

# The Impact of Hope Rising in... Criminal Justice



## FACT

### **HOPE PLAYS A SIGNIFICANT ROLE IN TREATING AND PREVENTING CRIMINAL BEHAVIOR.**

**Unlike other significant predictors of criminal behavior, hope levels can be changed. Offenders with higher hope levels demonstrate:**

- Higher engagement in healthy & ethical behaviors
- Lower incidence of alcohol & substance abuse
- Higher compliance with mandated supervision obligations
- Lower incidence of technical violations, new charges or reconvictions
- Increased ability to self-regulate emotions, thoughts & behaviors
- Reduced depression
- Higher engagement in setting & pursuing life goals

## FACT

### **HOPE IMPACTS THE WELL-BEING AND EFFECTIVENESS OF LAW ENFORCEMENT.**

**Law enforcement officers with higher hope levels demonstrate:**

- Stronger recovery from primary, secondary & vicarious trauma
- Lower incidence of flight or fight responses, PTSD, anxiety, depression, burnout & disengagement
- Superior adaptability and adjustment to adversity & stress
- Greater effectiveness in building/rebuilding trust with community members, including crime victims
- Stronger ability to foster alliances & shared goals in the community
- Greater effectiveness in reducing community violence & building collective hope for the future

## FACT

### **HOPE-CENTERED PRACTICES STRENGTHEN OUTCOMES IN EVERY AREA OF CRIMINAL JUSTICE.**

**With the science of hope, clinicians, law enforcement officers & other authorities can more effectively:**

- Mitigate the effects of trauma
- Protect officer safety & wellness
- Protect the community & serve crime victims
- Supervise/work with offenders
- Predict recidivism
- Develop rehabilitation plans & recovery programs
- Implement alternative sentencing programs
- Maximize treatment resources
- Build & sustain positive community relationships

