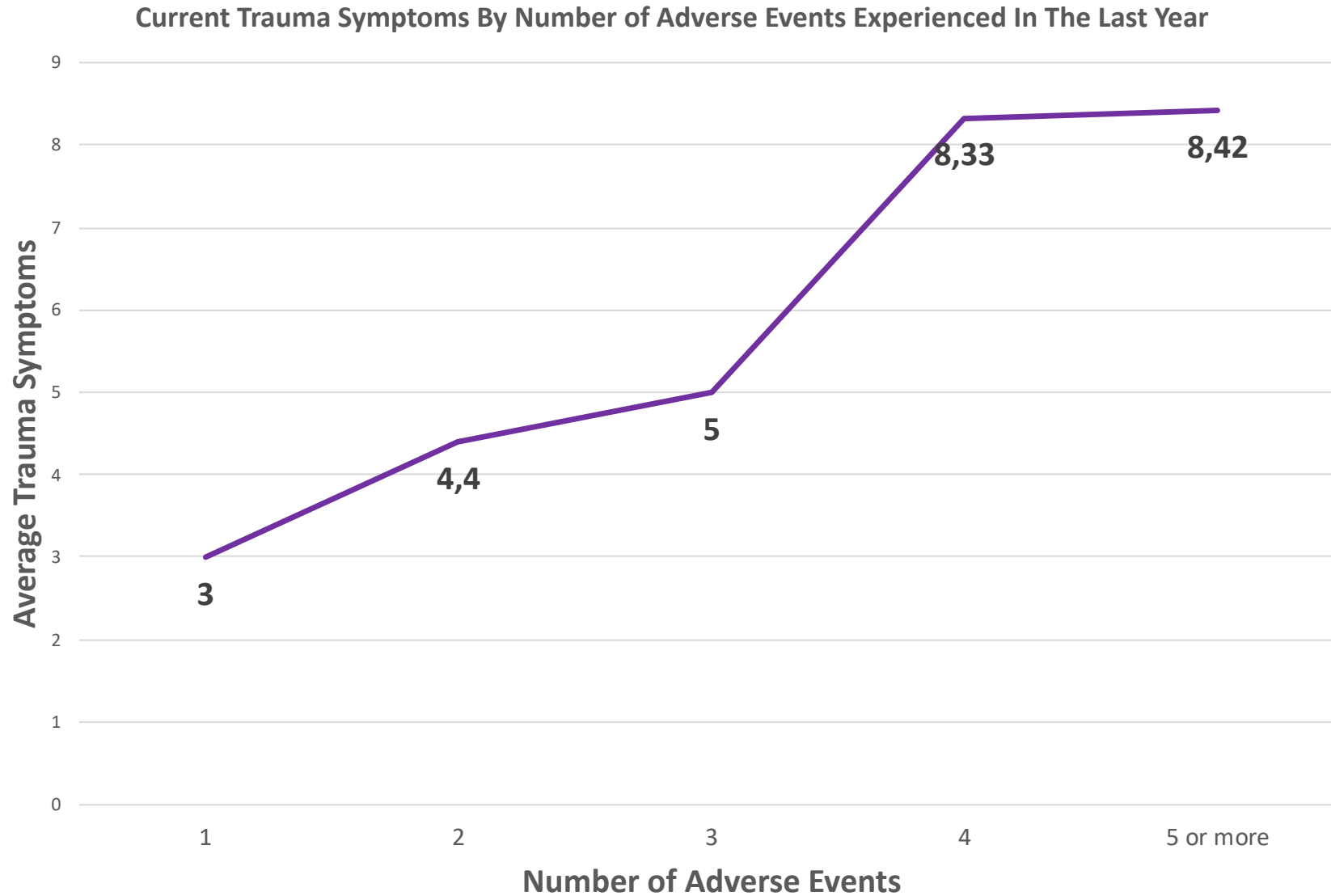
CDC National Data	1.61
Children Exposed to DV	4.40
Juvenile Offenders	4.29
Foster Children	5.68

Polyvictimization Assessment

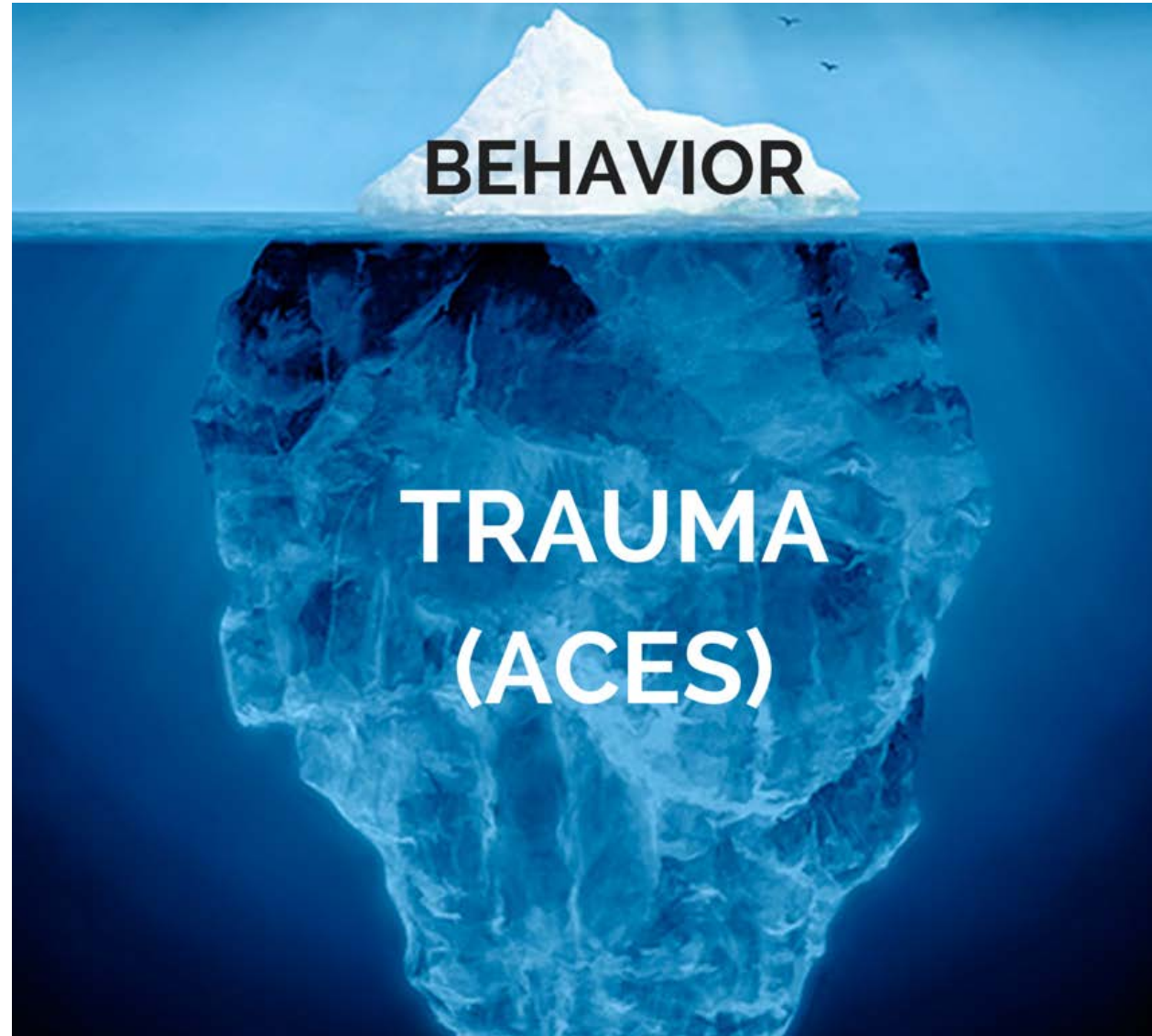
Top Five Prevalence of Events Across The Life Span



Association of Polyvictimization and Trauma



How Does Trauma Show Up In Your Work?



TRAUMA INFORMED PRACTICE

Awareness,
Understanding,
Recognizing, the effects of
trauma on survivor help
seeking.

Emphasizing both physical
and psychological safety,
social connectedness for
both survivors and
providers.



TRAUMA INFORMED
AND HOPE CENTERED



What is Hope?

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

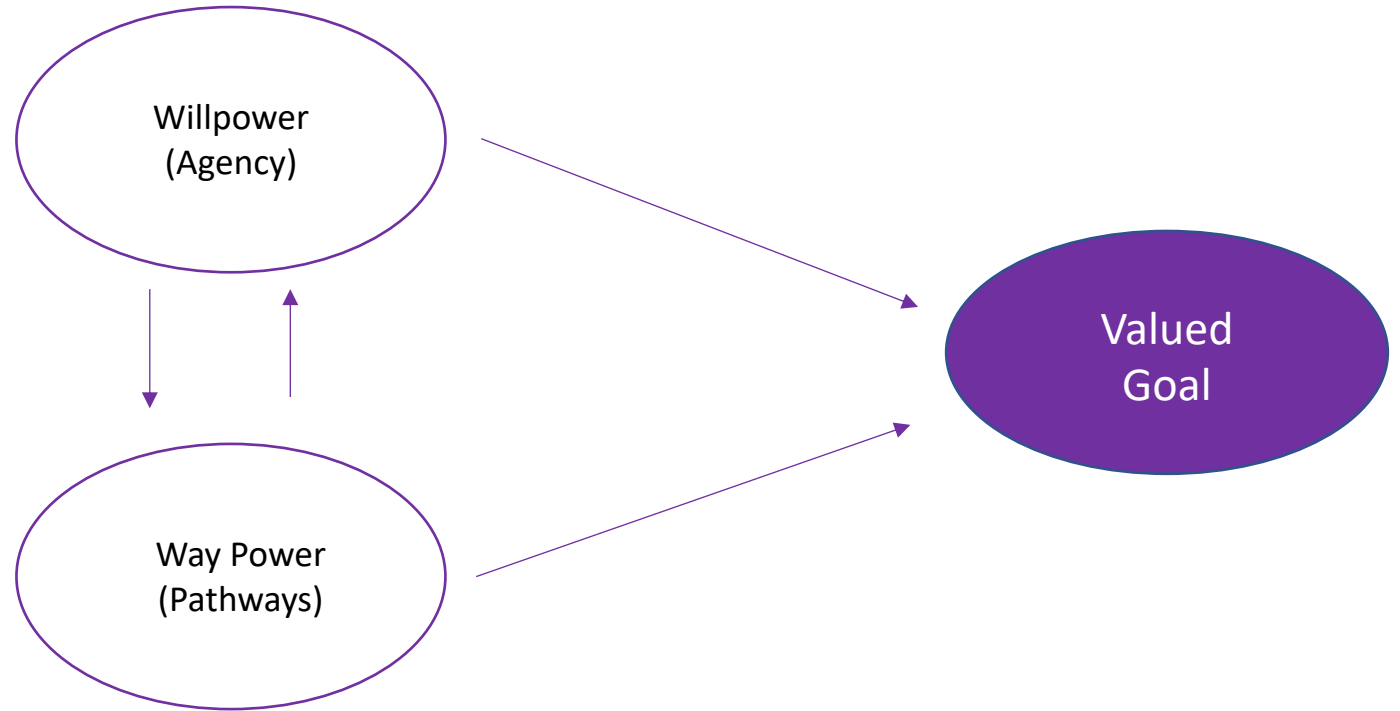
The Simplicity of Hope

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.

Tenets of Hope



...agency without pathways is a wish!

The Science of Hope



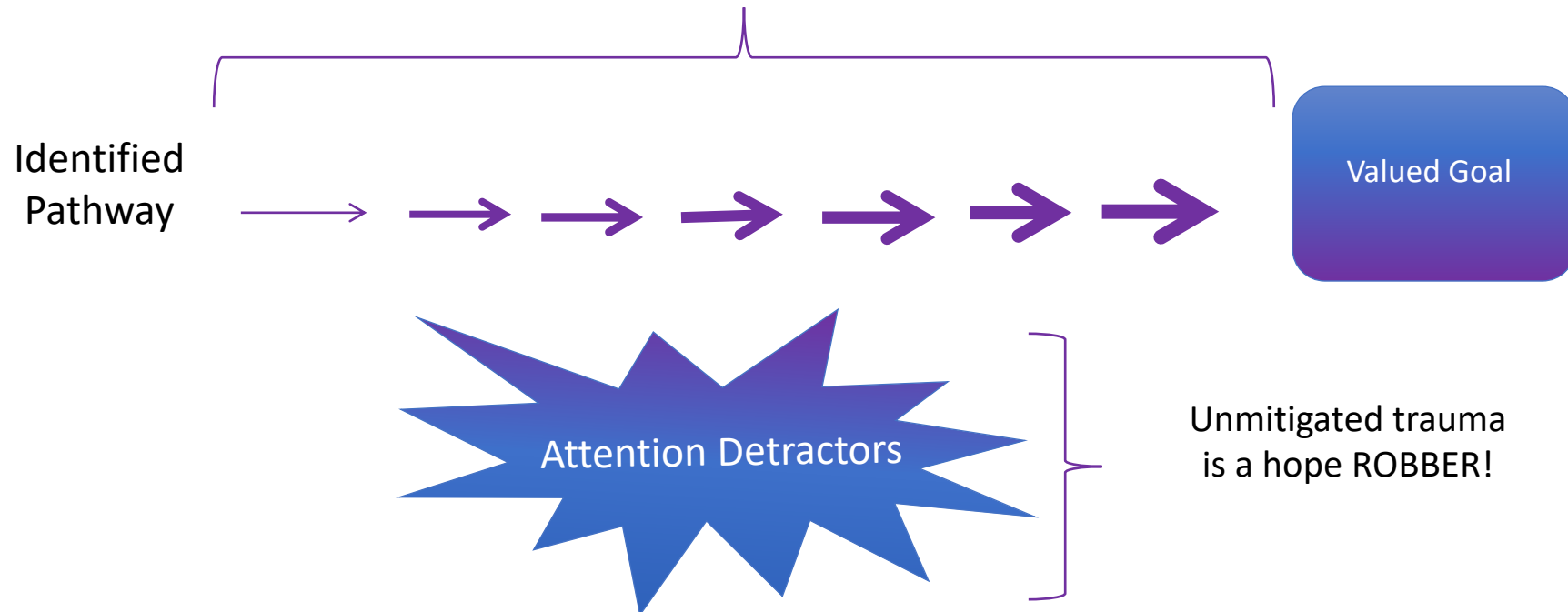
2,000 Published Studies

Hope is linked to positive outcomes and important assets:

- Goal Achievement
- Resilience, Optimism, Self-Control
- Education
- Well-Being

The Experience of Hope

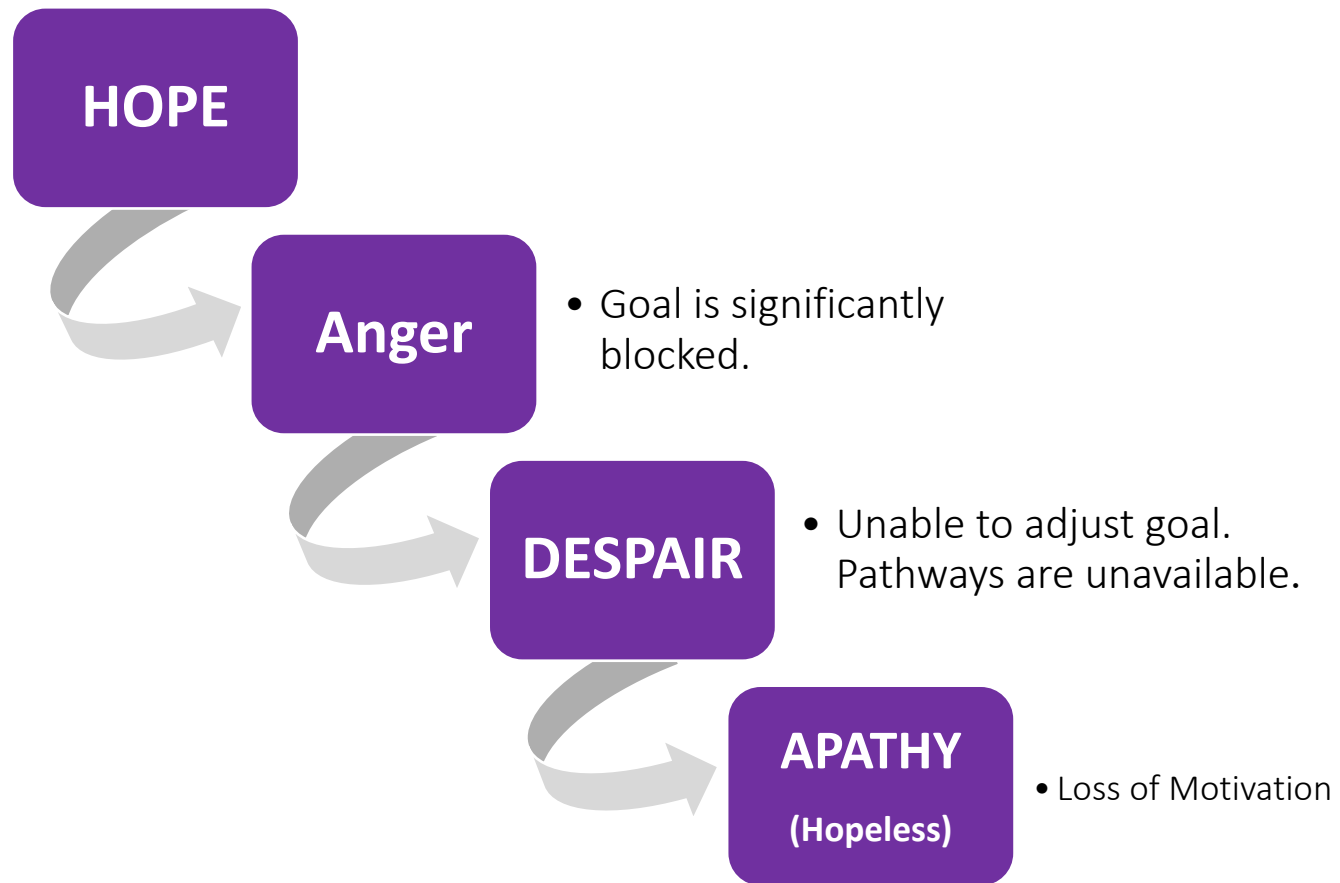
How well can you manage your willpower?





What is the opposite
of hope?

THE LOSS OF HOPE IS A PROCESS



The Power of Hope

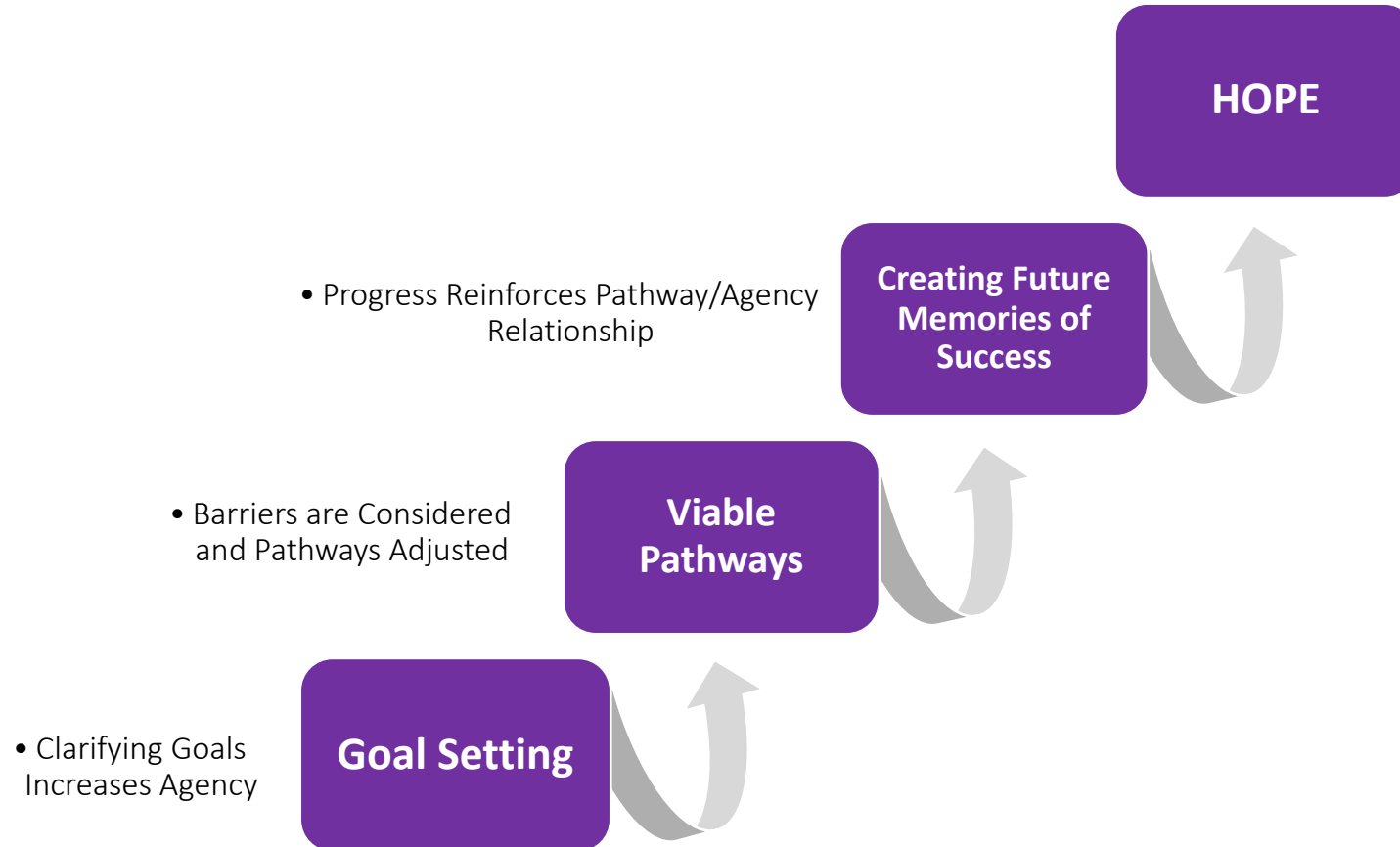


A black and white photograph of a child's silhouette holding a balloon and a butterfly, standing on the word 'HOPE' inside a tunnel. The tunnel is made of concentric circular lines, and a bright light is at the end. The word 'HOPE' is written in large, bold, capital letters at the bottom of the tunnel.

HOPE

HOPE CAN BE TAUGHT!

NURTURING HOPE IN CHILDREN AND ADULTS



Evaluating The Impact of FJCs
On Survivor Hope and
Well-Being

318 survivors provided survey data at intake and/or at a 45-60 day follow up assessment. Ultimately, 125 surveys were matched to assess changes in Hope and Wellbeing.

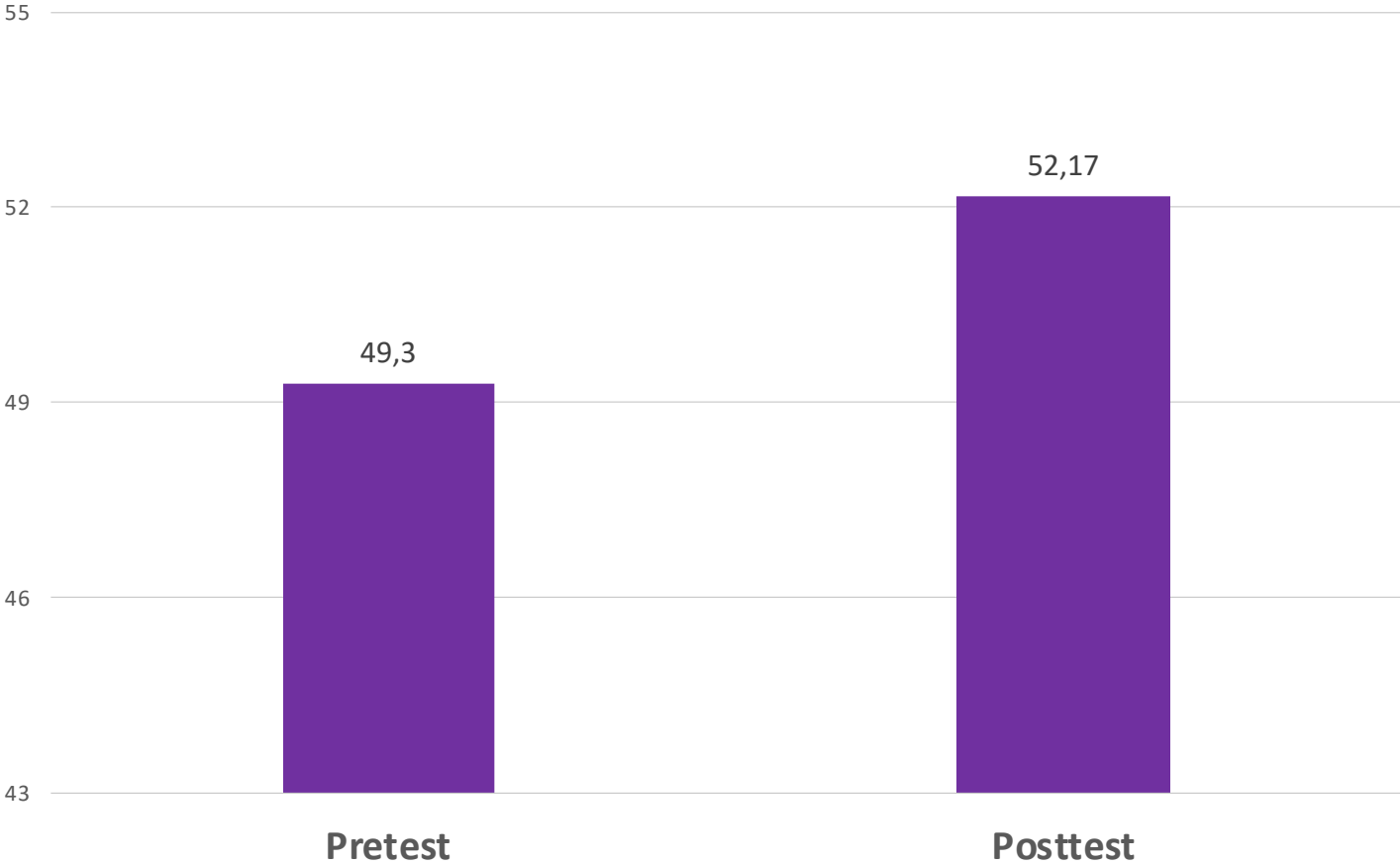
FAMILY JUSTICE CENTER	COUNT	PERCENT OF TOTAL
Alameda County	53	16.7
Riverside County	11	3.5
Stanislaus County	46	14.5
Sacramento County	24	7.5
San Diego (City)	98	30.8
Contra Costa County	31	9.7
Strength United (City of Los Angeles)	55	17.3
TOTAL	318	

Average ACE Score of a Survivor at a FJC was 3.3
(Significantly Higher Than The US National Average)

ACE SCORE	CDC FINDINGS	BLUE SHIELD FJC STUDY
0	36.1%	20.4%
1	26.0%	10.5%
2	15.9%	11.6%
3	9.5%	12.2%
4+	12.5%	45.3%

Changes In Survivor Hope

Evaluating
Family
Justice
Centers



Evaluating Family Justice Centers

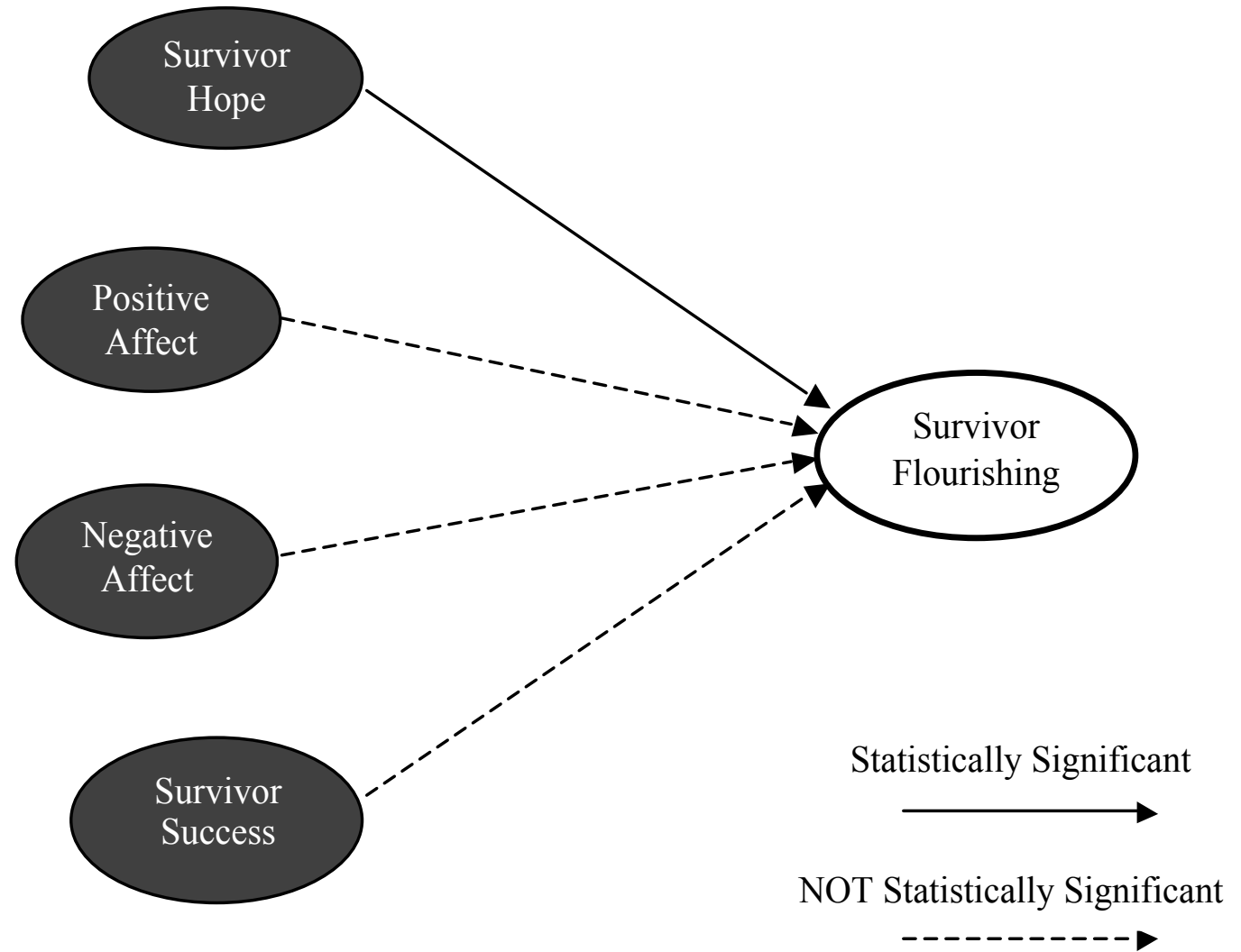
Significant Increases in Wellbeing:

- Emotional wellbeing
- Subjective wellbeing
- Flourishing

Significant Associations Between
Hope and Well-Being.

Significant Association Between
Hope and Survivor Goal Attainment.

Evaluating Family Justice Centers

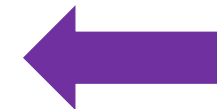


Note. $p = < .001$

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+	12.5%	55.6%



The Average Number of ACE = 4.40*

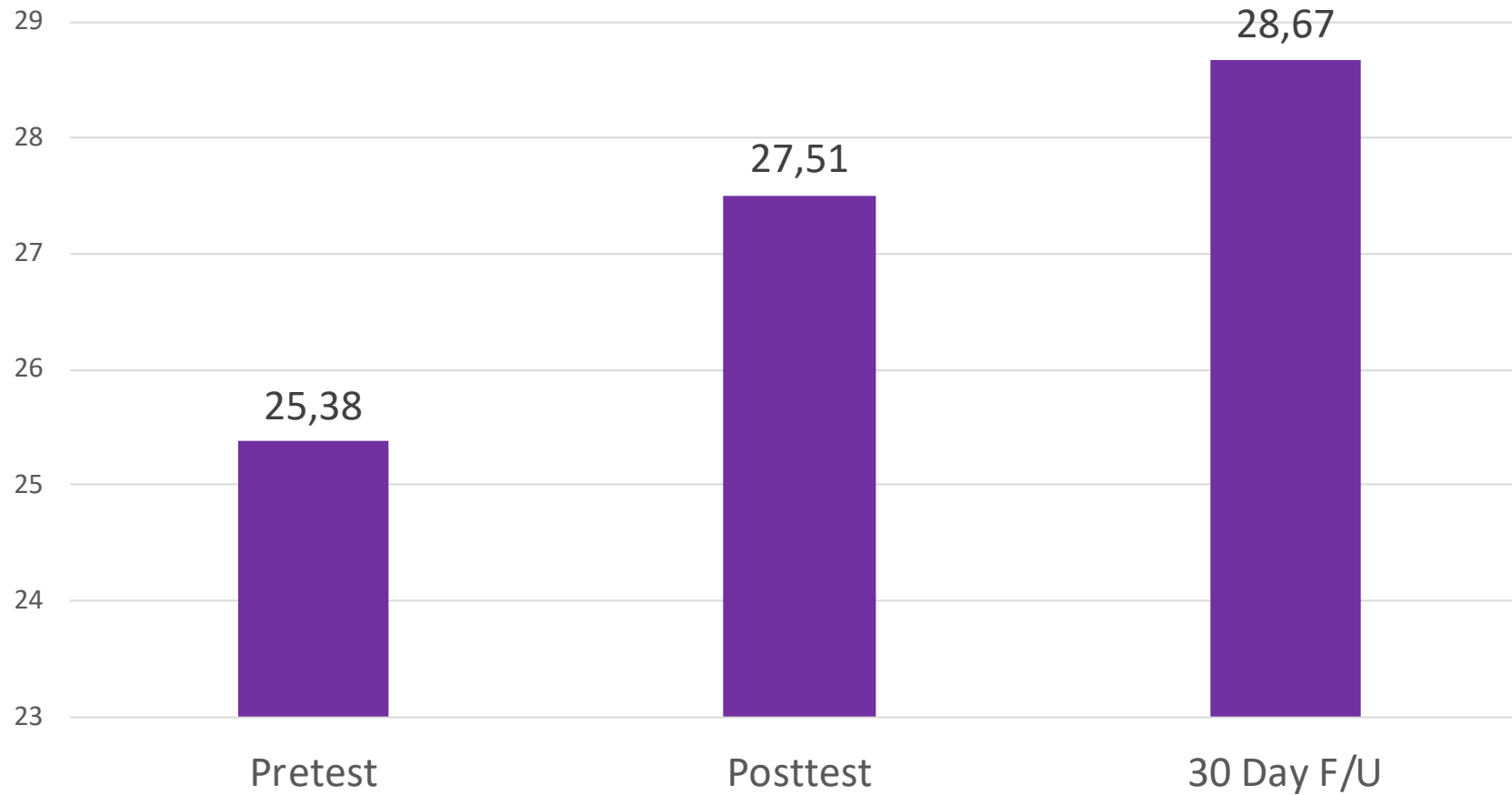
CAMP HOPE and ACE

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 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 survivor develop personally relevant goals.
Pathways	List and discuss potential pathways the client choose.
Willpower	Have survivor identify/describe sources of motivation.
Problem Solve	Identify obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.

HOPE AS A THEORY
OF CHANGE

At the heart of change is your capacity to understand the way things are right now, and to begin to **IMAGINE** the way things could be.



Thank You!

ONE SAFE PLACE FOR HOPE AND EMPOWERMENT