

Please complete the Personal Survey Before We Begin...

We will score it later in the morning...

Personal Survey

Read each statement carefully and indicate how much you agree or disagree with it by marking the appropriate box.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I am confident of my ability to get my child to sleep.
- I am confident of my ability to get my child to eat.
- I am confident of my ability to get my child to toilet.
- I am confident of my ability to get my child to follow directions.
- I am confident of my ability to get my child to play independently.
- I am confident of my ability to get my child to get along with other children.
- I am confident of my ability to get my child to get along with adults.
- I am confident of my ability to get my child to get along with siblings.
- I am confident of my ability to get my child to get along with friends.
- I am confident of my ability to get my child to get along with teachers.
- I am confident of my ability to get my child to get along with neighbors.
- I am confident of my ability to get my child to get along with strangers.
- I am confident of my ability to get my child to get along with pets.
- I am confident of my ability to get my child to get along with toys.
- I am confident of my ability to get my child to get along with books.
- I am confident of my ability to get my child to get along with music.
- I am confident of my ability to get my child to get along with art.
- I am confident of my ability to get my child to get along with nature.
- I am confident of my ability to get my child to get along with technology.
- I am confident of my ability to get my child to get along with all people.

Hope Rising: How the Science of HOPE Can Change Your Life

Casey Gwinn, Esq.
President
Alliance for HOPE International
casey@allianceforhope.com

10th Annual Early Childhood
Mental Health Conference
September 12-14, 2019

Alex

Alex on the Klamath River



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CREATING PATHWAYS TO HOPE

Calvin Counseling – Summer 2017



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Calvin Counseling in 2018



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Calvin with his mom (2018)



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Calvin Counseling in 2019



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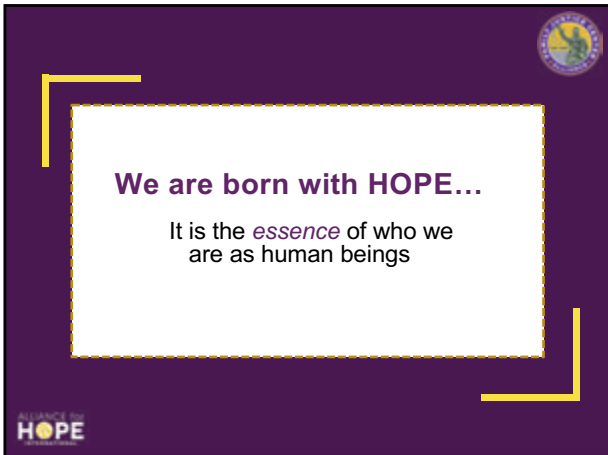
And, yes, you need to be resilient!



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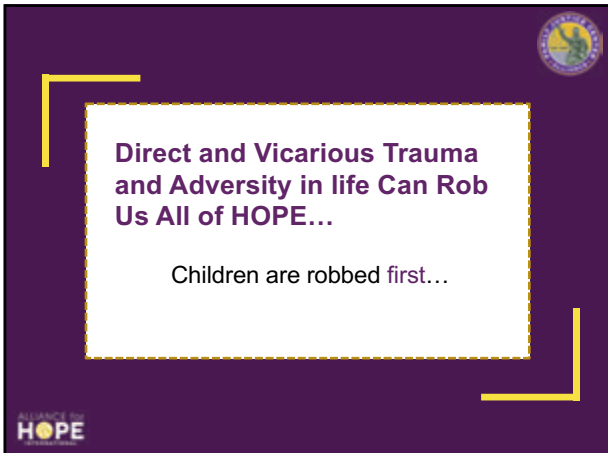


We are born with HOPE...

It is the *essence* of who we are as human beings

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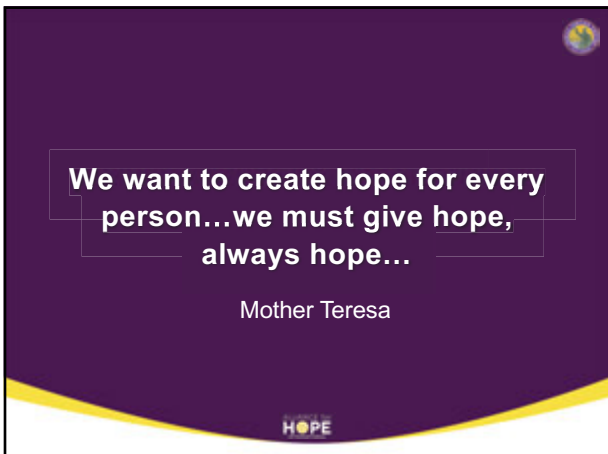


Direct and Vicarious Trauma and Adversity in life Can Rob Us All of HOPE...

Children are robbed *first*...

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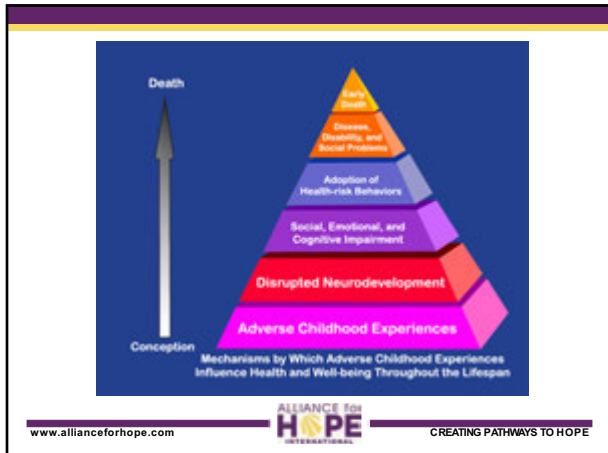
We want to create hope for every person...we must give hope, always hope...

Mother Teresa

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Brain Development Can Be Impacted...



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And the potential consequences of
unmitigated childhood trauma are
incontrovertible...

HOPE


Our mass murderers, mass
shooters, school shooters, cop
killers, and terrorists are intricately
linked to childhood trauma...


HOPE




In 2017, 44 law enforcement officers were killed in the line of duty in intentional homicides...

33 out of 44 were killed by men with a history of violence against women...and when we looked deep enough...we always found childhood trauma and strangulation...





Our mass murderers, mass shooters, school shooters, cop killers, and terrorists are intricately linked to childhood trauma...







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CREATING PATHWAYS TO HOPE

Omar Mateen – Childhood
Trauma/DV/Strangler



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CREATING PATHWAYS TO HOPE

Cedric Ford– Childhood Trauma/DV/
Strangler

Excel Industries
shooting;
Hesston,
Kansas; 3 killed;
16 injured; 2016



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Esteban Santiago – Childhood
Trauma/DV/Strangler



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Mohamed Lahouaiej Bouhlel – July 2016 –
Nice, France – Killed more than 80
including 10 children

with a history of...

Childhood trauma
DV Strangler



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Devon Patrick Kelly



- He was in the Air Force. Prosecuted for fracturing his baby stepson's skull, animal cruelty arrest and domestic violence.
- He was confined for a year, given a bad conduct discharge and reduced in rank to E-1, or airman basic.
- The military failed to enter the domestic violence case into a database that would have made it illegal for him to buy a gun, officials said.
- "He was very sick in the head," Katy Landry, a former girlfriend of Devin Patrick Kelley, told NBC News.

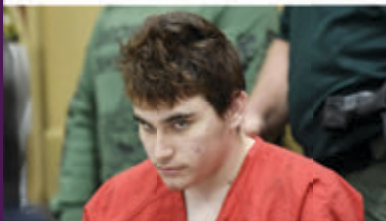
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Florida school failed Parkland shooter, report says


By Paula McMahon and Anthony Williams




Florida school officials released a long-awaited report on Parkland, Fla., shooter Nikolas Cruz, born in April 2000, who shot and killed 17 people and injured 26 others at the school.


The Broward school district mishandled the case of student Nikolas Cruz when he asked for special help, long before he killed 17 staff and students at Marjory

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In America, we raise our criminals
at home as they get robbed of
hope...and don't have a way to
restore it...





And...we raise many of our
victims at home too...





It is not an excuse, it is an
explanation...



Adverse Childhood Experiences Study (ACE)

- Ten questions/ten trauma experiences
- Predictive of adult illness, disease, and criminality
- www.acestudy.org
- www.acestoohigh.org

ACE Questionnaire Categories

- Physical Abuse
- Sexual Abuse
- Verbal/Emotional Abuse
- Neglect
- Witnessing Domestic Violence
- Drug or Alcoholic Abuse By Parent
- Absent/Divorced/Separated Parent
- Mental Health Issues
- Incarcerated Parent

Take Your ACE?

**“Time does not heal. Time
conceals.”**

Dr. Vincent Felitti
Co-Principal Investigator
Adverse Child Experiences (ACE)
Study

HOPE

**The predictive nature of
unmitigated childhood trauma on
illness, disease, victimization, and
criminality...**

HOPE

**It is why R-ACEs is being used
now more than the original ACE
Scale...**

HOPE

11. Did you experience repeated bullying as a child?
Yes No

12. Did you repeatedly experience discrimination based on ethnicity, skin color or sexual orientation?
Yes No

13. Did you live in a neighborhood that experienced gang related violence?
Yes No

14. Did you ever live in a foster home or group home?
Yes No

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Polyvictimization Makes It All More Complicated...

Understanding Polyvictimization is Crucial to do effective trauma-informed, hope-centered work...including our new Tool...

Source: K. O'Leary, 2015

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The Impact of Historical Trauma

Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment

Trauma and social location

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Our Language – Childhood Trauma (ACES) + Polyvictimization + Force Multipliers = Complex Trauma

Force Multipliers: Historic Oppression/Trauma; Poverty; Racism; Pornography; Community Violence; Bullying; etc.

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But there is great hope on the horizon!



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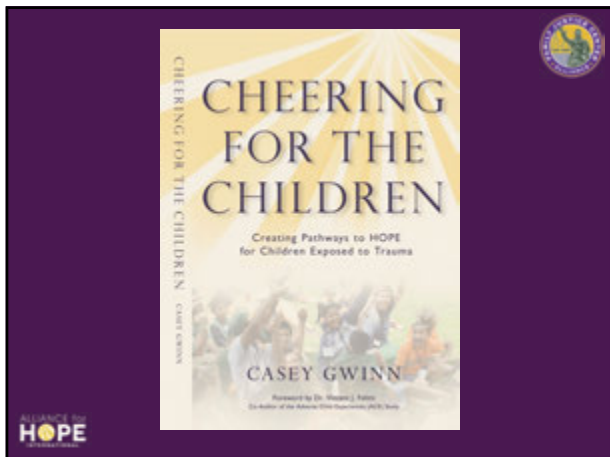
Evidence-Based Practices Are Emerging!

- Trauma- Focused Cognitive-Behavioral Therapy
- Parent-Child Interactive Therapy
- Two-Gen Work of All Kinds
- Home visitation programs for high-risk families
- Many Others

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"If we as a nation invested the money and time necessary to give every trauma-exposed child a cheerleader, we would empty our prisons and mental health facilities within two generations. We would dramatically reduce intimate partner violence and see stunning drops in crime rates across all categories. We have the resources and we know what to do. It is only a question of our priorities and commitment."




A high ACE Score is not a destiny...





But there must be another
focus area...





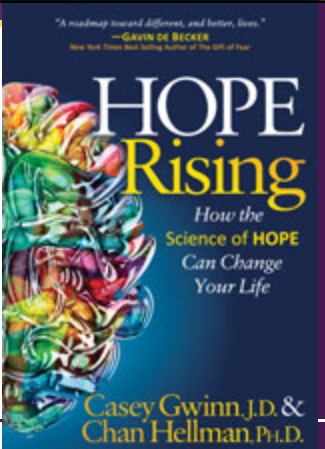
"This book changed my life. Working through it opened the door to face, and cope, with trauma in my own life."

"It has inspired me to help not only myself, but also continues to help others."


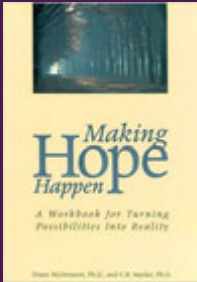

"Thank you to both authors for facing your traumas, being brave enough to share, and doing all you can to help others."

"Fantastic book!" - Kellie
5.0 out of 5 stars.
Life changing. Must read

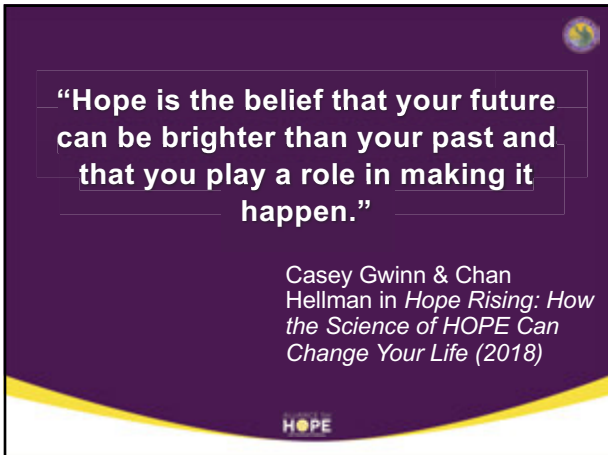
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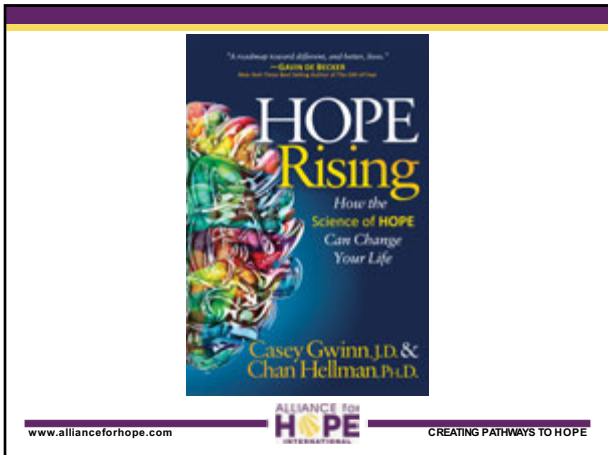


Thank you, Dr. Rick Snyder and
Dr. Chan Hellman...







The Science of HOPE

- We are driven by our goals:
 - To the extent we can establish clear strategies (pathways) to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. (Snyder, 2002).
- Agency and Pathway Thinking Are Both Required

Willpower and Waypower



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, trauma).
 - ▣ Predicts goal attainment.
 - ▣ Protects against burnout and vicarious trauma
 - ▣ Reduces the intensity of physical suffering.
 - ▣ Predicts substance abstinence
 - ▣ Predicts lower recidivism and lower levels of violence
 - ▣ Improves well-being.
- ▣ High hope individuals flourish within their environment.
- ▣ Hope Scores are more predictive of college success than SAT Scores
- ▣ Children can be taught hope in the public school system and in community-based programs and rising Hope Scores improve well-being, grades, behavior, and performance

The Science of Hope



Why Hope Matters

- Lower hope individuals often do not 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.
 - Lower problem solving skills.
 - Higher likelihood of externalizing negative behaviors.

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CREATING PATHWAYS TO HOPE

2,000 Published Studies on the Science of HOPE



"In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived."

Casey Gwinn & Chan Hellman
*Hope Rising: How the Science of HOPE
Can Change Your Life*



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*Hope Rising: How the Science of HOPE
Can Change Your Life*



THE SCIENCE OF HOPE

HOPE

RAGE • Goal is significantly blocked.

DESPAIR • Unable to adjust goal. Pathways are unavailable.

APATHY (Hopeless) • Loss of Motivation

Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”

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NURTURING HOPE

HOPE

• Progress Reinforces Pathway/Agency Relationship

Creating Future Memories of Success

• Barriers are Considered and Pathways Adjusted

Viable Pathways

• Clarifying Goals Increases Agency


Goal Setting

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But what about resiliency?


Shouldn't we all be focusing on resiliency?

HOPE



“Hope is the mindset that drives resilient behavior.”

**Dr. Chan Hellman, Director
Hope Research Center
University of Oklahoma**




Resiliency is the ability to bounce back or recover...hope takes us forward...



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“The term resilience has, to at least some extent, become an empty word that can be filled with almost any meaning” (van Breda, 2018).



New Article: Pending Publication in the APA's Traumatology Journal (Munoz, Hellman, 2019)

"Resilience is described as a characteristic important to coping with adversity. Yet there is a longstanding debate over the precise definition of resilience. Hope is an alternative construct that is also referenced as important to coping with adversity. C.R. Snyder, a pioneer in hope theory, contended that while hope shares similarities with resilience, hope is distinct and easier to understand and apply."

HOPE


"Based on Snyder's theoretical formulation of hope as a distinct construct apart from resilience, we hypothesized that among a sample of childhood trauma survivors: 1.) hope and resilience would operate as distinct psychological states and 2.) that each would make unique contributions to mental well-being as measured by the state of psychological flourishing. Should the data support that hope and resilience are unique contributors to flourishing, such results would have implications for further research and practice for survivors of childhood trauma."

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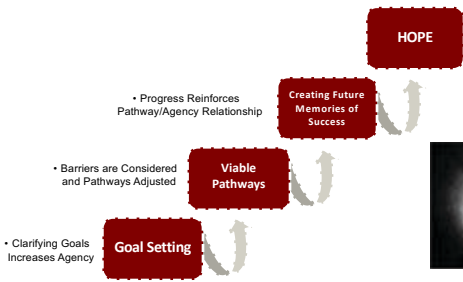
**Negative/Avoidance Goaling
Strategies are evidence of low
hope and...they often produce only
lower hope.**

HOPE

“Hope again significantly predicted flourishing while resilience proved a non-significant predictor. The paper concludes with a discussion of the study’s implications, which include the suggestion that hope is an important targeted outcome variable for interventions designed to assist survivors of childhood trauma.”



NURTURING HOPE



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HOPE is measurable, malleable, and cultivatable...

THE ADULT HOPE SCALE

Directions: Read each statement carefully. For each statement, please rate about how much you agree or disagree with the statement using the scale below. There are no right or wrong answers.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

1. I have a clear picture of my goals.

2. I have a sense of hope about my future.

3. I have a sense of hope about my future.

4. I have a sense of hope about my future.

5. I have a sense of hope about my future.

6. I have a sense of hope about my future.

7. I have a sense of hope about my future.

8. I have a sense of hope about my future.

9. I have a sense of hope about my future.

10. I have a sense of hope about my future.

Agency Score: _____ (Sum of items 1-10)

Pathways Score: _____ (Sum of items 11-20)

Total Hope Score: _____ (Sum of Agency and Pathways Scores)

THE CHILDREN'S HOPE SCALE

Directions: Read each statement carefully. For each statement, please rate about how much you agree or disagree with the statement using the scale below. There are no right or wrong answers.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

1. I have a clear picture of my goals.

2. I have a sense of hope about my future.

3. I have a sense of hope about my future.

4. I have a sense of hope about my future.

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10. I have a sense of hope about my future.

Agency Score: _____ (Sum of items 1-10)

Pathways Score: _____ (Sum of items 11-20)

Total Hope Score: _____ (Sum of Agency and Pathways Scores)



The Gallup Student Poll: Hope Matters in Schools...



Here is how we measure it...

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Hope Scores should be measured in every workplace in America annually...

2016: Hope Score Average of 54.06

2017: Hope Score Average 57.25

2018: Hope Score Average 54.86

Our average ACE Score on our team is 4.4. Hope Scores above 40 put you in the hopeful category. Scores above 48 bump you to a higher level of hope. Scores of 56 or higher make you a high hope person. Everyone on our team was 48 or above. 70% of the staff is in the highest high hope category...



It is why we advocate for Family Justice Center frameworks...first came Child Advocacy Centers, then came Rape Crisis Centers, and now come Family Justice Centers...

HOPE

Family Justice Center Vision



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San Diego created the first Family Justice Center in the country

Seven agencies co-located in the 1990's and then 25 agencies together in 2002...which produces community for survivors long after the crisis...

HOPE

Milwaukee, WI

Sojourner Family Peace Center



Emergency Shelter, Milwaukee PD Sensitive Crimes Unit, Child Advocacy Center, Civil Legal Services, Advocacy, Counseling, Job Training, Health Services, Wellness Programs, and much more



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Nashville Family Justice Center



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What is the Dream for the North County Regional H3 Campus?

100,000 square feet for Child Advocacy Center, Rape Crisis Center, Family Justice Center along with Large Scale Community Engagement...including social enterprise...

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The Vision for the
North County Regional H3 FJC Campus...



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Lessons Learned from
Camp HOPE America



Average ACE Score: 5.5



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FIGURE 1
Children's Hope Index

Hope reflects the individual's capacity to develop pathways and dedicate agency toward desirable goals.

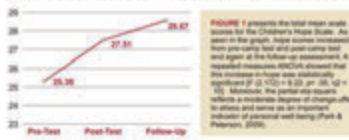


FIGURE 1 presents the total mean scale scores for the Children's Hope Index. As seen in the graph, hope scores increased from pre-testing level and post-testing level and again at the follow-up assessment. A repeated measures ANOVA showed that this increase in hope was statistically significant $F(2, 132) = 4.22$, $p < .05$, $\eta^2 = .13$. Moreover, the post-test equates reflects a moderate degree of change (effect to stress and serve as an important indicator of personal well-being (Park & Peterson, 2006).



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Children's Resiliency Score

Resiliency refers to following in yourself, following in others, and following in your dreams.



FIGURE 2 presents the total mean scale scores for the Children's Resiliency Score. As seen in the graph, Resiliency Score increased from pre-testing level to post-testing level and again at the follow-up assessment. Repeated measures ANOVA showed that this increase in Resiliency was statistically significant $F(2, 132) = 4.22$, $p < .05$, $\eta^2 = .13$. Moreover, the post-test equates reflects a moderate degree of change.



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OU Research Report - 2016



Camp HOPE as an Intervention for Children Exposed to Domestic Violence: A Program Evaluation of Hope, and Strength of Character

Hellman, C.M. & Gwinn, C. Child Adolescent Social Work Journal (2016). doi:10.1007/s10560-016-0460-

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In 2020, Camp HOPE America will
operate in 23 states, and 49
communities...



The Verizon-funded Pathways to HOPE Project



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Listen to the science of hope
woven into Camp HOPE Oregon's
new video...



Camp HOPE America – Oregon



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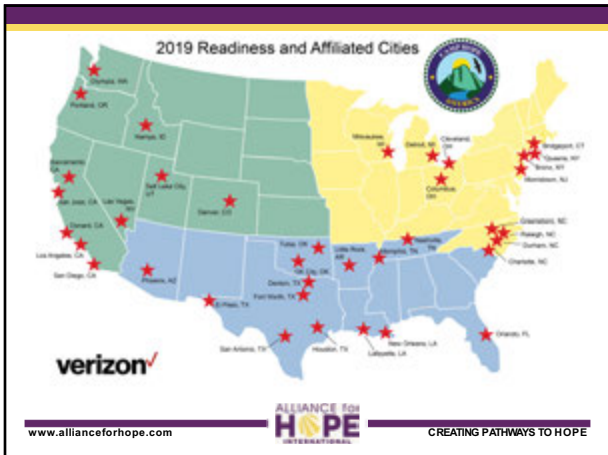
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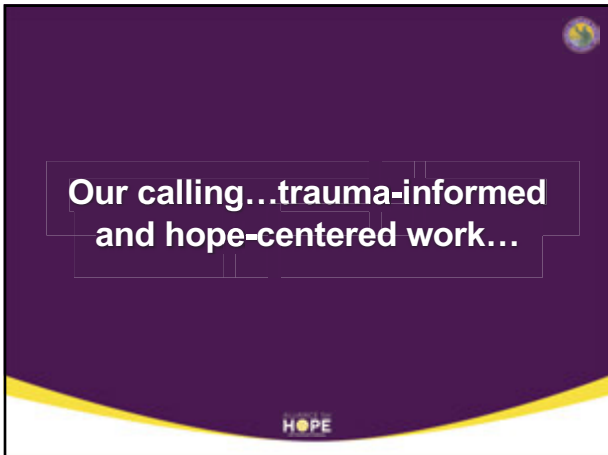


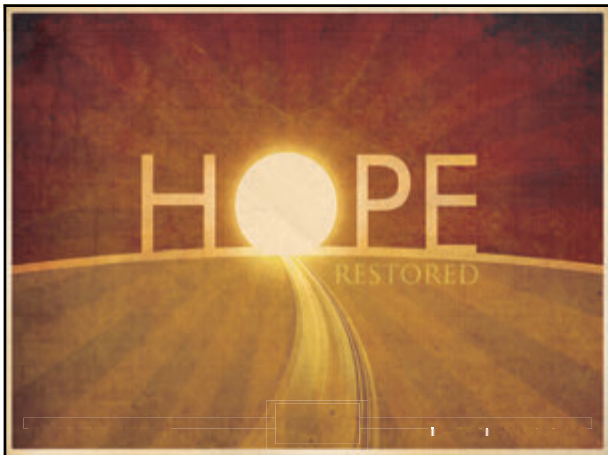
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