

The Science and Power of Hope

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Well-Being in Human Services

What is wrong with you?

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

Depression,
Homelessness,
Anger,
Financial Instability
Etc.

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

What Has Happened To You?

ACE Categories

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

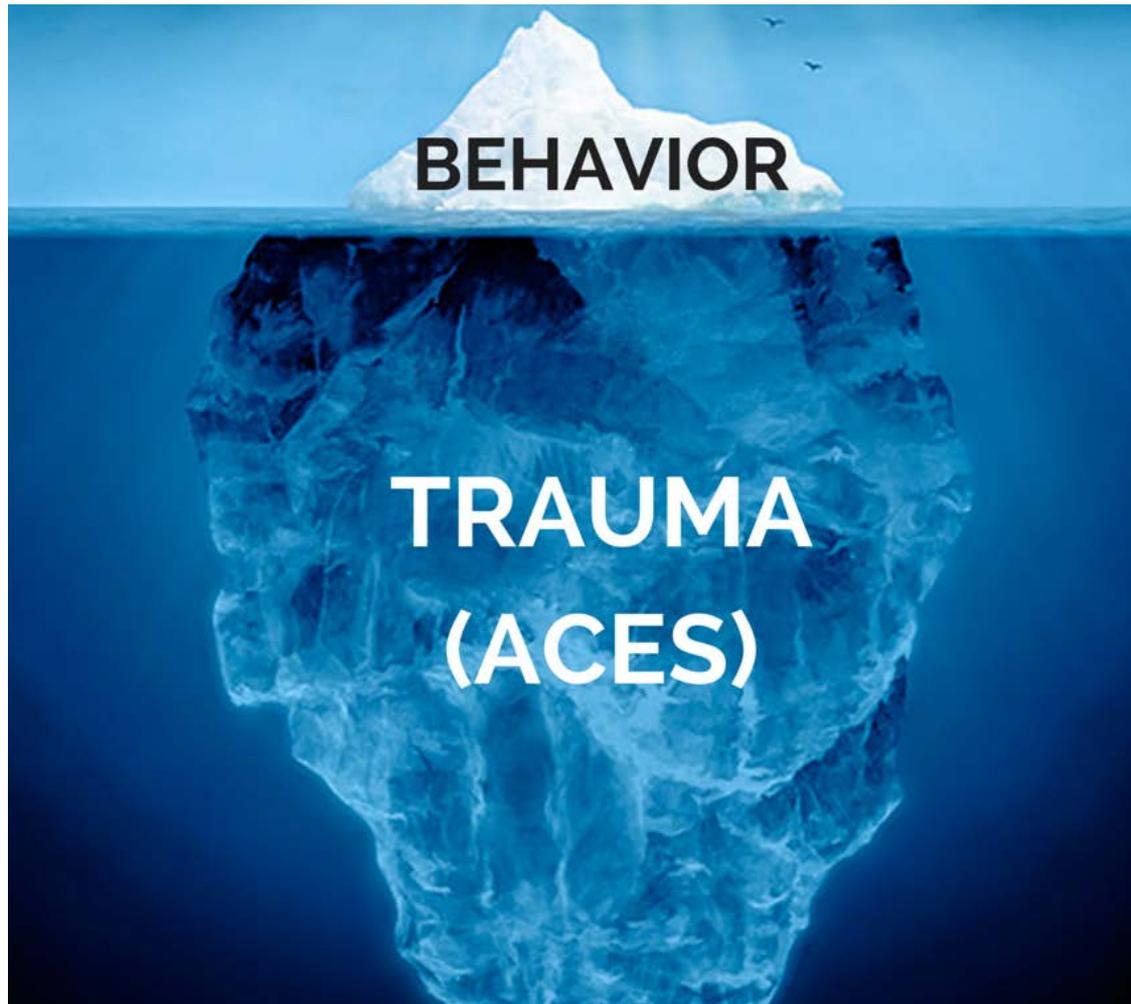
Prevalence of ACE in US

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

Average ACE = 1.61

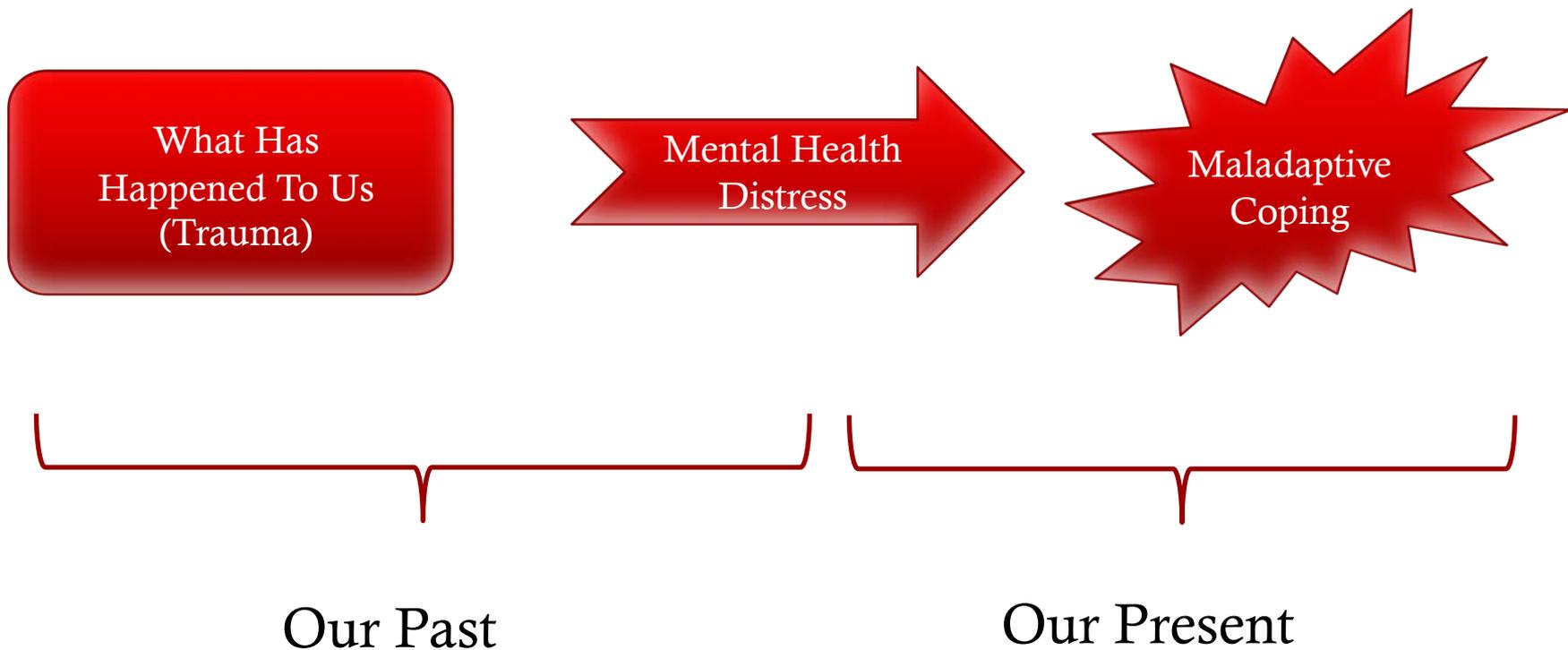
Consider a Few Comparisons

CDC National Data	1.61
Children Exposed to DV	4.40
DV Survivors	3.30
Juvenile Offenders	4.29
Foster Children	5.68



Trauma's
Effects on
Behaviors

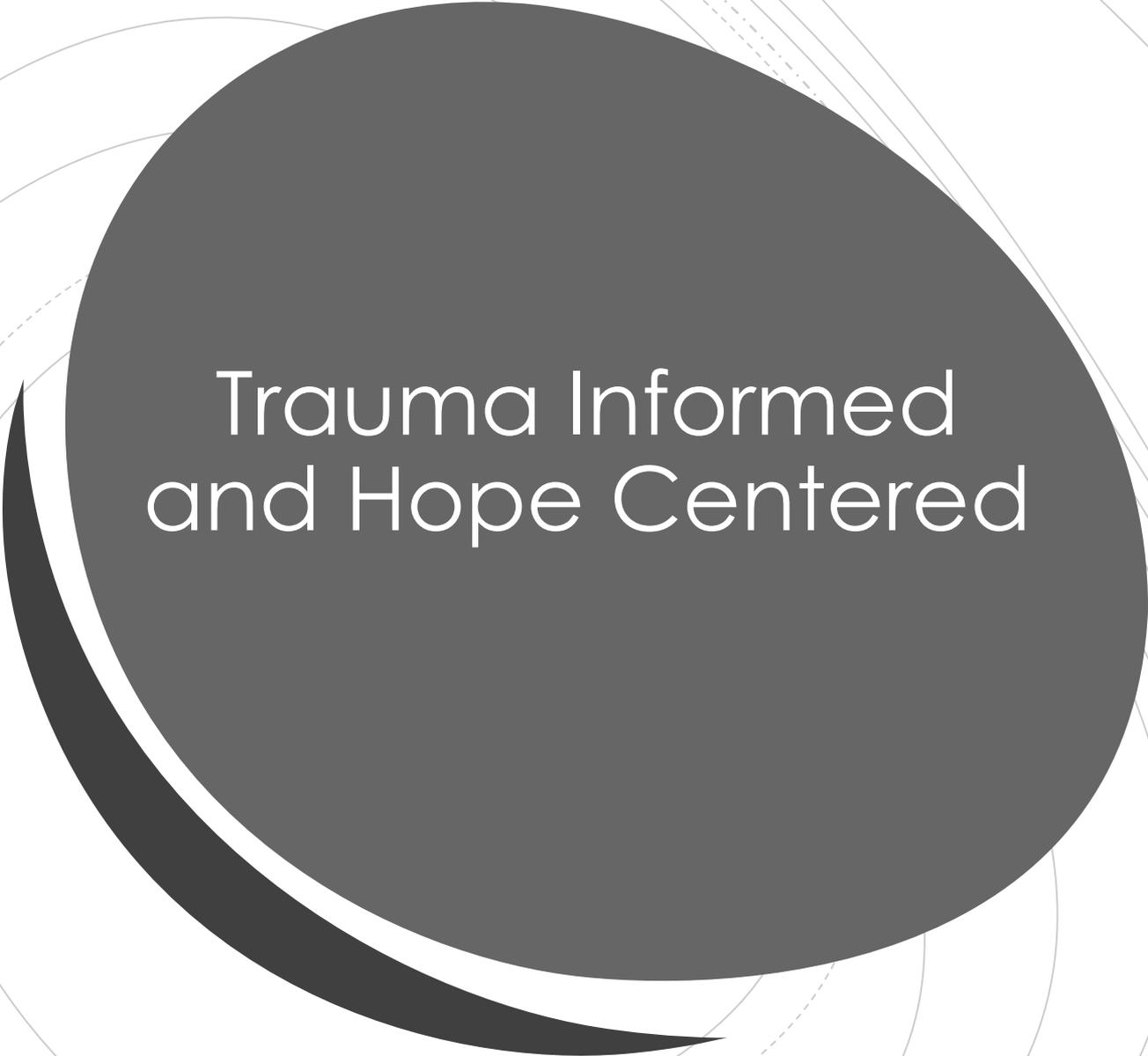
Trauma Informed: Understanding What Happened To You



Trauma Informed

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.



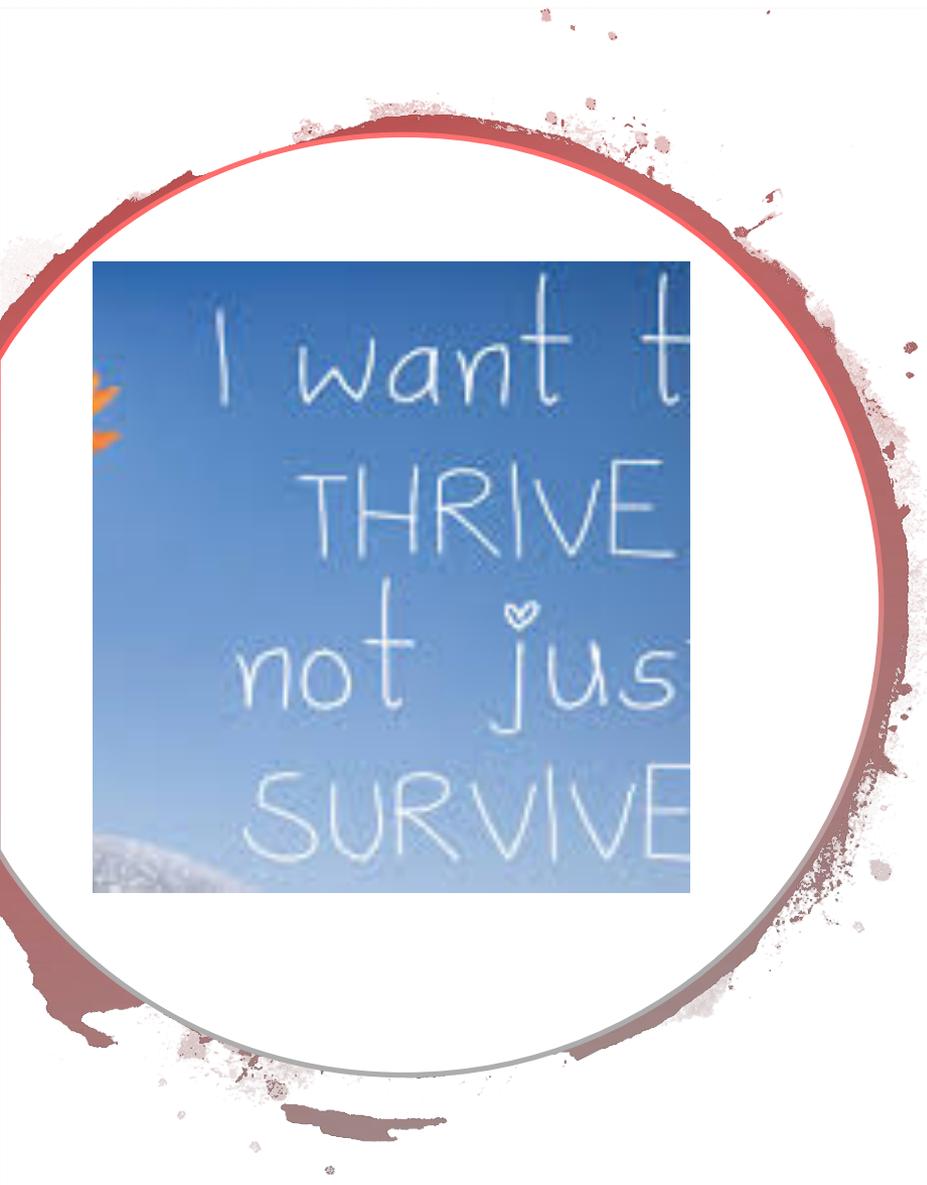
Trauma Informed
and Hope Centered

Nurturing Hope

Hope is linked to positive outcomes and important assets:

- Goal Achievement.
- Educational Outcomes.
- Resilience, Optimism, Self-Control.
- Well-Being.

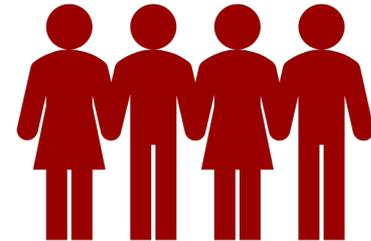
Nurturing hope develops the mindset that will help clients achieve their goals and stay on healthy tracks.



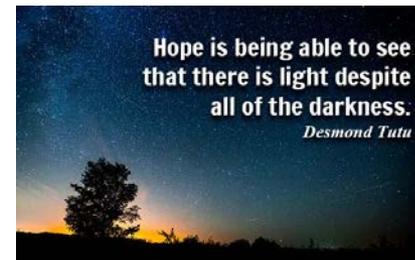
I want to
THRIVE
not just
SURVIVE

Nurturing Hope

- Hope is easily measured.
- Hope can be increased through simple interventions.
- Hope is a **social gift!**



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



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).

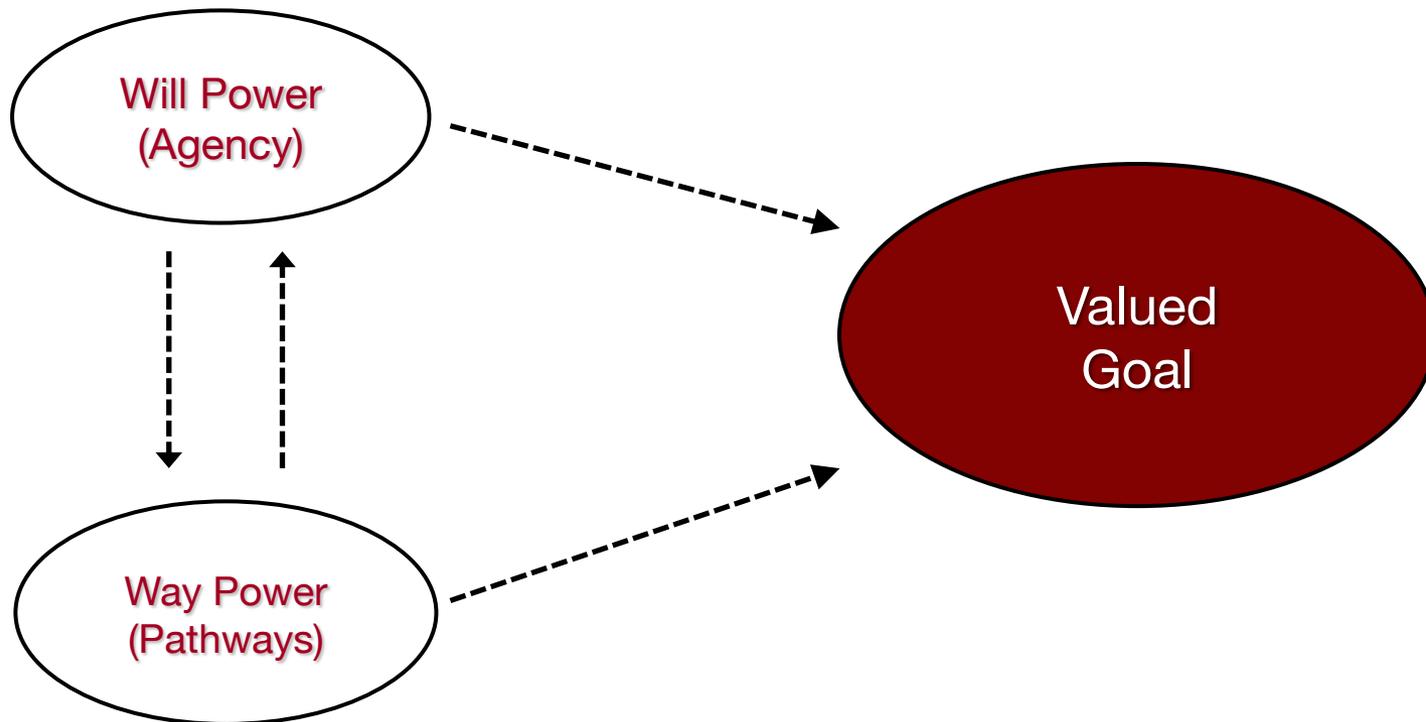
Pathways: Mental roadmaps to goal attainment.

- ⦿ 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.

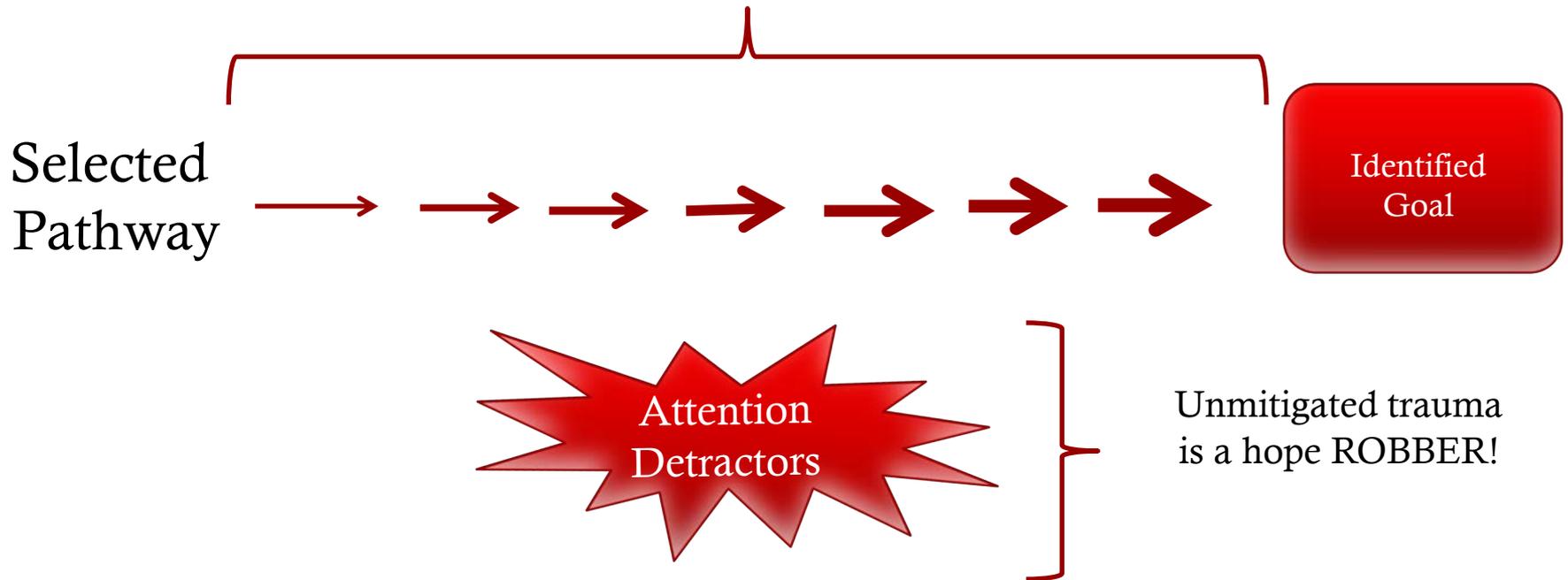
HOPE THEORY



...agency without pathways is a wish!

The Application of Hope

How well can you manage your willpower?



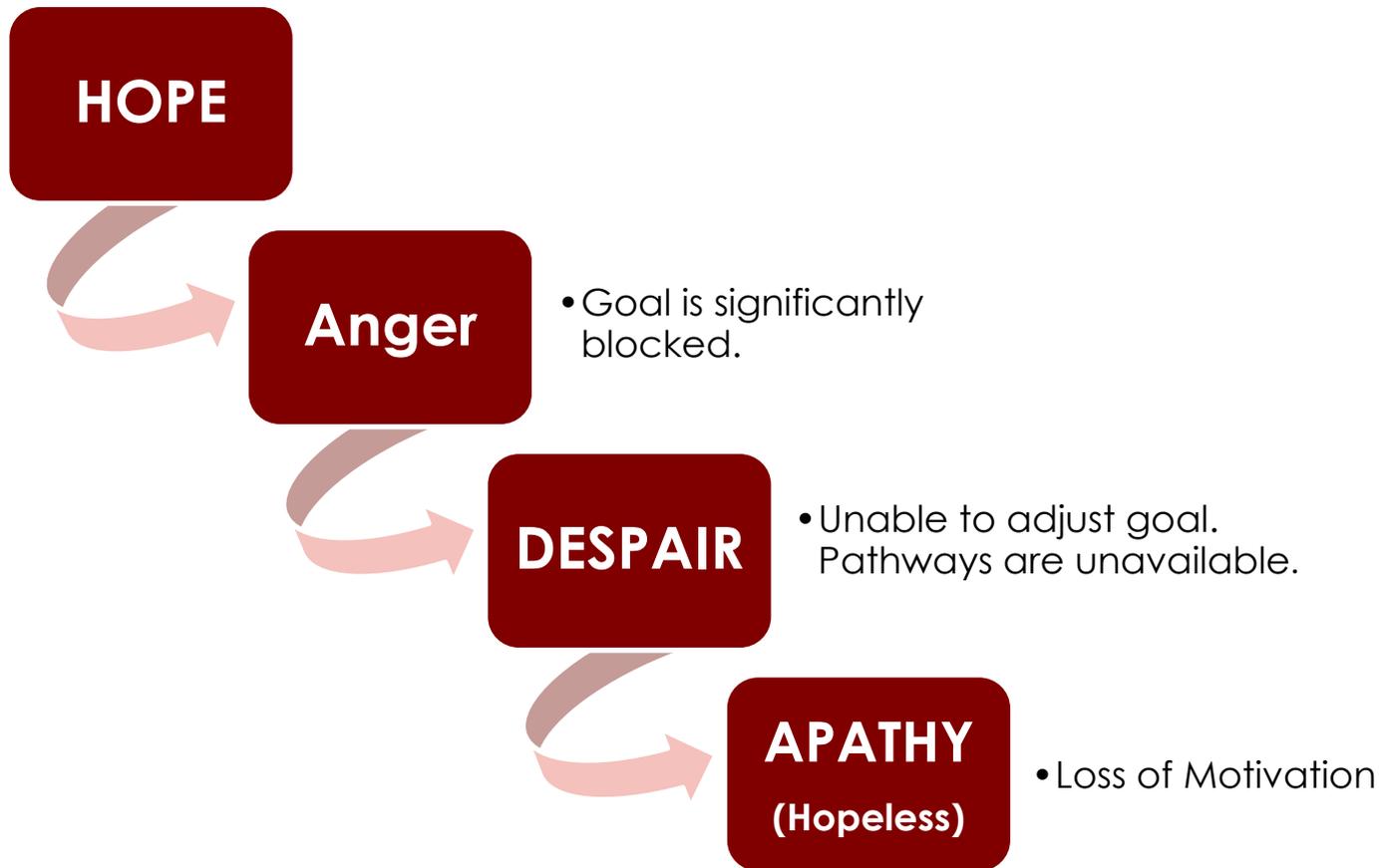
THE LOSS OF HOPE





**What is the opposite
of hope?**

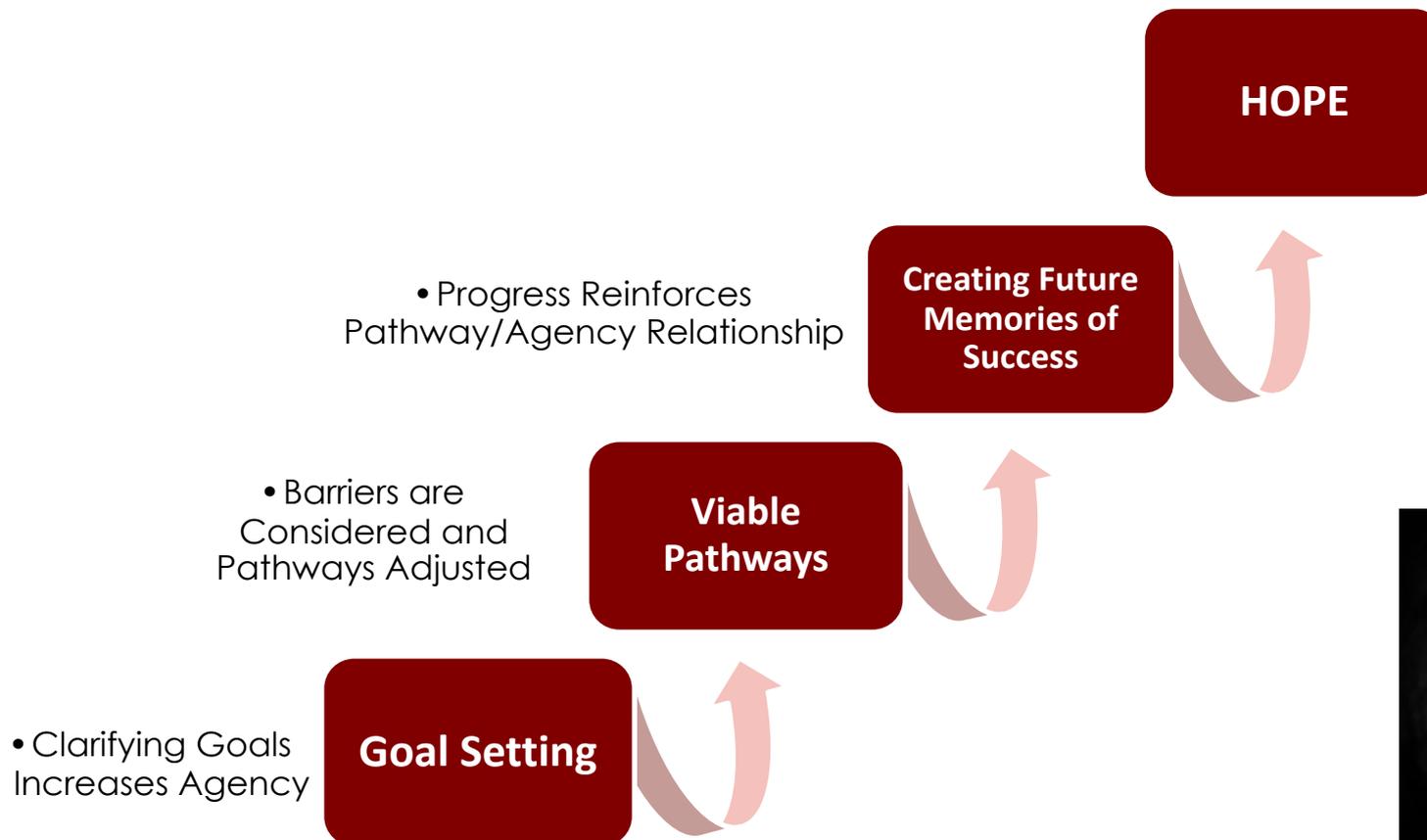
THE LOSS OF HOPE





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+	12.5%	55.6%



The Average Number of ACE = 4.40*

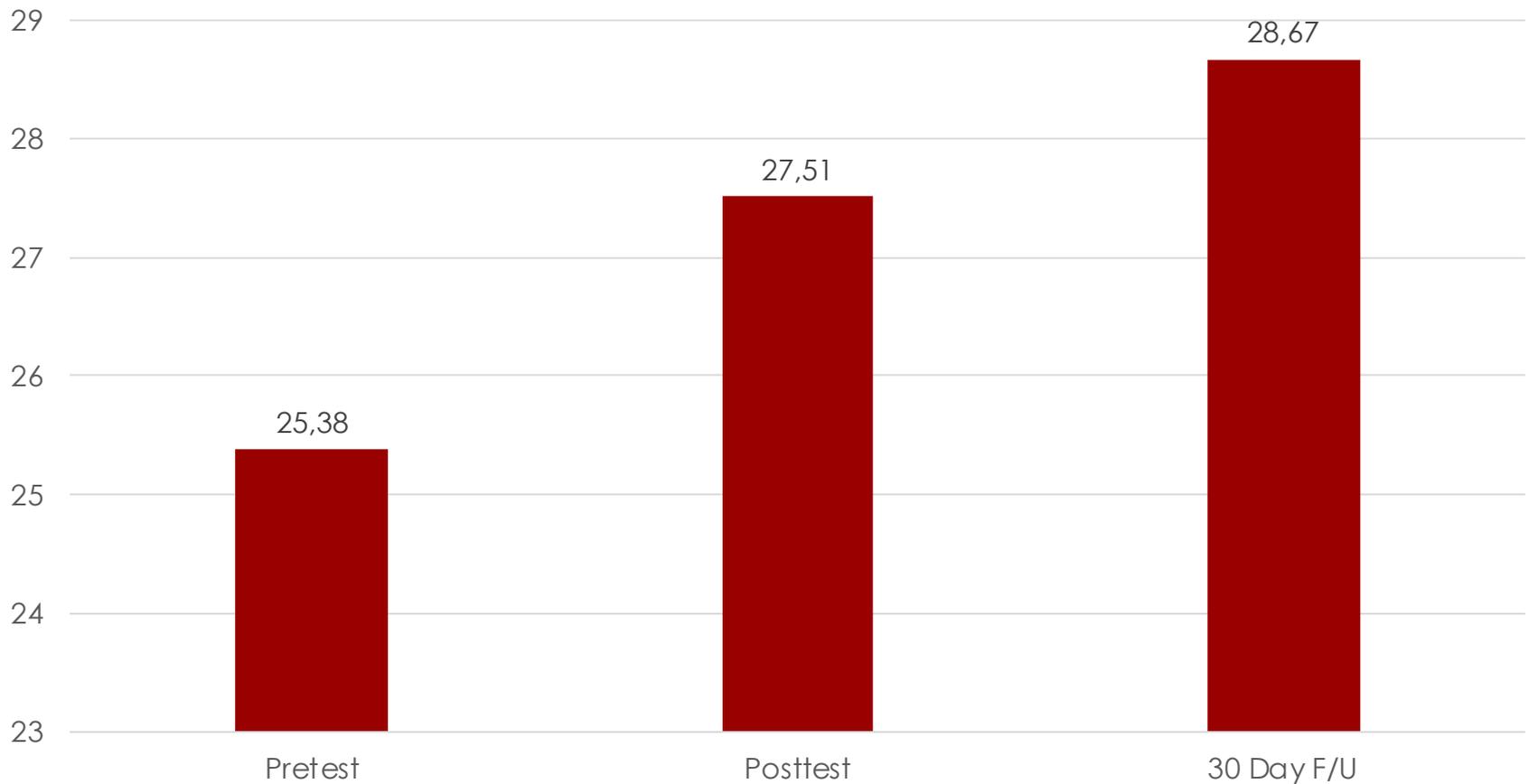
CAMP HOPE and ACE

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		

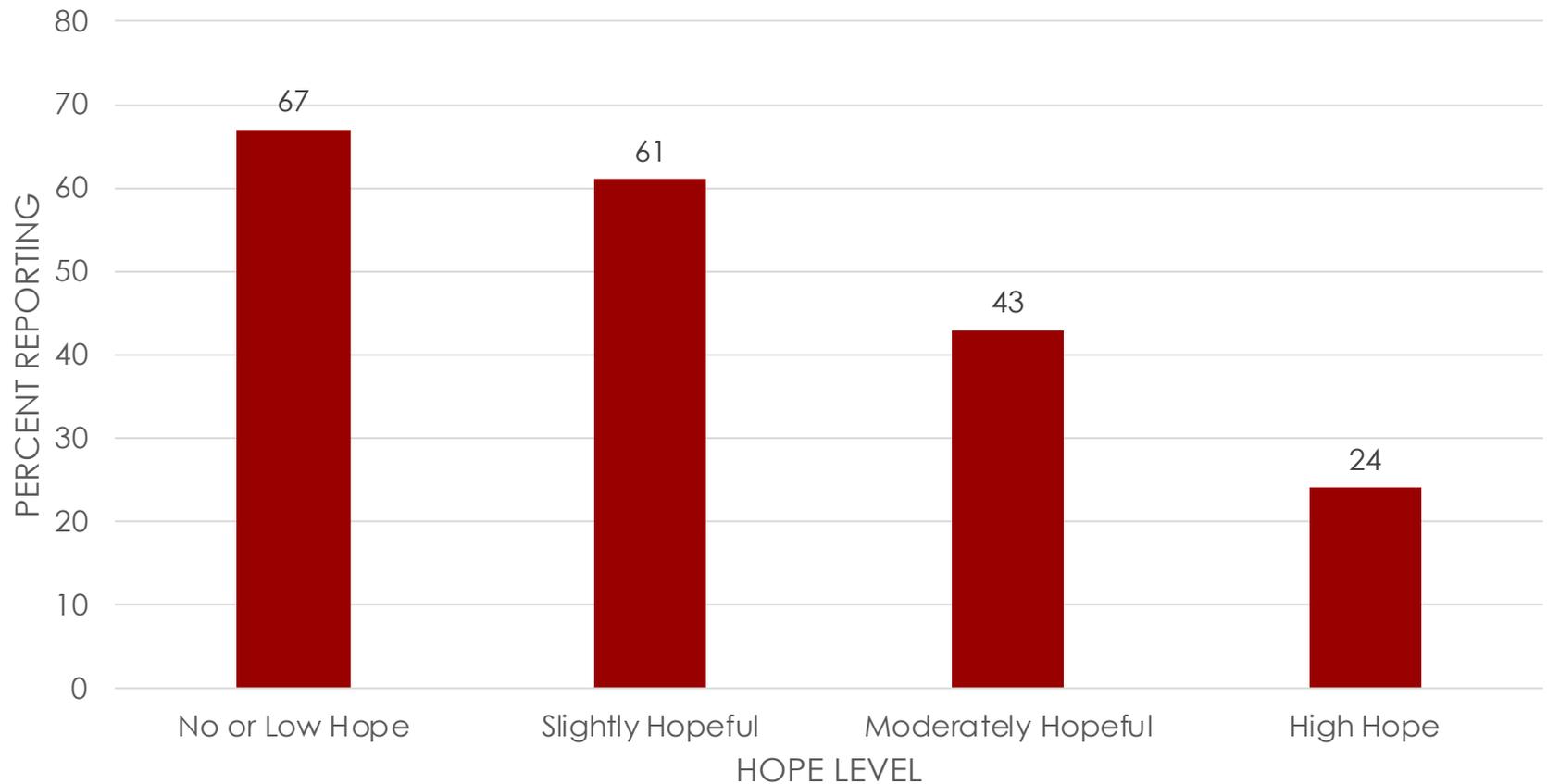
THE POWER OF HOPE

Changes In High ACE Children Hope



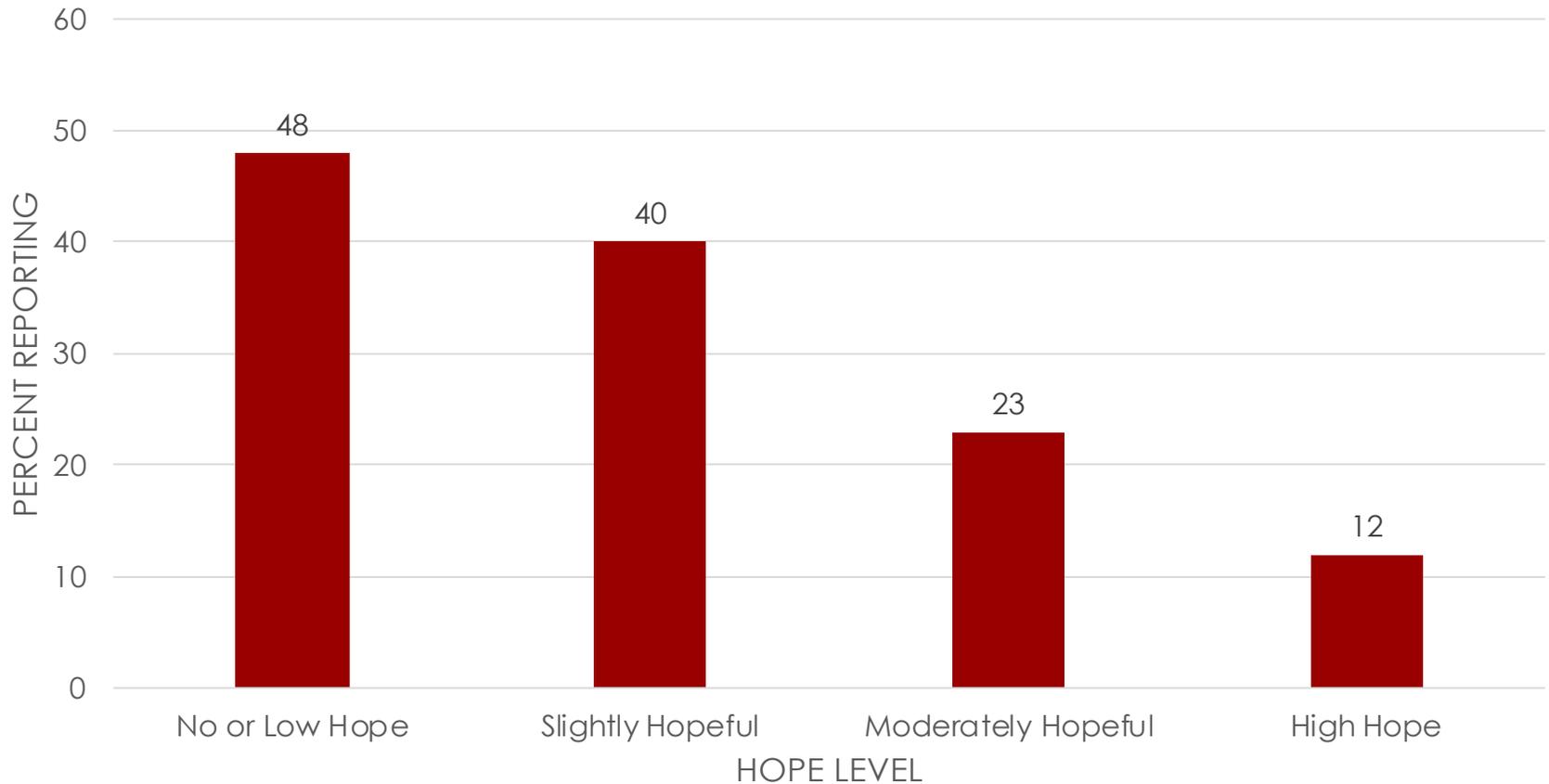
THE POWER OF HOPE (2018 HYS)

Reported Depression by Hope Level

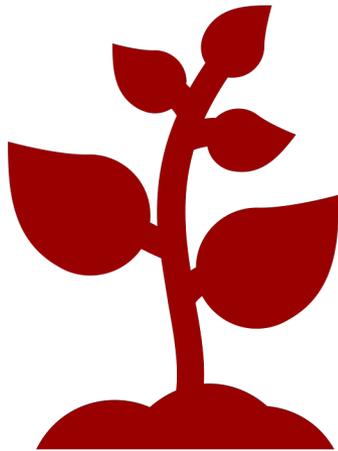


THE POWER OF HOPE (2018 HYS)

Suicide Ideation by Hope Level



Hope Is A Social Gift



“Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings”

--Nobel Prize Author Elie Wiesel

Strategies To Nurture Hope

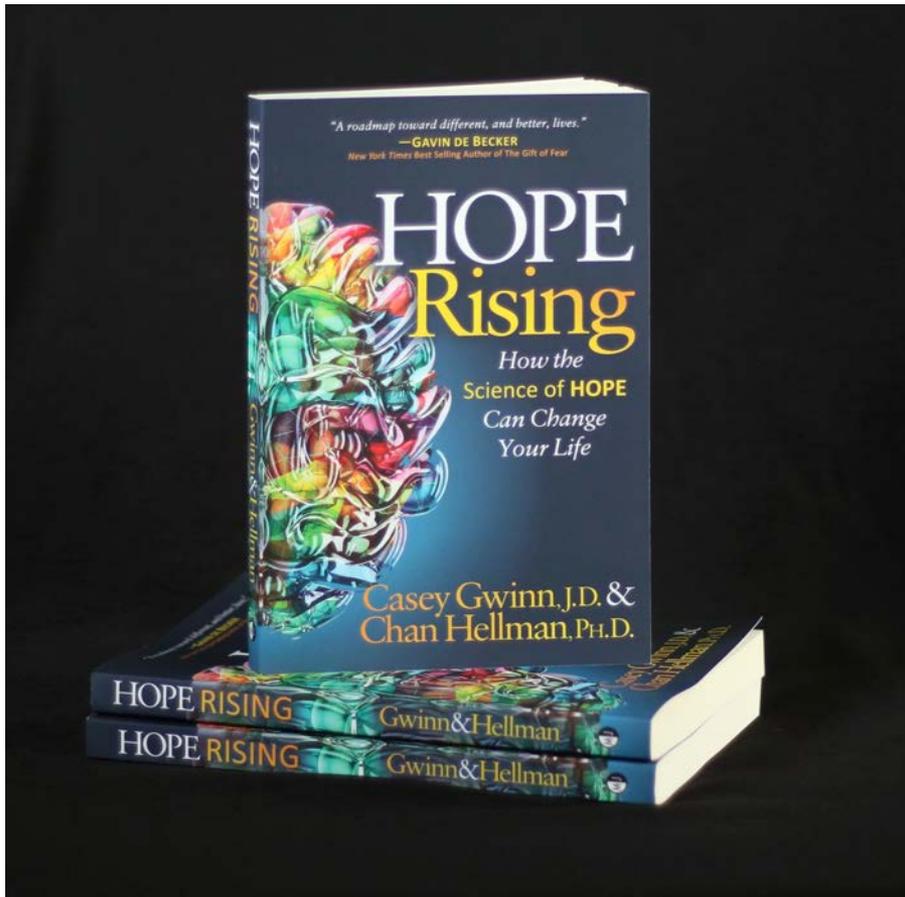
Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help the Client develop personally relevant goals.
Pathways	List and discuss potential pathways the client choose.
Willpower	Have client identify/describe sources of motivation.
Problem 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.

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!



“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.

The potential benefit of implementing the science of hope throughout society is enormous if we truly want to meet the needs of the currently unrecognized multitudes of trauma-exposed adults and children.”

Dr. Vincent J. Felitti

Thank You!