

Introduction: The Science and Power of Hope



Hope Centered and Trauma Informed®

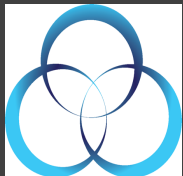
Dr. Chan Hellman



Chan Hellman LLC -- Hope Centered And Trauma Informed®

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Well-Being In Practice



What is wrong with you?

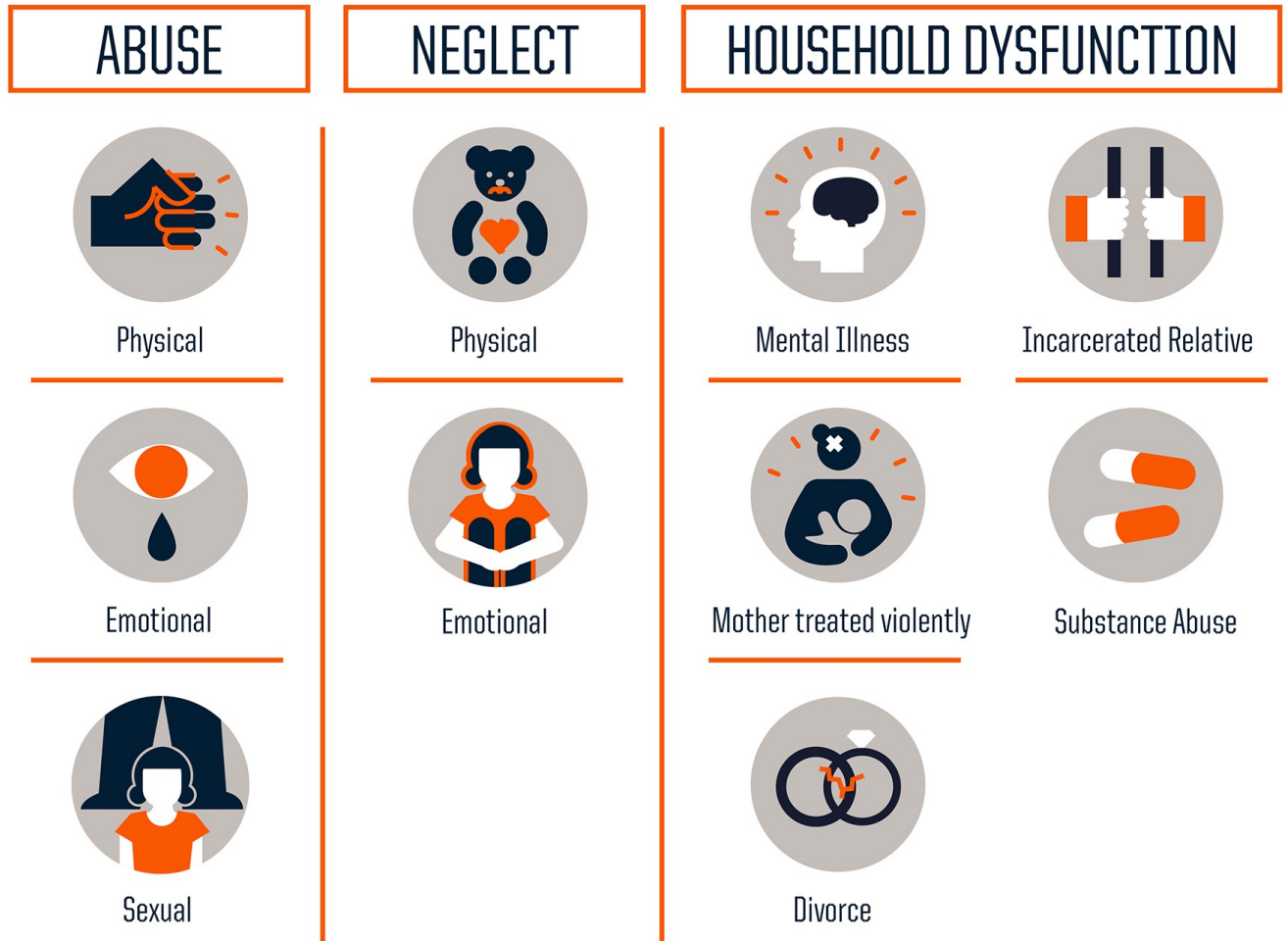
Well-being is viewed as the reduction of adversity

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

What is right with you?

Well-being is viewed from a strength approach

ACE Categories



Graphic Source: CDC & Prevention: Credit: Robert Wood Johnson Foundation



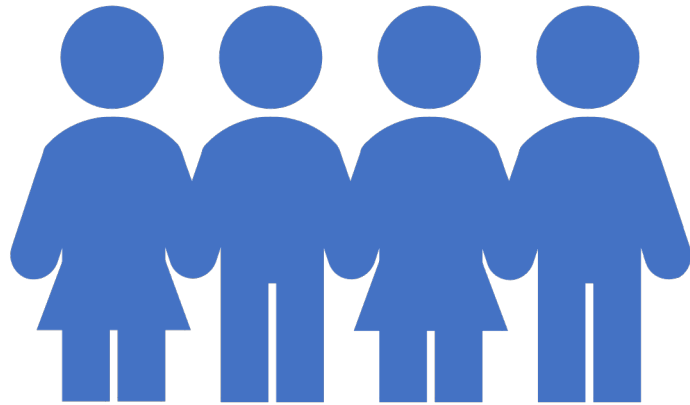
Prevalence of ACE in US

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

Average ACE = 1.61



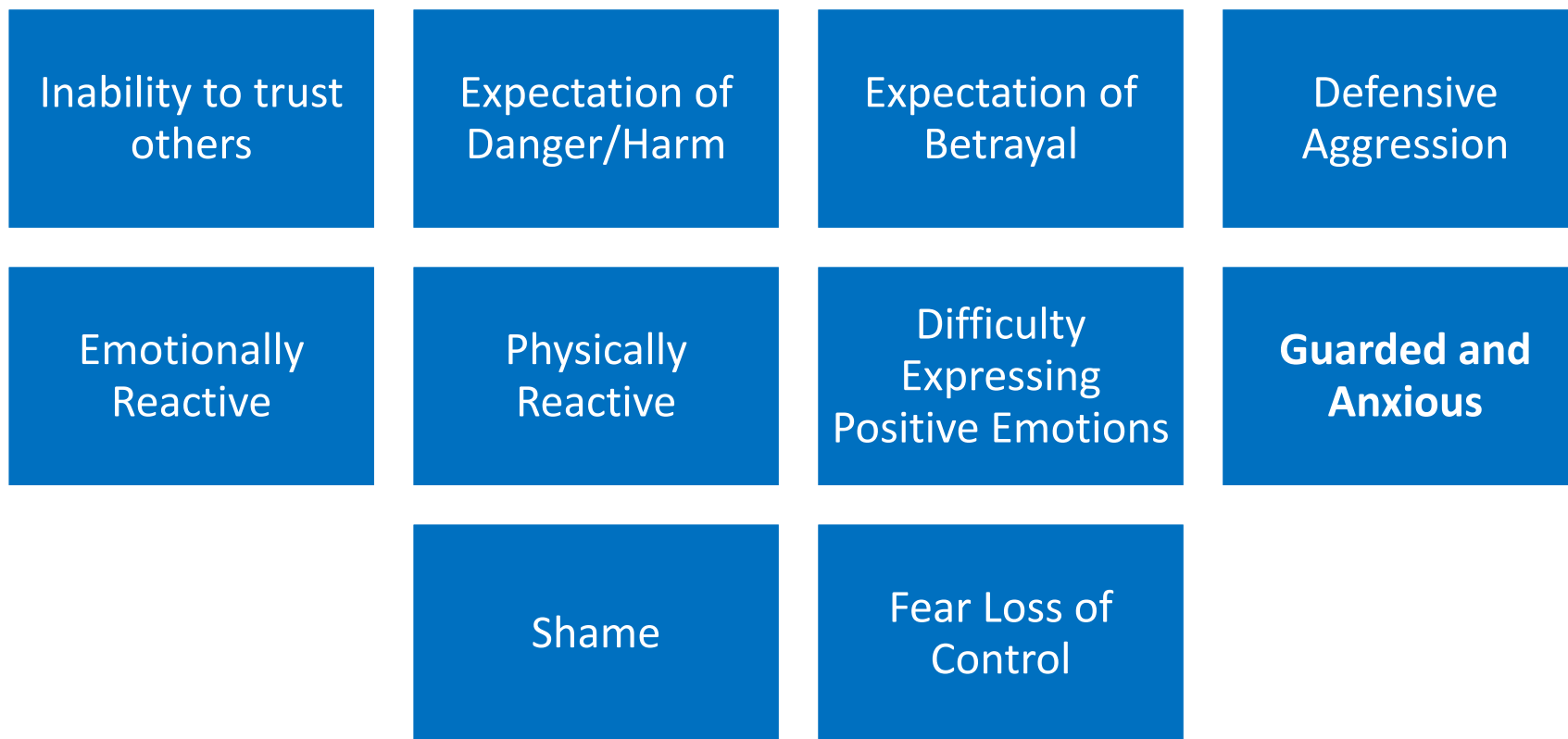
Prevalence of ACEs?



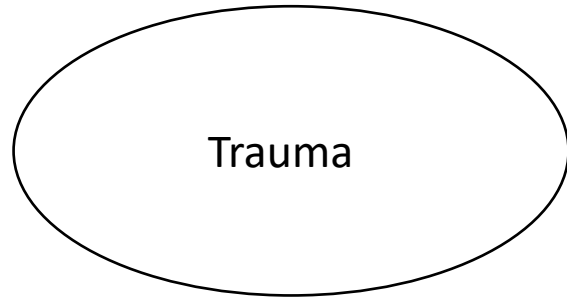
- CDC National Data 1.61
- Children Exposed to DV 4.40
- Juvenile Offenders 4.29
- Foster Children 5.68



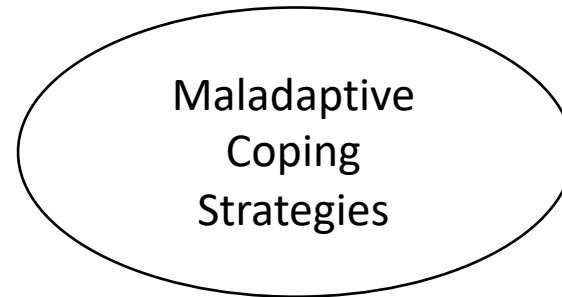
People with high levels of trauma (ACEs and Polyvictimization) often respond with:



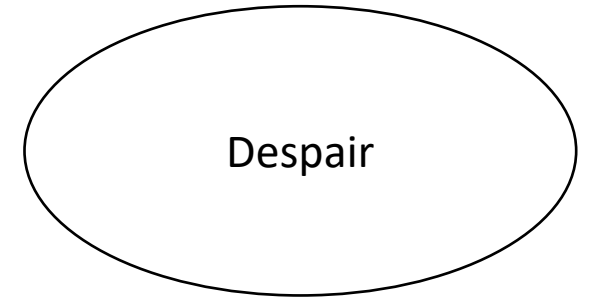
Our Past



Our Present



Our Future



Comparing the Disease – Health Models

Disease (What is Wrong With You)		Health (What is Right With You)
Psychosis, neuroticism, depression, disorder, burnout, absenteeism,	0	Wellbeing, contentment, bliss, excitement, cheerfulness
Focus on flaws, overcoming deficiencies, Avoiding pain. Neutral state (0) is goal.		Focus on strengths, building abilities, seeking pleasure. Optimal functioning is the goal.

-

+

Do our evidenced based practices and/or social policy efforts use the disease or health model?



HOPE CENTERED AND TRAUMA INFORMED®



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,



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



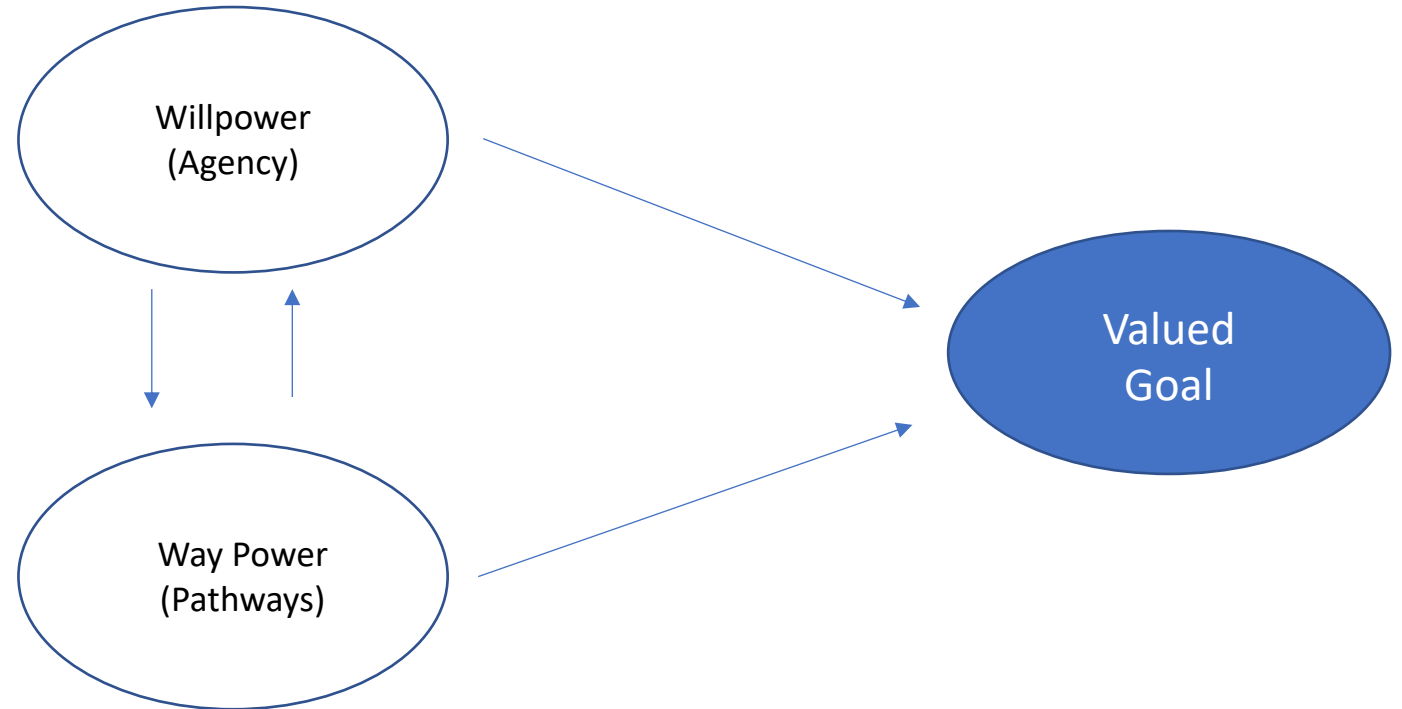
Goal setting is the cornerstone of hope.

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!



Why hope matters

- **Mental Health:**
 - Improved well-being, emotional regulation, adaptive coping, lower depression/anxiety
- **Social Health:**
 - Higher social connectedness, increased positive relationships, improved parent-child relationships
- **Outcomes for Survivors and Children:**
 - Increased survivor defined success
 - Increased goal attainment
 - Improved locus of control
 - Improved resilience behaviors
 - Improved self-regulation
 - Improved outcomes

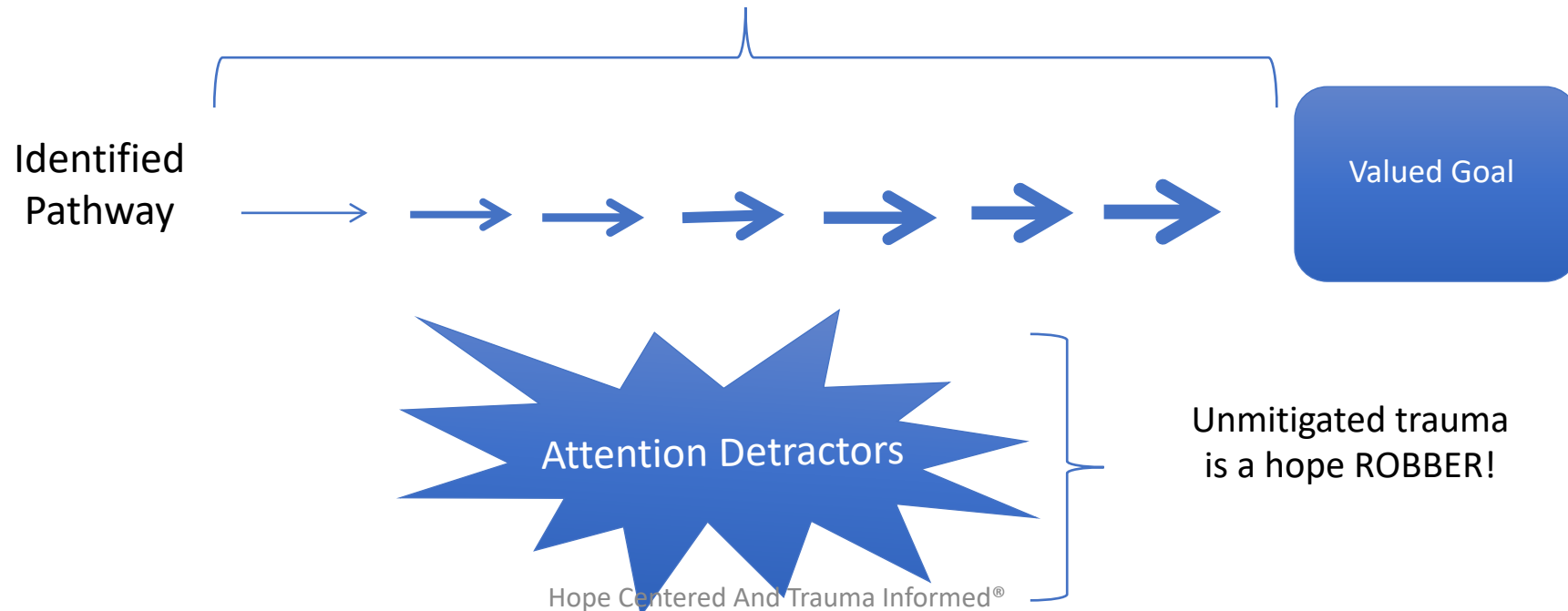
How Adversity/Trauma Influence Hope

- Adversity Influences The Nature of Our Goals.
 - Avoidant or Achievement Mindset
 - Short-Term and Long-Term
- Pathways Thinking Becomes Difficult.
 - Ability to consider barriers and problem solve
 - Ability to identify multiple pathways to goals
- Willpower Is Drained by Fear and Rumination.
 - Willpower is a potentially limited resource
 - Importance of nutrition

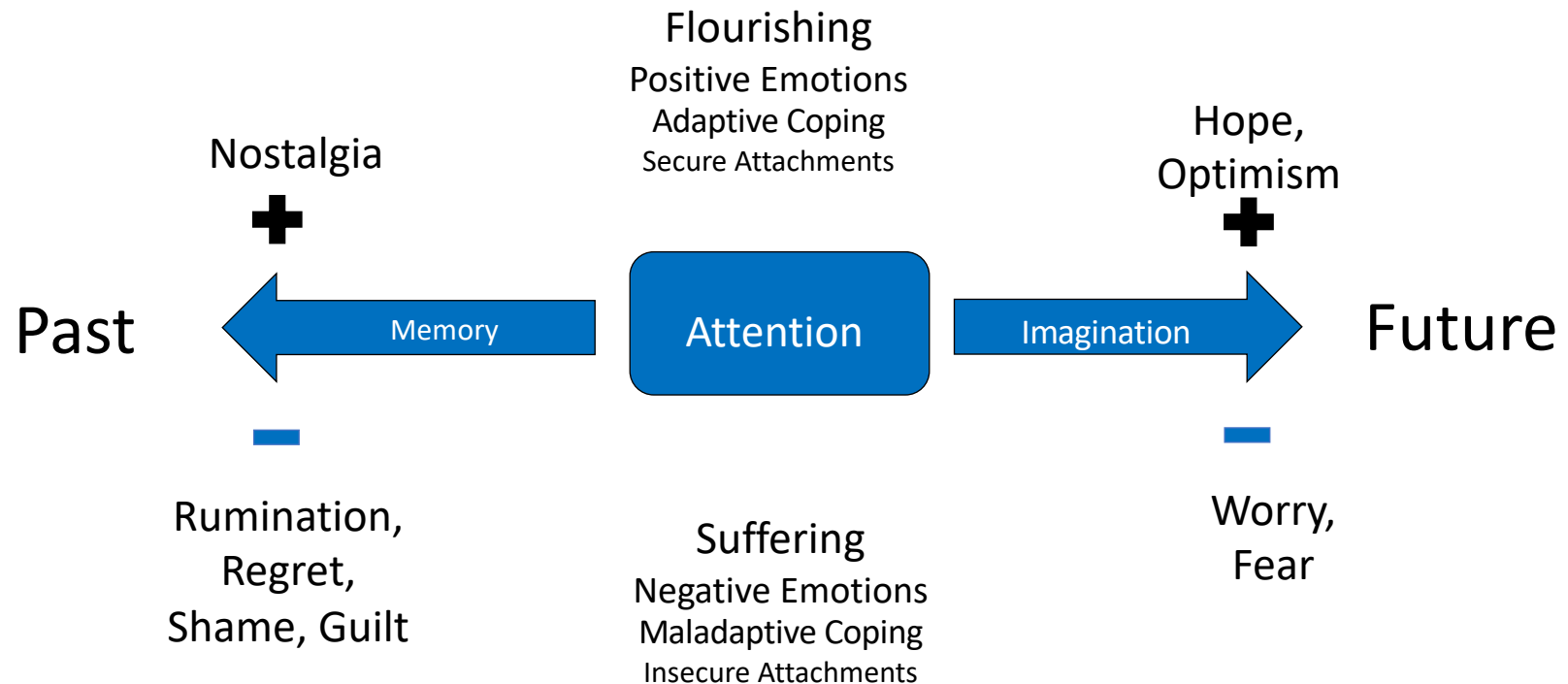


The Experience of Hope

How well can you manage your willpower?



Where Do You Focus Your Attention (Willpower)?

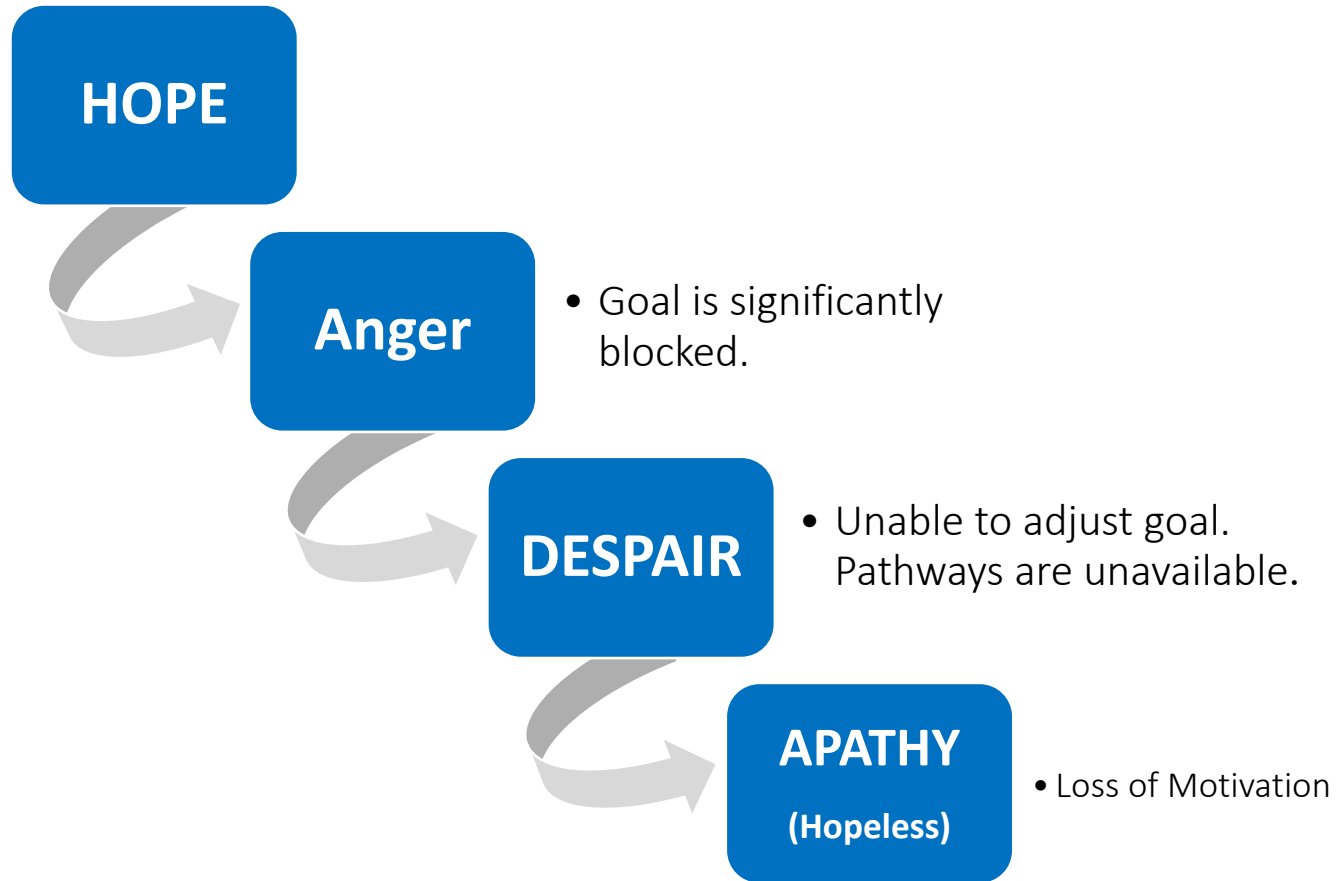




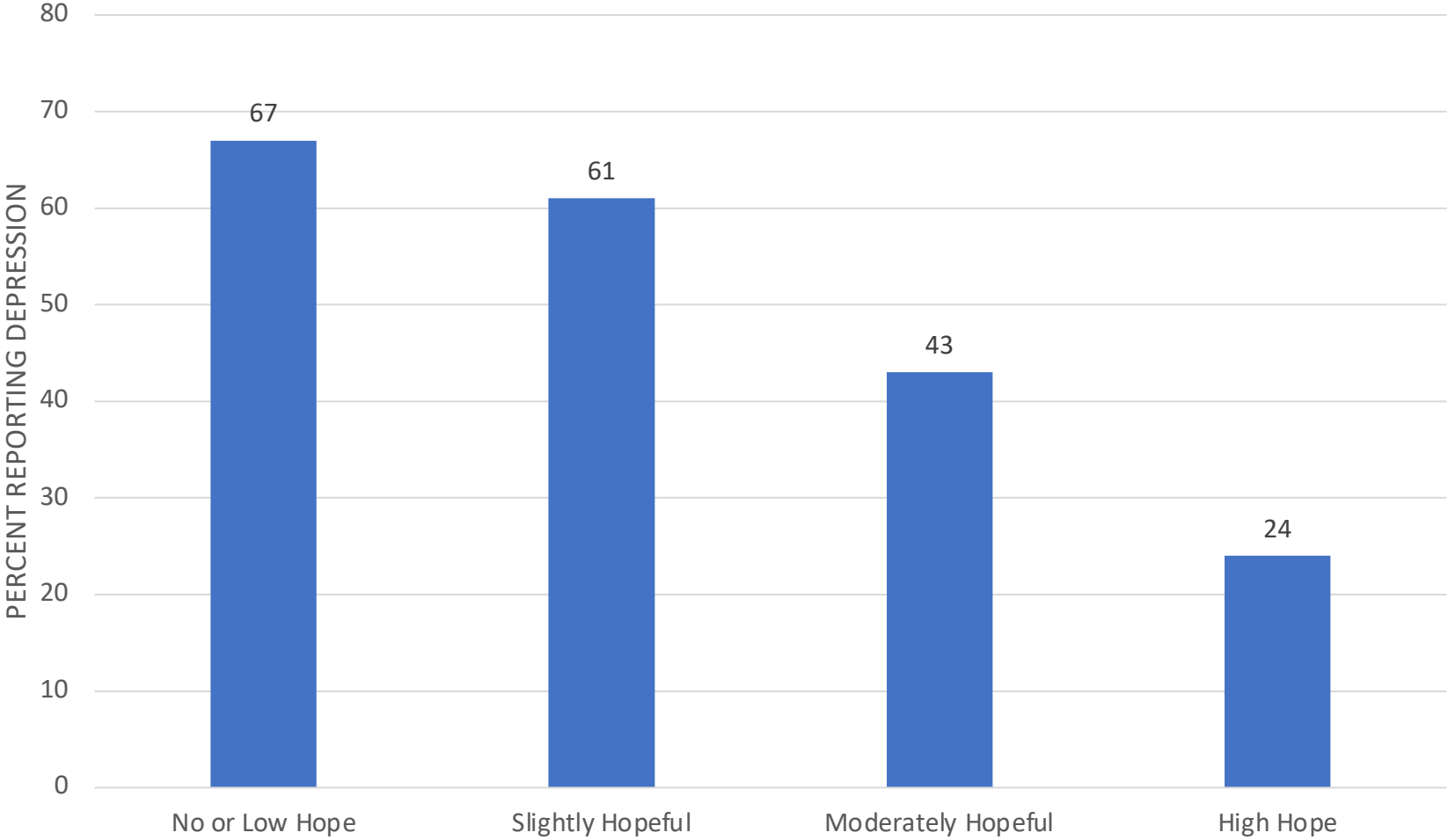
What is the opposite
of hope?



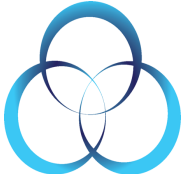
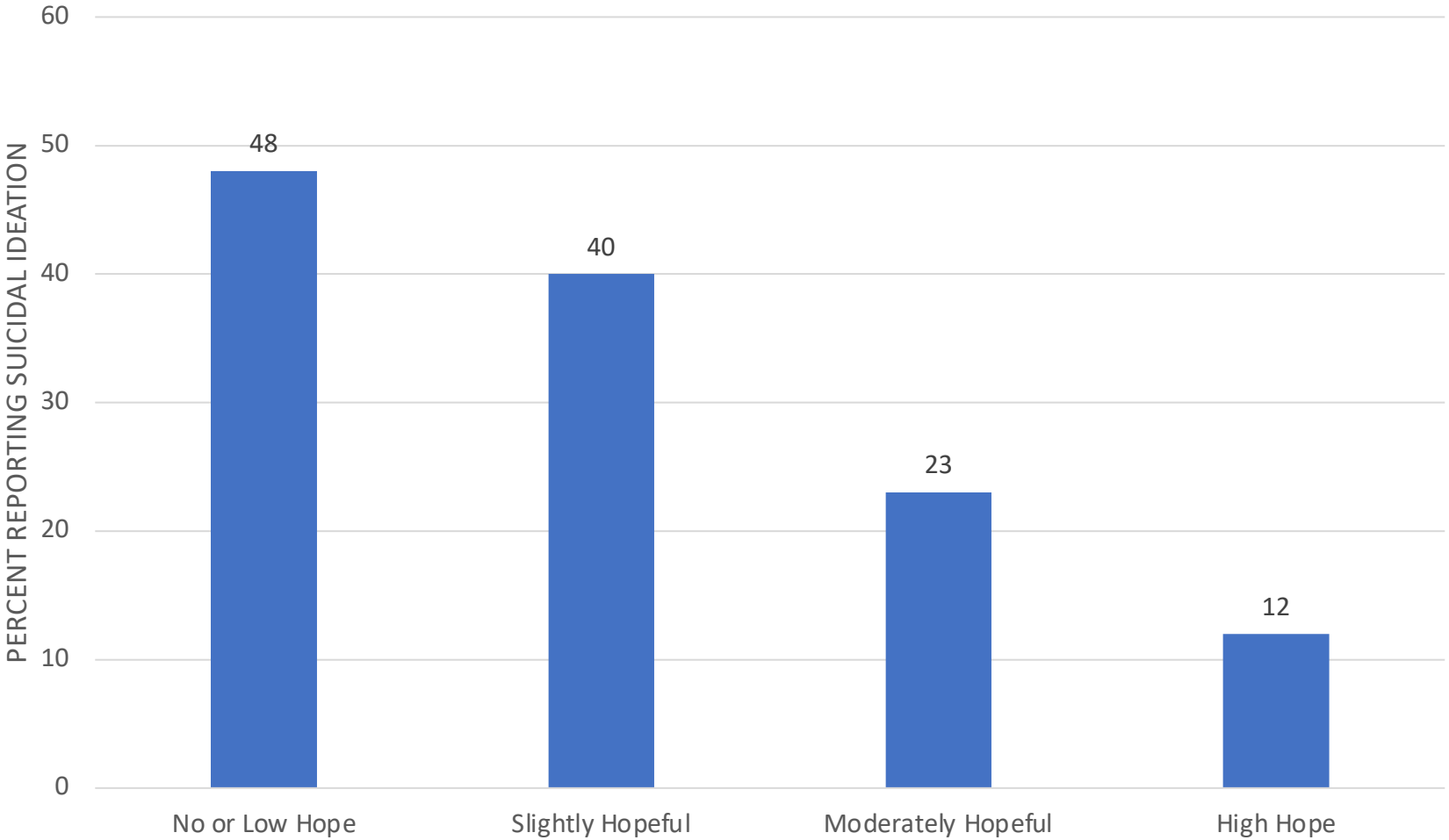
THE LOSS OF HOPE IS A PROCESS



Hope & Depression



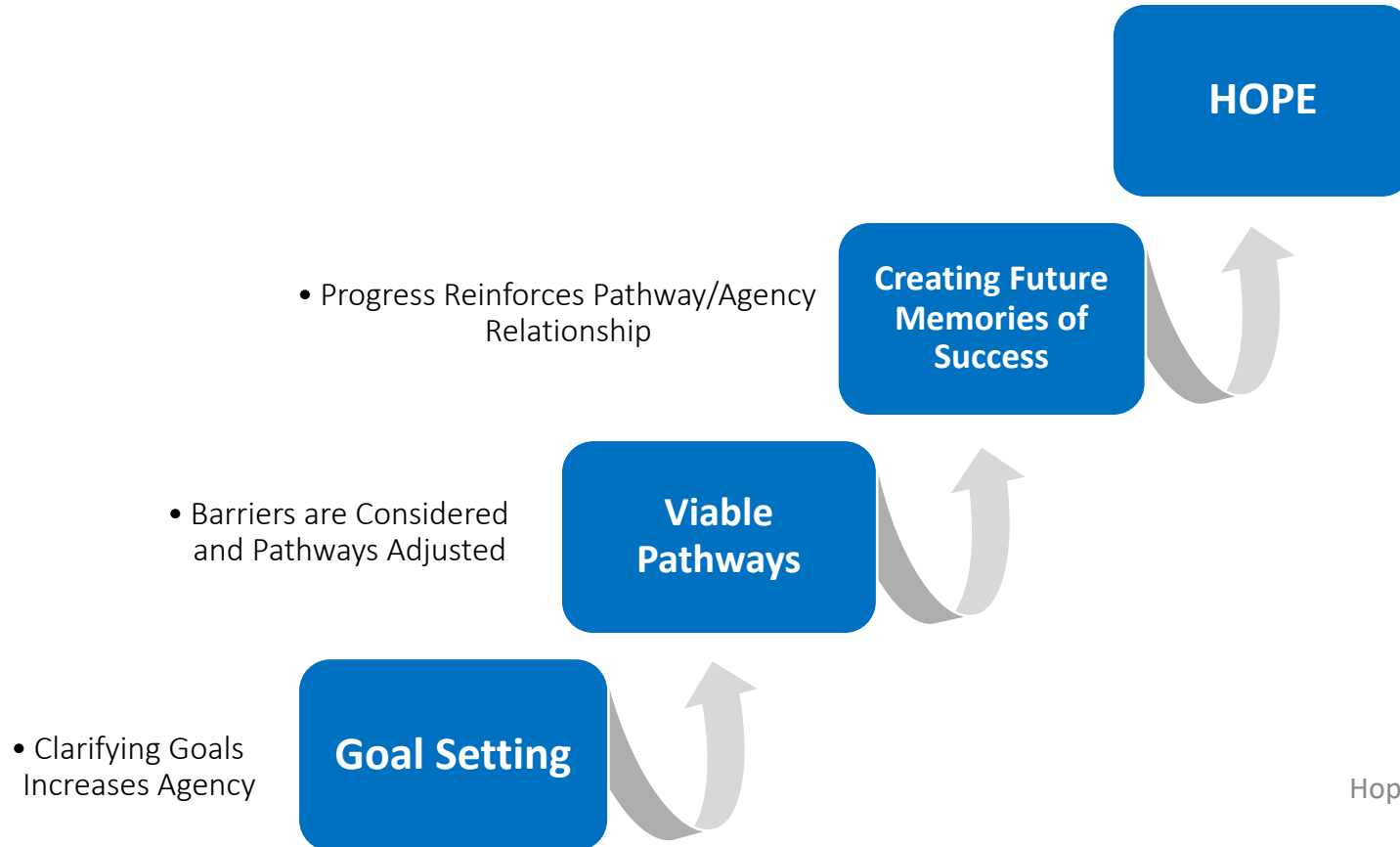
Hope & Suicidal Ideation



The Power of Hope



NURTURING HOPE IN CHILDREN AND ADULTS



Hope and High ACE Youth

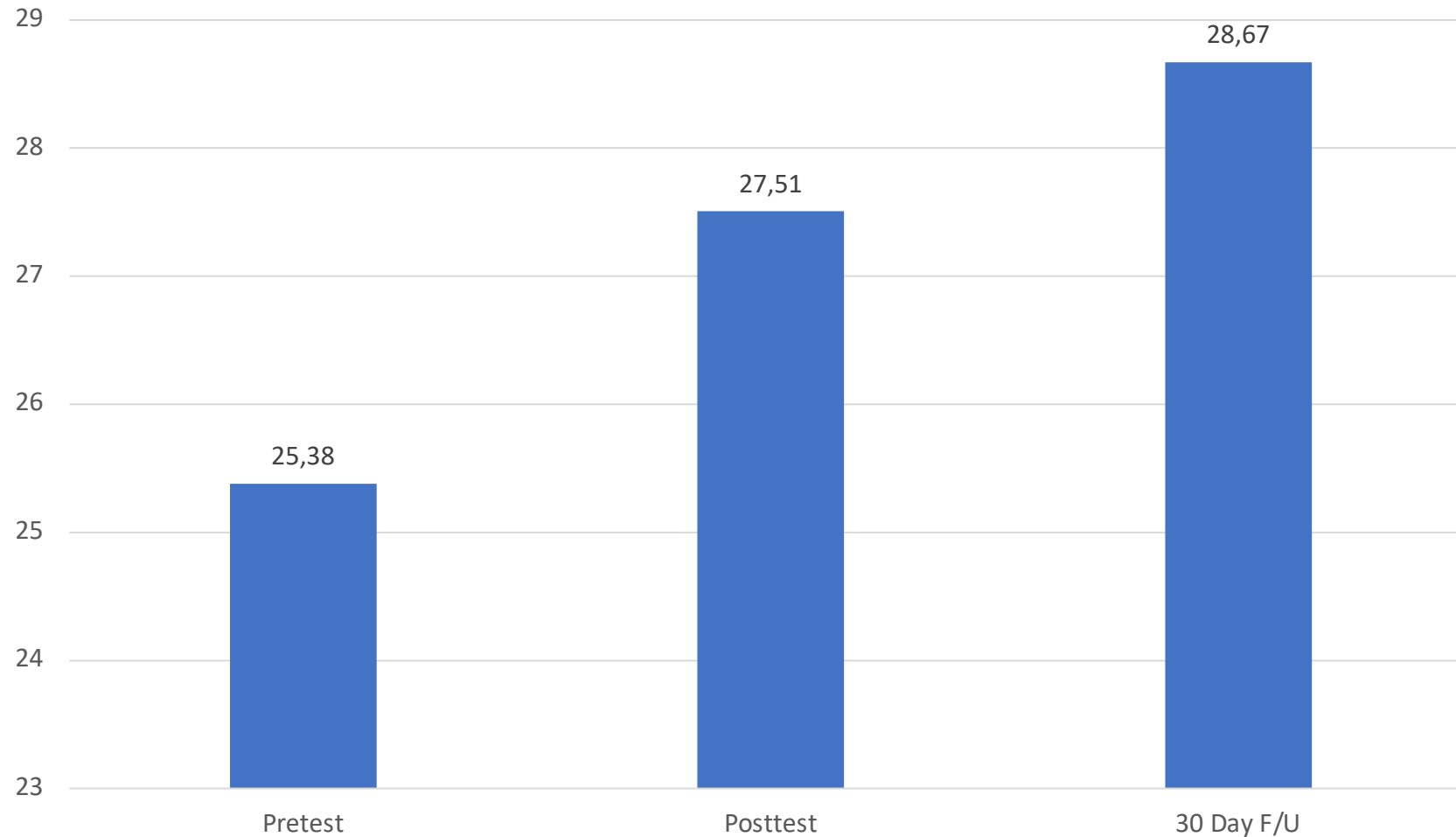
Prevalence of Adverse Event by Type

	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.

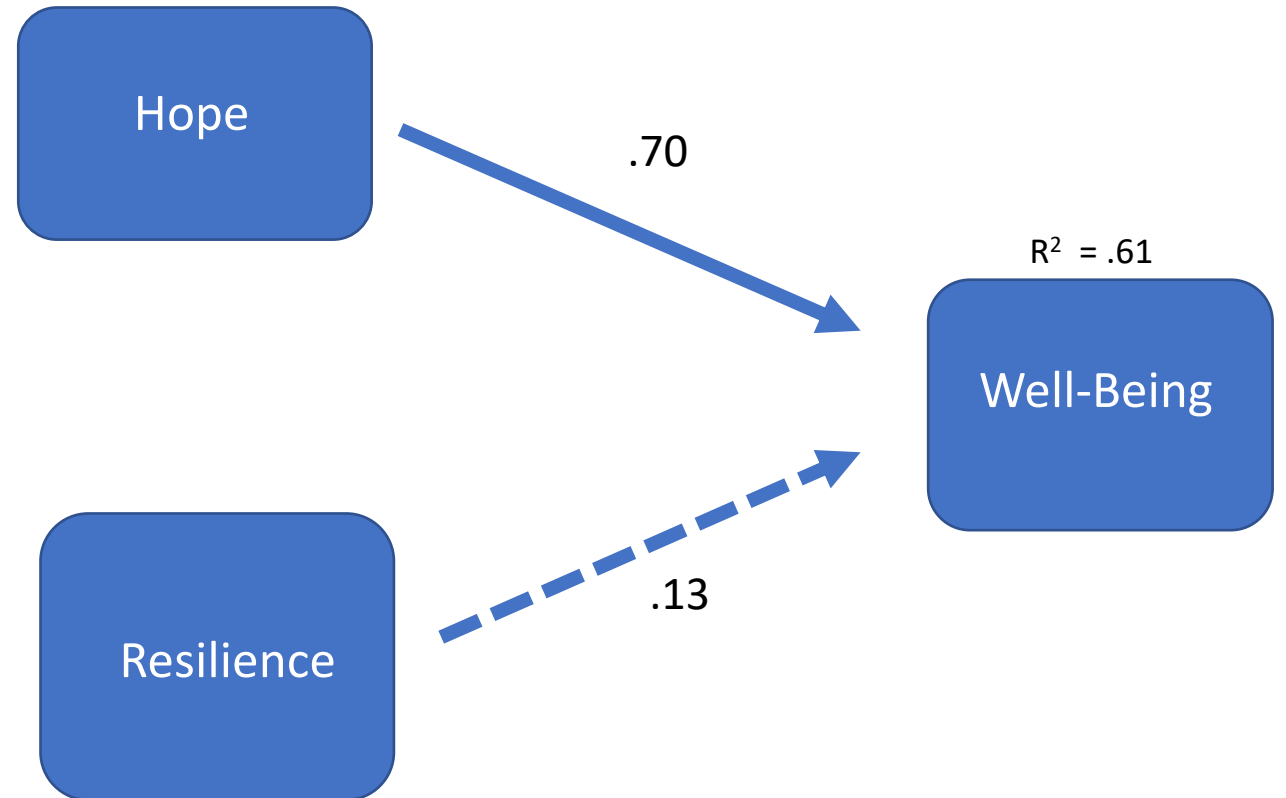


Impact of Hope On Staff

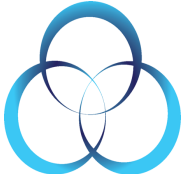
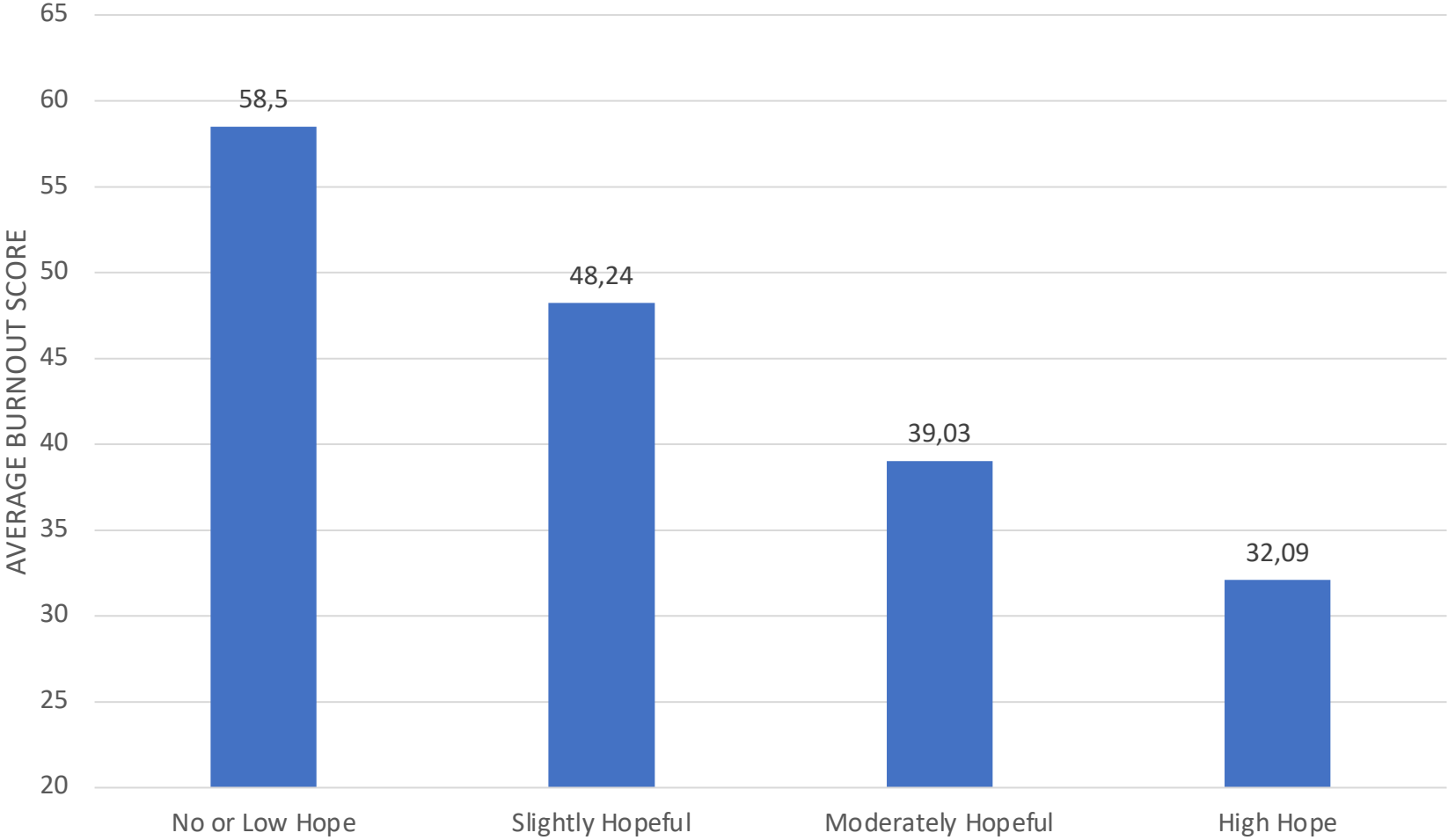


Hope Vs. Resilience

Hope
Centered
Organization

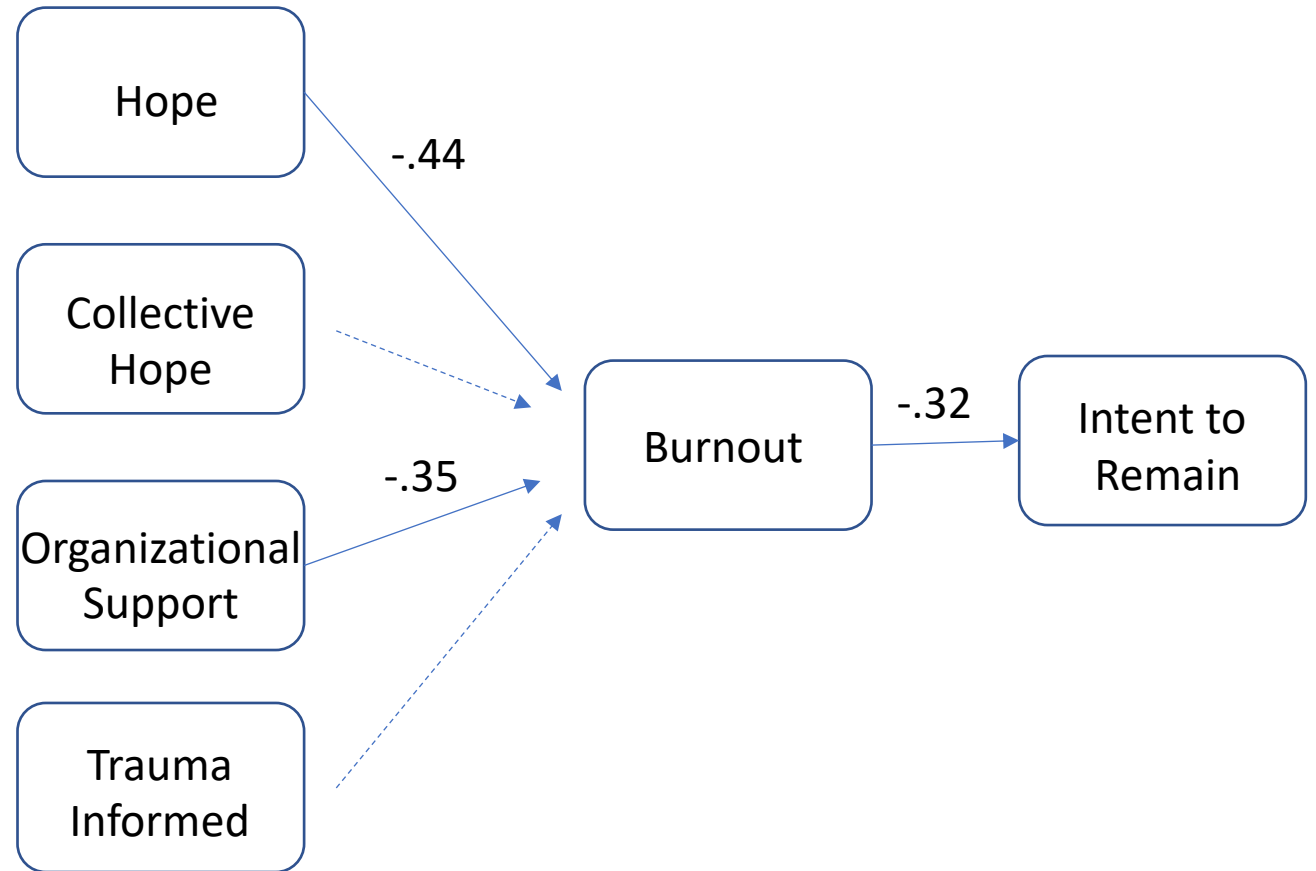


Hope and Employee Burnout

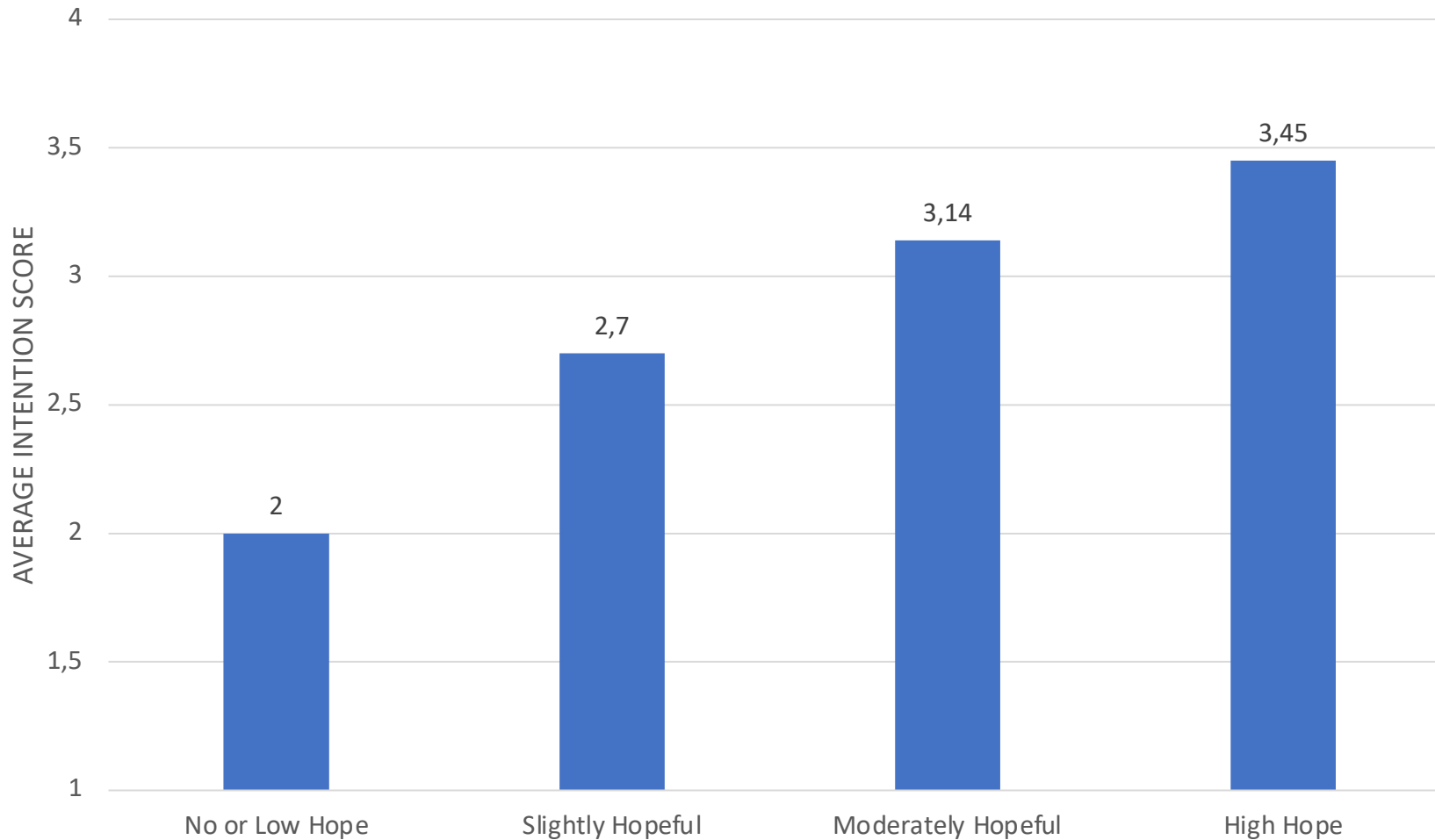


Hope Centered Organization

Turnover



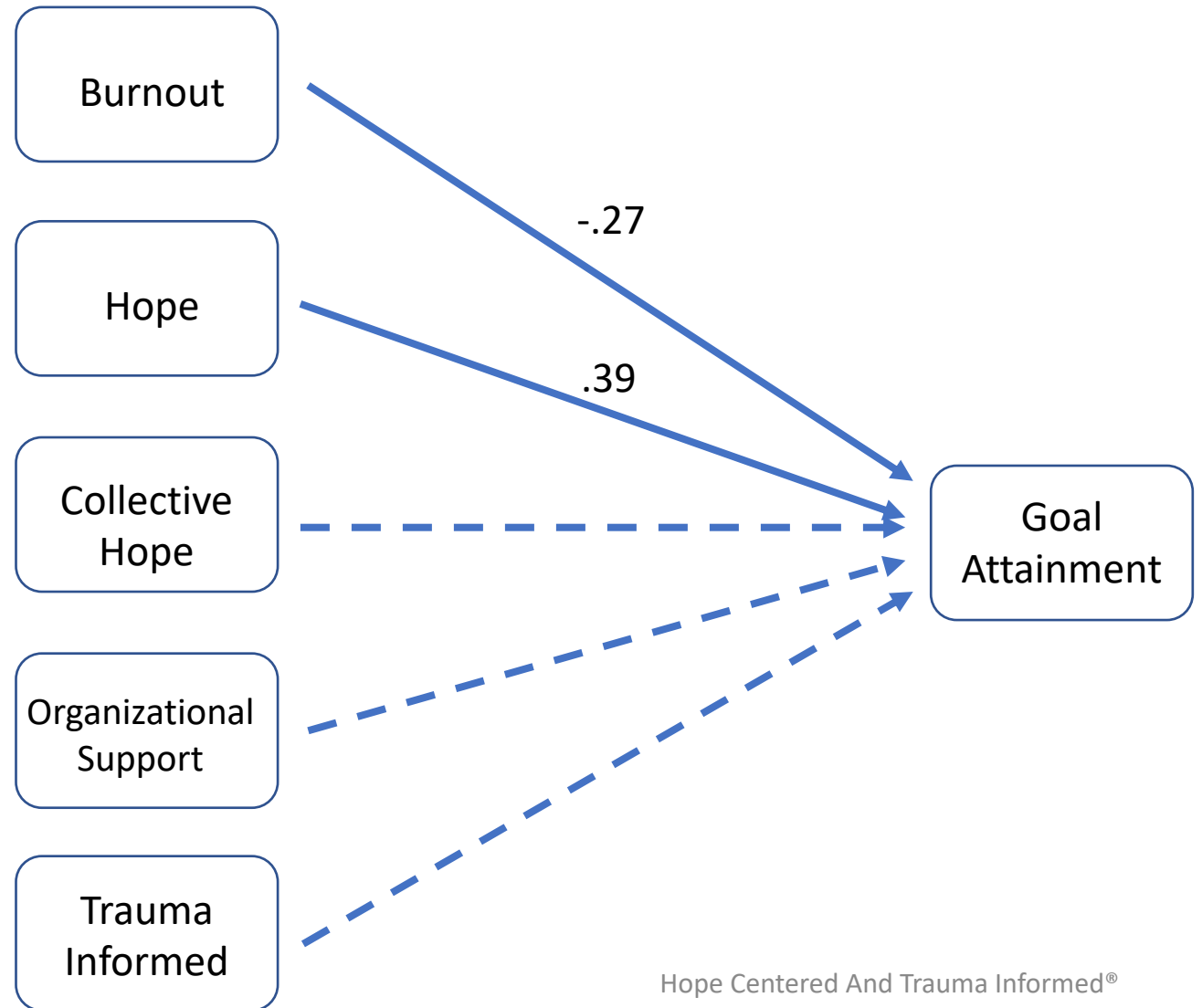
Hope and Employee Intent to Remain



Hope Centered Organization

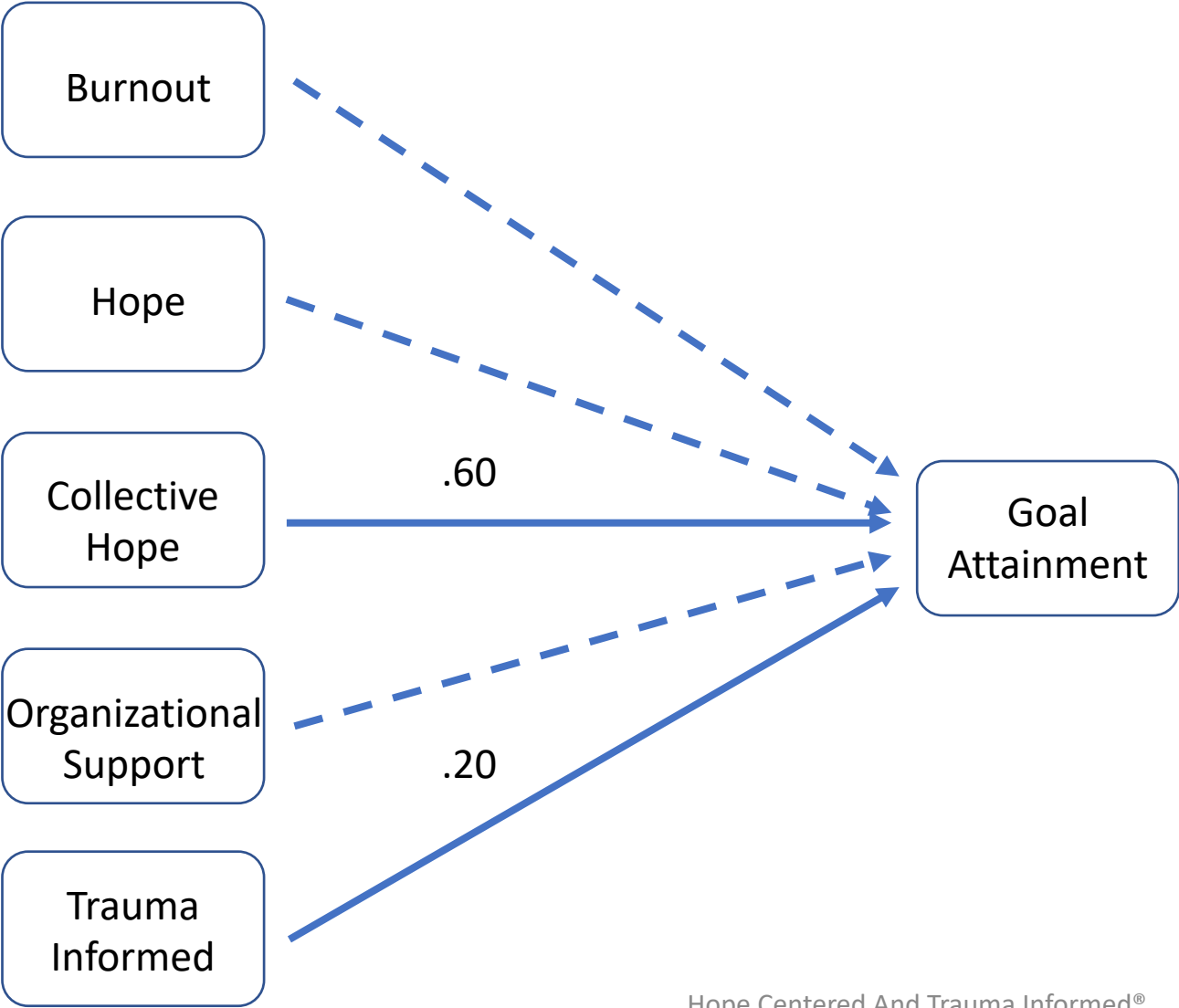


Personal Goal Attainment

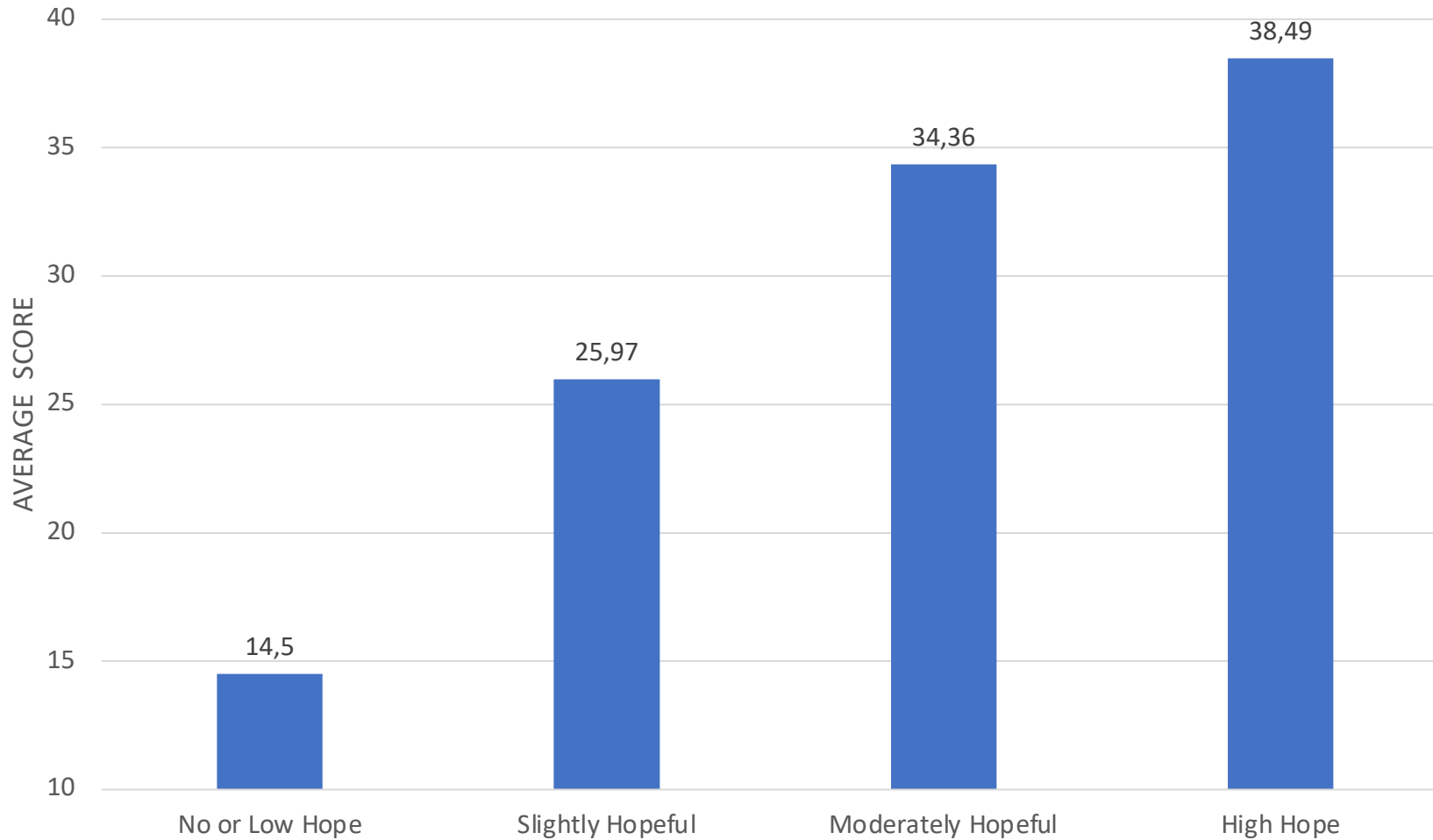


Organizational Goal Attainment

Hope Centered Organization



Hope and Employee Well-Being





THE SCIENCE AND POWER OF HOPE

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