



California Family Justice Initiative - Implement HOPE Theory in Your Center

Alliance for HOPE International invites your Center to participate in an exciting initiative that will help you better measure outcomes in your Center. To this end, the Alliance is hosting a series of webinars that focus on HOPE Theory. We have partnered with the University of Oklahoma to bring this valuable training and tool to your community.

We invite you and your leadership team to join us for this 3-part webinar series. This series will prepare sites for the Directors Pre-Conference on Evaluation and Impact in April 2016, where we will further discuss evaluation and impact in Family Justice Centers.

Webinar #1: Introduction to the Blue Shield Project - January 26, 2016 at 10 am PT **Presented by: Casey Gwinn and Gael Strack**

Objectives:

- Understand the CFJI HOPE Theory Project
- Discuss the framework for the implementation of this initiative
- Discuss Evaluation as twofold:
 - Organizational Processes: including policies, procedures, and intake
 - Survivor Outcomes: Engagement, VOICES Committees, and long term case management
- Explain Survivor Defined Success outcome measurements.

Webinar #2: Introduction of Hope Theory - February 26, 2016 at 10 am PT **Presented by: Chan Hellman and Casey Gwinn**

Objectives:

- Understand Hope Theory
- Discuss its history
- Discuss the literature around Hope Theory and its outcomes

Webinar #3: Implementing Survivor Defined Success and Hope Theory into Family Justice Centers - March 25, 2016 at 10 am PT

Presented by: Casey Gwinn and Chan Hellman

Objectives:

- Examine implementation in Family Justice Centers
 - Methodology
 - Benefits and Challenges
 - Things to consider
- Next steps

If you have any questions please contact Michael Burke toll free: (888) 511-3522 or by email at michael@allianceforhope.com

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Webinar #2: Introduction of Hope Theory

California Family Justice Initiative

Presenters – Casey Gwinn, Esq., and Dr.

Chan Hellman

Alliance for HOPE Team



Casey Gwinn, Esq.



Gael Strack, Esq.



Jennifer Anderson



Natalia Aguirre



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Ernie Lozano



Lisbet Perez



Patricia Bauer



Yolanda Ruiz

Our Guest



Chan Hellman, Ph.D.

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*Directors
Leadership
Summit
April 11th*

Contact
Natalia
ASAP!!!



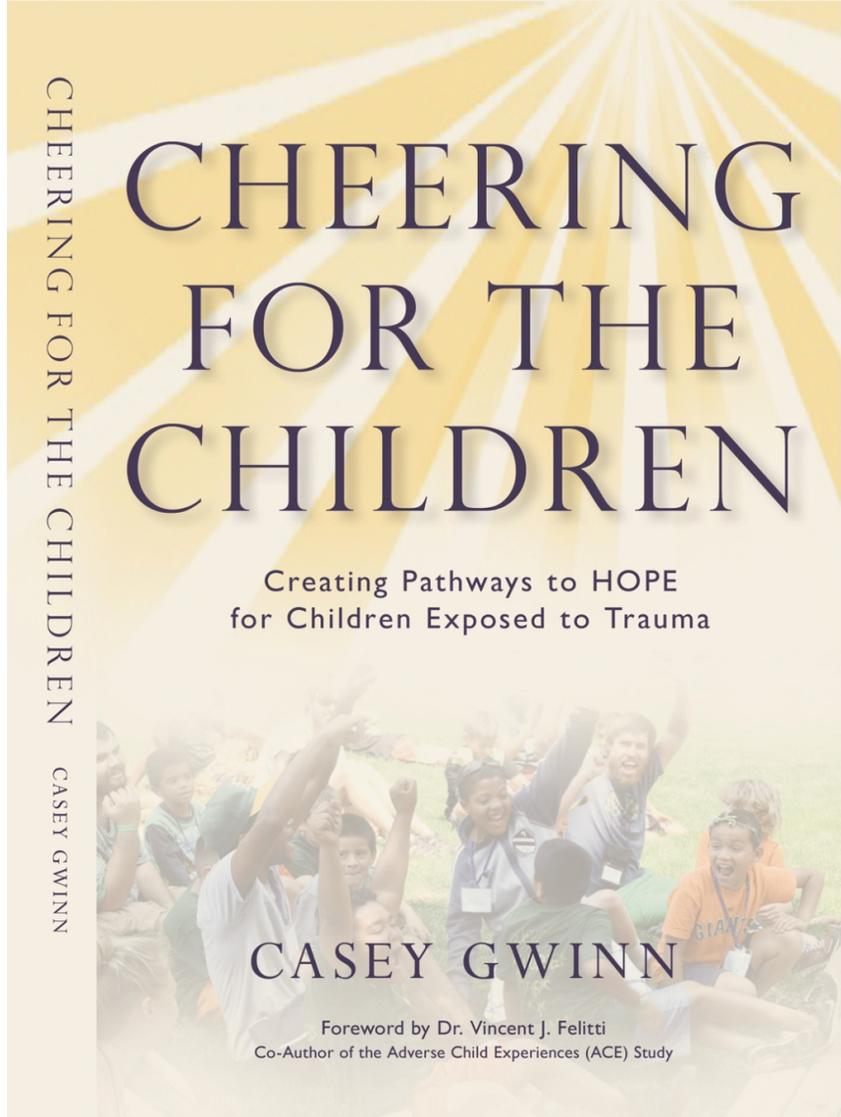
ALLIANCE for
HOPE
INTERNATIONAL



April 12-14, 2016
Paradise Point Hotel and Spa
16th Annual International Family Justice Conference

Agenda

- Overview on the Center of Applied Research for Nonprofit Organizations
- Understanding HOPE Theory and Family Justice Centers
- Implementing HOPE Theory with Alliance for HOPE International



THE
SCIENCE AND POWER
OF
HOPE

Chan M. Hellman

University of Oklahoma

Associate Dean – College of Arts & Sciences

Professor – Department of Human Relations

Director – Center of Applied Research for Nonprofit Organizations



The UNIVERSITY of OKLAHOMA
College of Arts and Sciences
One College, Infinite Possibilities.



THE
SCIENCE AND POWER
OF
HOPE

- ① **Introduction: Chan Hellman**
- ① **Center of Applied Research for Nonprofit Organizations**
- ① **Connection with Family Justice Centers**
- ① **Connection with Alliance for Hope International**
- ① **How I became interested in hope**

The Desire to Flourish

- ① **When asked what we want in life, we ultimately refer to the pursuit of happiness**
- ① **Happiness (or well-being) is referred to the subjective evaluation of one's life experiences along with positive emotional experience**
- ① **In the 20th Century, Psychology was focused on identifying, eliminating, and preventing psychopathology**
- ① **Well-being was based on the reduction of psychological problems.**

That is, going from a -8 to a 0

The Desire to Flourish

 **Positive Psychology (1998, 2000) unified researchers and practitioners to ask....**

 **What if we studied what is right with people?**

 **What are the psychological traits (strengths) that allow individuals, groups, and communities to thrive?**

 **Positive Psychology has identified 24 character strengths that enhance our capacity to flourish**

The Desire to Flourish

-  Improving these strengths allow us to be more engaged, experience positive emotions, develop and maintain positive relationships, and find meaning in the pursuit of goals
-  These strengths are important coping resources that can protect us from stress and adversity
-  Empirical studies of the 24 character strengths have demonstrated that hope is one of the top predictors of well being for both children and adults

HOPE

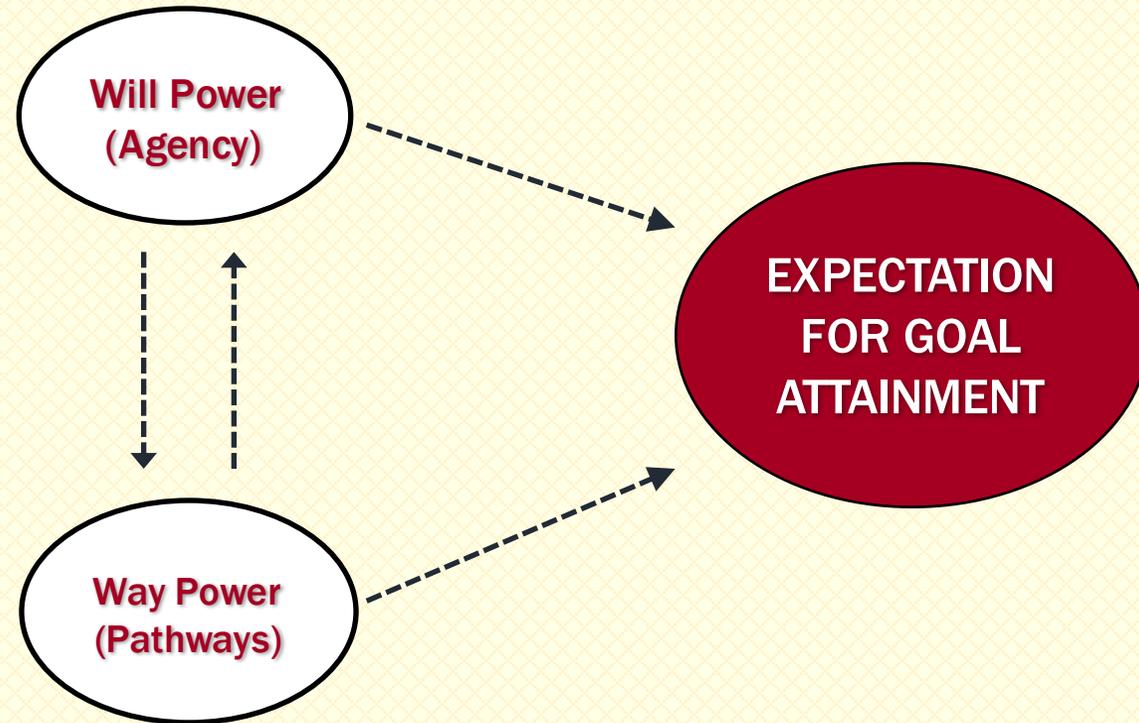
THEORY

- ① Each of us are motivated to pursue goals.
 - ① Desirable goals
 - ① Subjective assessment of goal-related capabilities
 - ① The goal has some degree of probability
- ① 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
 - ① Pathways = Waypower
 - ① Agency = Willpower
- ① High hope individuals often imagine multiple pathways that are crucial when encountering barriers

HOPE

THEORY

Both pathways and agency are required for **HOPE...**



...agency without pathways is more likely a **WISH!**

HOPE

THEORY

- ① Your programs have desirable goals
- ① Your programs are evidence based – best practice models unified in their purpose
- ① The program services at your agency are **pathways** of hope for your clients, their children, and their families
- ① Hope is a social gift in which our interactions with others matter

THE SCIENCE OF HOPE

Why Hope Matters

- Snyder's hope measures have been cited over 2,000 times in scholarly journals
- Empirical evidence supports that high hope matters!
 - Improved pro-social behaviors
 - Increased ability to self-regulate
 - Serves as a coping resource (e.g., cancer, HIV, spinal cord injury)
 - Predicts goal attainment
 - Protects against burnout
 - Reduces the intensity of physical suffering
 - Predicts substance abstinence
 - Predicts lower recidivism
 - Improves well-being
- High hope individuals flourish within their environment

THE SCIENCE OF HOPE

Why Hope Matters

- ◉ **Low hope individuals recognize their deficiency in pathways and agency**
 - ◉ Lack sense of long term goals
 - ◉ Feel blocked from their goals
 - ◉ Approach goals with negative emotion and focus on failure
- ◉ **Individuals with low hope**
 - ◉ Higher negative affect
 - ◉ Higher likelihood of quitting goal pursuits
 - ◉ Higher anxiety and depression
 - ◉ Lower self-esteem
 - ◉ Decreased problem solving skills
 - ◉ Higher likelihood of externalizing negative behaviors

THE SCIENCE OF **HOPE**

The Loss of Hope



Repeated unsuccessful goal pursuits result in a generalized expectancy that future goal attainment is not likely

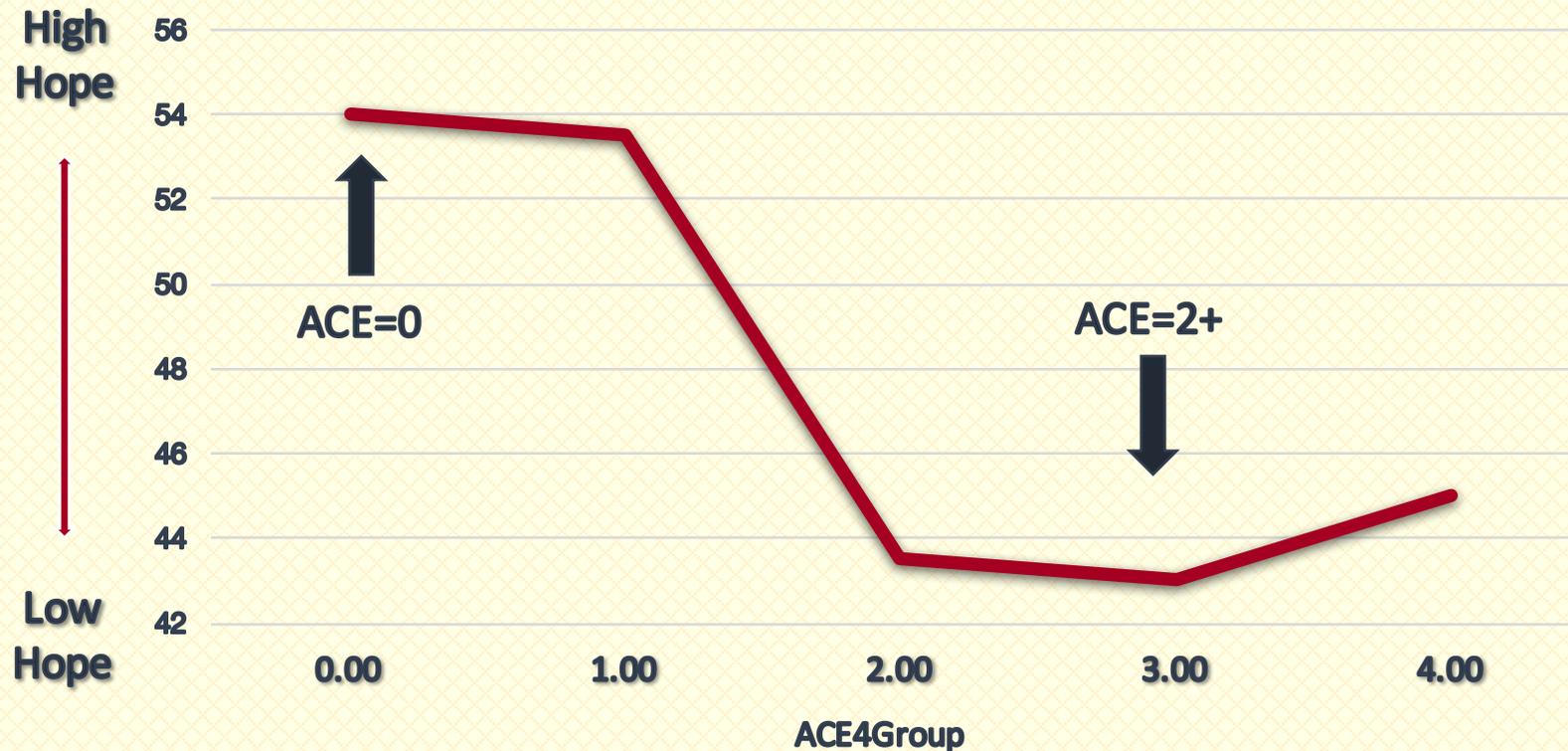
THE SCIENCE OF HOPE

EXAMPLE STUDIES FROM OUR CENTER

-  **Adverse Childhood Experience, Anxiety, Depression and Hope**
-  **Adult homeless in Tulsa**
-  **88.2% > 1 (ACE)**
-  **ACE significantly associated with Higher Anxiety and Depression**
-  **ACE negatively associated with Hope**

THE SCIENCE OF HOPE

Hope and Adverse Childhood Experience



THE POWER OF HOPE

EXAMPLE STUDIES FROM OUR CENTER

- 🌀 Child Abuse Pediatricians: Hope, Work Meaning, Compassion Fatigue, and Burnout
- 🌀 N = 153; Nation Wide Listserve
- 🌀 Hierarchical Regression Results: Hope and work meaning accounts for significant variance in burnout over-and-above compassion fatigue Hope and meaning had the strongest significant associations

THE POWER OF HOPE

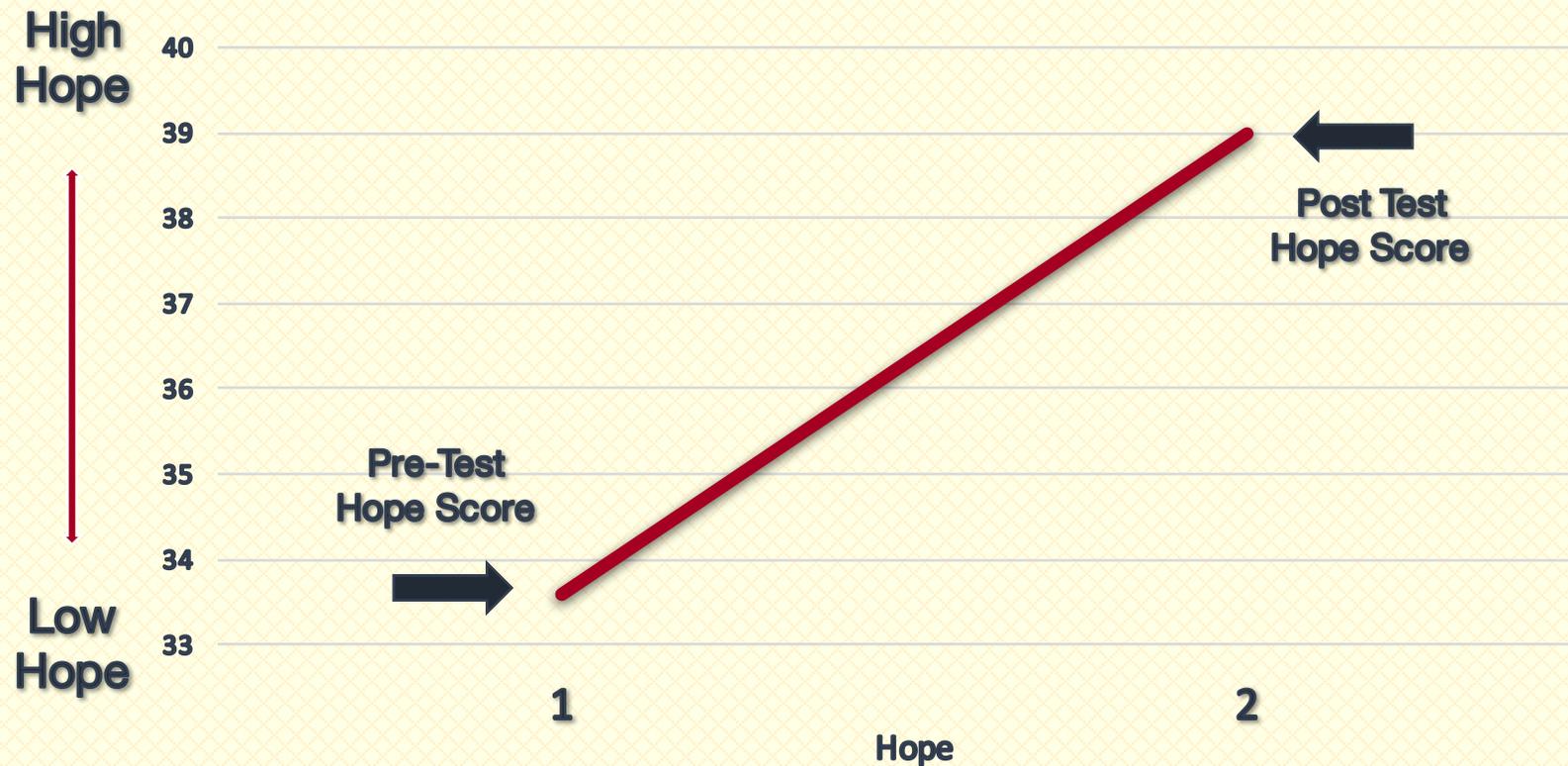
EXAMPLE STUDIES FROM OUR CENTER

-  Domestic Violence Shelter and Hope
-  PRELIMINARY FINDINGS
-  Longitudinal Design: Statistically Significant Increase in Hope from Pre to Post Test

Munoz, R., Brown, V. & Martin, K. (2014). A quantitative analysis of the importance of hope to empowerment among domestic violence victims. *Society for Social Work Research*.

THE POWER OF HOPE

Impact of Safety Programming on Survivor Hope



THE POWER OF HOPE

Camp HOPE California

- 🌀 N = 229 (Matched); Age = 10.8 years; 48.7% Males
- 🌀 100% ACE > 1
- 🌀 Significant Increase: Hope, Resilience, and Strength of Character

Camp HOPE California

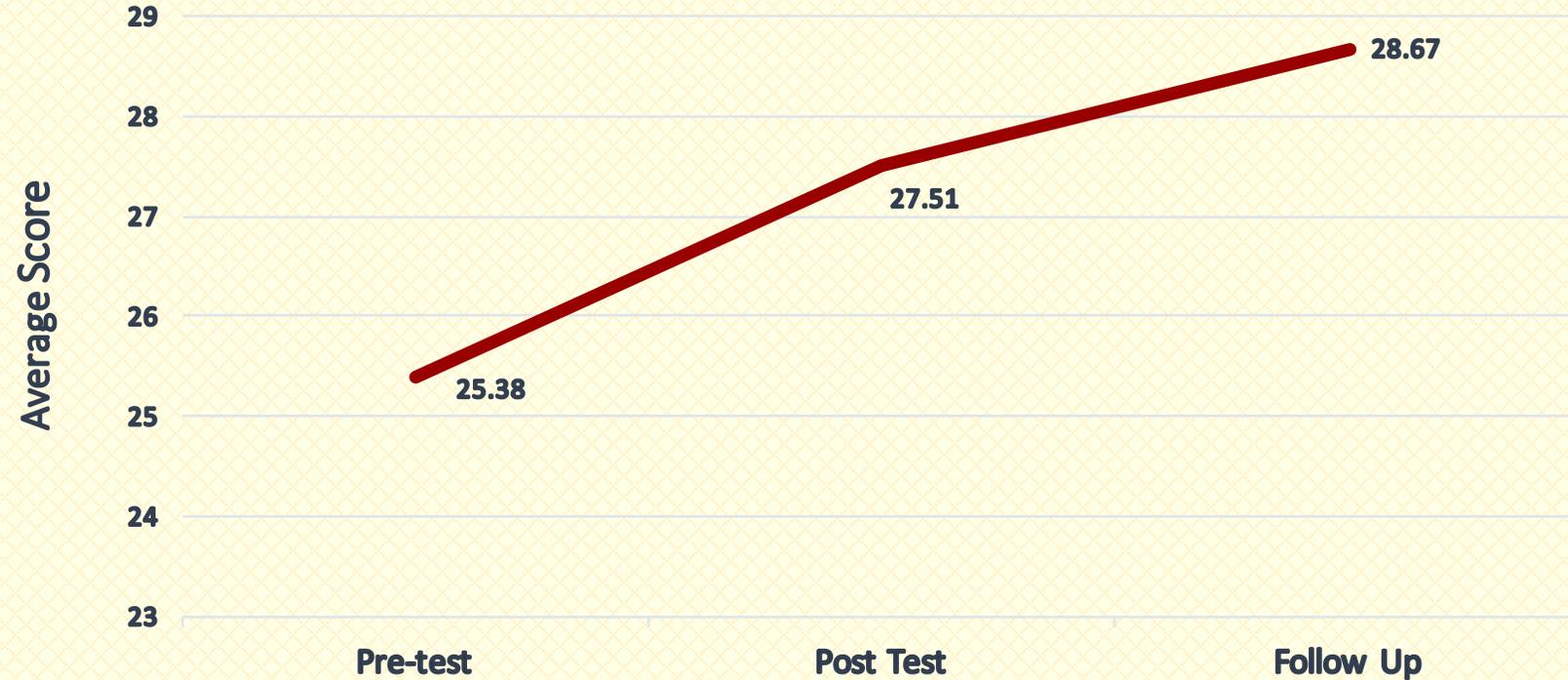
Prevalence of Adverse Childhood Experiences

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

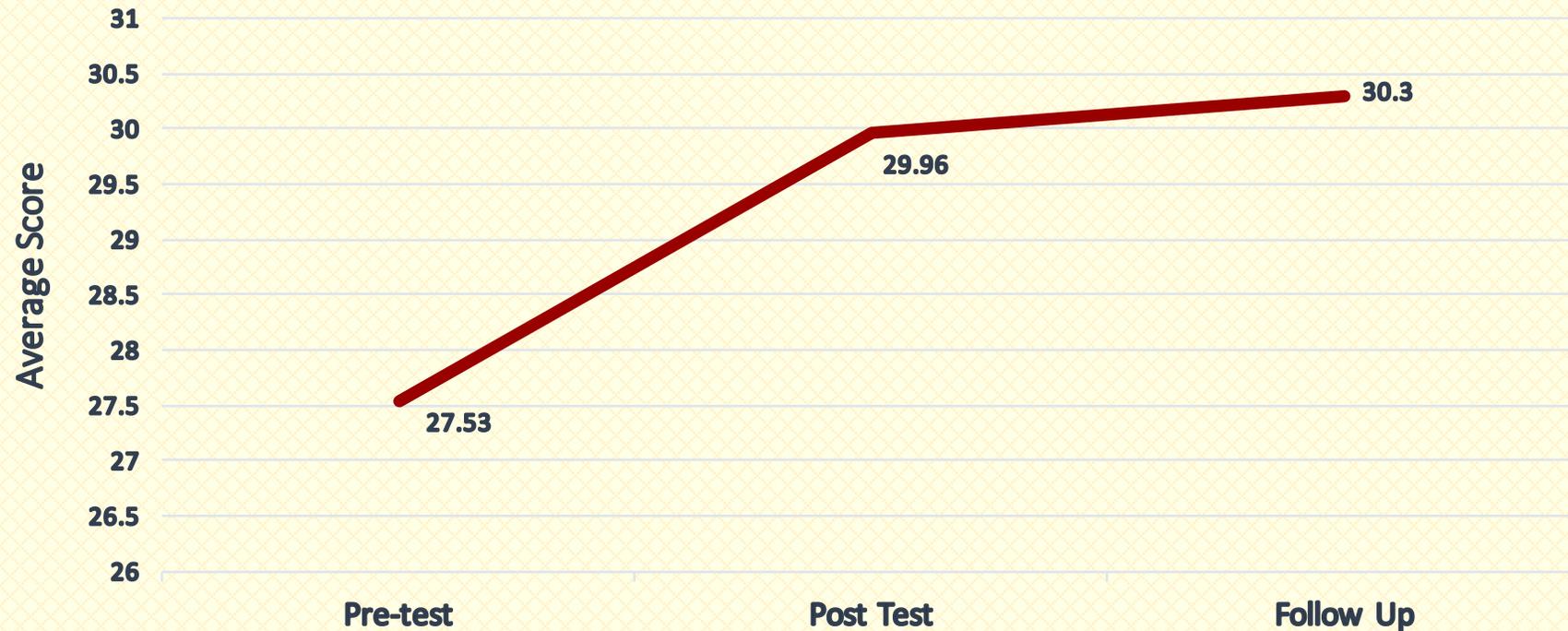
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Children's Hope Index



THE POWER OF HOPE

Children's Resiliency Score



THE POWER OF HOPE

- ① INCREASES IN HOPE WERE ASSOCIATED WITH:
 - ① Higher energy (**zest**)
 - ① Perseverance toward goals (**grit**)
 - ① Ability to regulate thoughts and emotions (**self-regulation**)
 - ① Expectation toward a positive future (**optimism**)
 - ① Appreciation toward others (**gratitude**)
 - ① Desire to seek out new things (**curiosity**)
 - ① Awareness of others feelings (**social intelligence**)
- ① Similar findings were found at Camp HOPE Tulsa and Camp HOPE Oregon

HOPE & FLOURISHING

- Higher Life Satisfaction
- Higher Positive Affect
- Lower Negative Affect
- Better Affect Balance
- Higher Self-Regulation
- Improved positive relationships
- Lower Anxiety and Depression
- Buffers Compassion Fatigue

THE POWER OF HOPE

Clarifying Goals

- Increases Agency

Create Future Memories

- Progress Reinforces Pathway Agency Relationship

Credible Pathways Increase Expectation

- Perceived Barriers are Reframed

POSITIVE STRENGTHS, LIKE

HOPE

SERVE US BEST

WHEN LIFE IS

DIFFICULT



Next Month – March 25, 2016

Webinar #3: Implementing Survivor Defined Success and Hope Theory into FJCs and MAMs

March 25, 2016 at 10 am PT

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Registration open



Save the Date!

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Questions or Comments?

Thank You!

Alliance for HOPE International

www.allianceforhope.com

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