

PATHWAYS OF HOPE

*Chan M. Hellman – ASSOCIATE DEAN
COLLEGE OF ARTS & SCIENCES*



*The UNIVERSITY of OKLAHOMA
College of Arts and Sciences*

One College, Infinite Possibilities.



**CENTER OF APPLIED RESEARCH
FOR NONPROFIT ORGANIZATIONS**

Is Hope Important?





The Desire to Flourish

- ⦿ When asked what we want in life, we ultimately refer to the pursuit of happiness.
- ⦿ In the 20th Century, Psychology was focused on identifying, eliminating, and preventing psychopathology.
- ⦿ 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?
 - ⦿ What makes a life good?
- ⦿ Research has identified 24 strengths that enhance our capacity to flourish.
- ⦿ This framework advocates a balance between the positive **and** negative experiences.



The Desire to Flourish

- ⦿ Improving these strengths allow us to:
 - ⦿ be more engaged.
 - ⦿ experience positive emotions.
 - ⦿ develop and maintain positive relationships.
 - ⦿ find meaning in the pursuit of our goals.
- ⦿ Strengths serve us best when we experience adversity.
- ⦿ Research indicates that hope is one of the top predictors of well being for both children and adults.

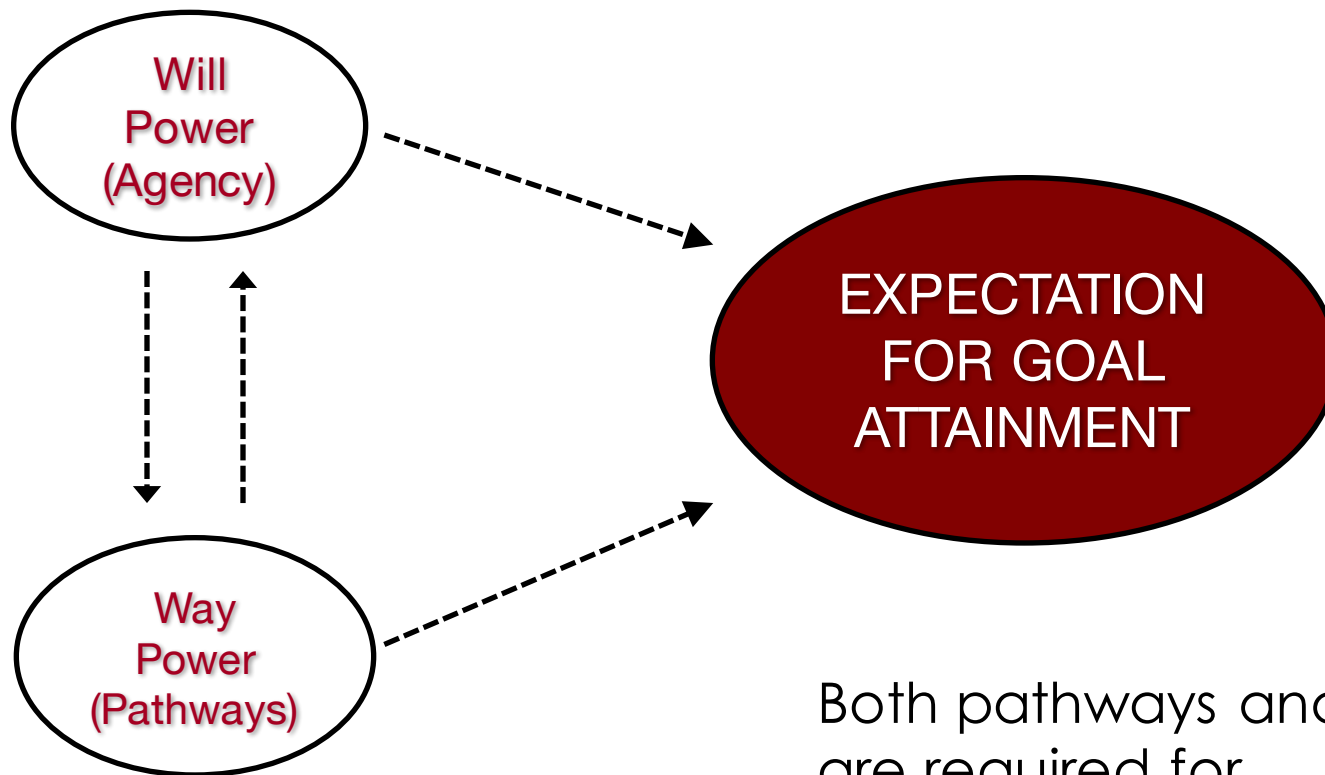


HOPE THEORY

- ⦿ Each of us are motivated to pursue goals.
 - ⦿ Desirable goals
 - ⦿ Subjective assessment of goal-related capabilities
 - ⦿ The goal has some degree of probability
- ⦿ 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.
- ⦿ Pathways = Waypower and Agency = Willpower.



HOPE THEORY



Both pathways and agency are required for hope...agency without pathways is more likely a wish!



HOPE THEORY

- 🌀 Your programs have goals and desirable outcomes.
- 🌀 Your programs are evidence based – best practice models unified in their purpose.
- 🌀 The services you provide are **pathways** of hope for your clients, their children, and their families.
- 🌀 Hope is a social gift in which our interactions with others matter. Hope is contagious and can promote optimism and resilience.



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Why Hope Matters

- Snyder's hope measures have been cited over 2,000 times in scholarly journals.
- Education.
- Social Service.
- Healthcare.
- Organizational Behavior.
- **High hope individuals flourish within their environment.**



The Science of Hope

Why Hope Matters

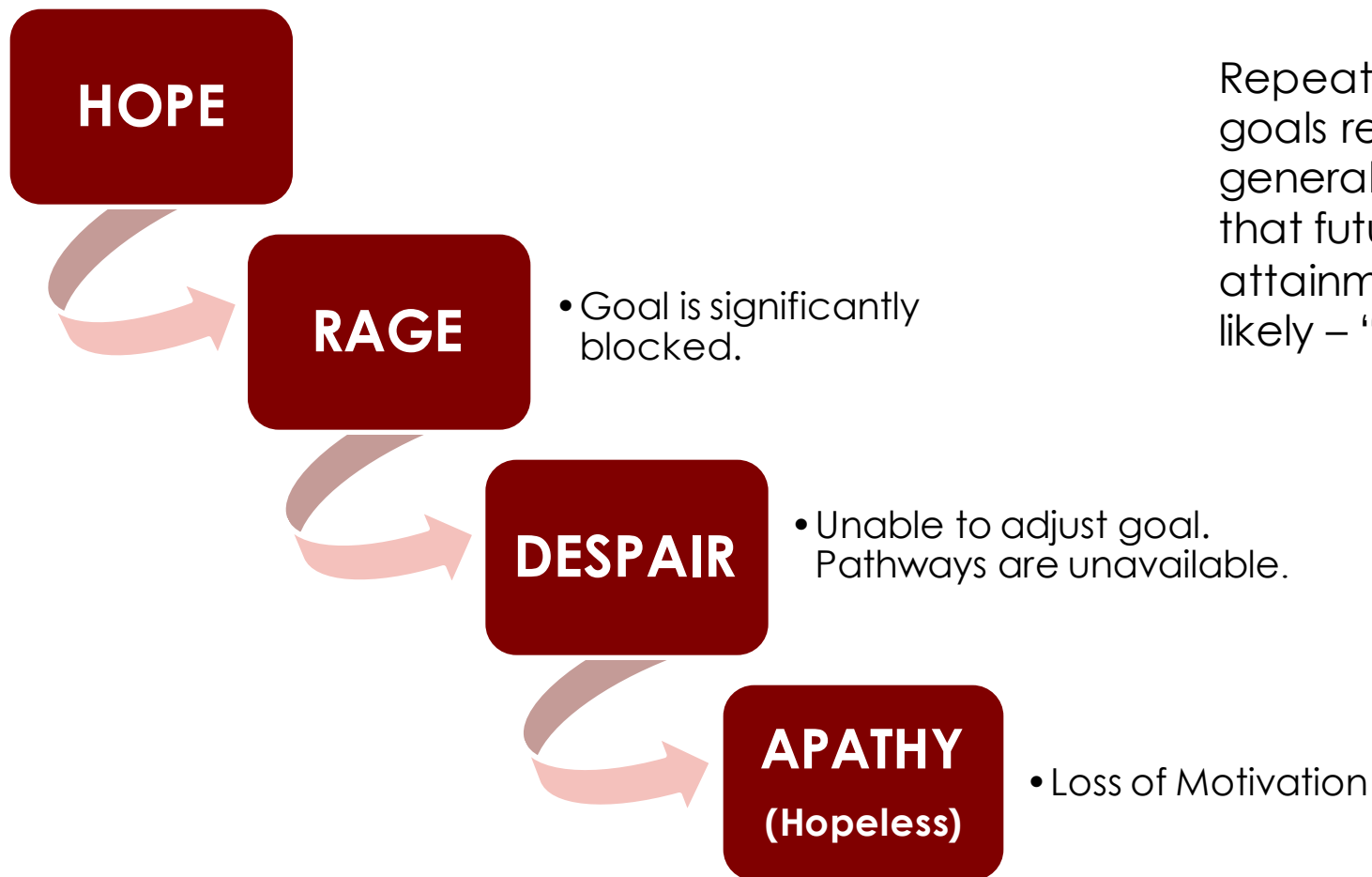
- ⦿ Low hope individuals recognize their deficiency in pathways and agency.
 - ⦿ Lack sense of long term goals.
 - ⦿ Feel blocked from their goals.
 - ⦿ Approach goals with negative emotion and focus on failure.
- ⦿ Individuals with low hope:
 - ⦿ Higher negative affect
 - ⦿ Higher likelihood of quitting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

The Science of Hope



What is the opposite of Hope?

THE SCIENCE OF HOPE



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



THE SCIENCE OF HOPE

HOPE AND ADVERSE CHILDHOOD EXPERIENCE.

- ⦿ Adult homeless in Tulsa (46% Participation).
 - ⦿ Significantly higher ACE compared to CDC Study.
 - ⦿ Higher ACE scores associated with:
 - ⦿ Higher Anxiety and Depression
 - ⦿ Lower Hope

Munoz, R., Brahm, N., Chancellor, R., & Fox, M. (2015). The treatment effect of illicit drugs in buffering the relationship between PTSD and stress. Presented at the *National Health Care for the Homeless Conference*.

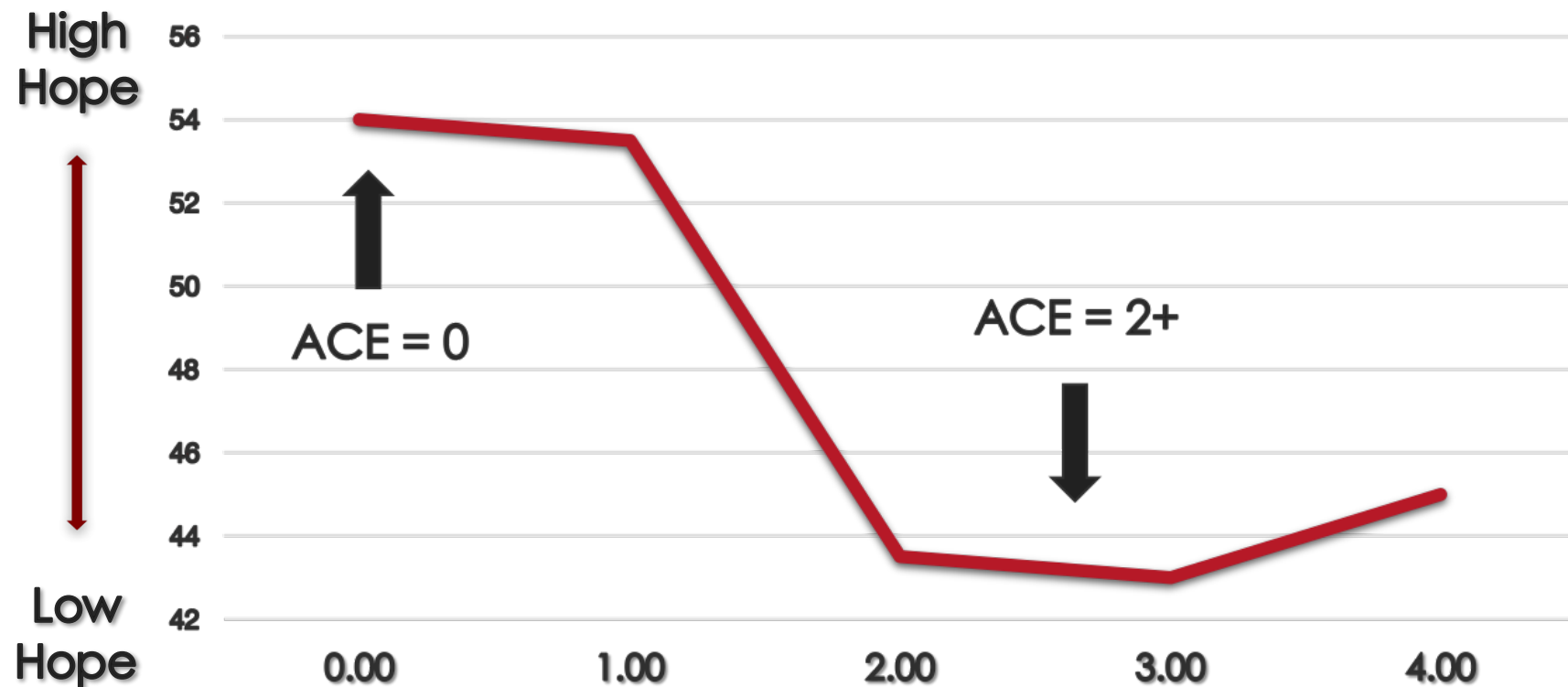
- ⦿ Adults Seeking Investigation of Child Maltreatment.
 - ⦿ Significantly higher ACE compared to CDC Study.
 - ⦿ Higher ACE Associated With Lower Hope

Baxter, M. A., Hemming, E. J., McIntosh, H. C., & Hellman, C. M. (Under Review). Exploring the relationship between adverse childhood experiences and hope. *Psychological Trauma: Theory, Research, Practice, and Policy*.



THE SCIENCE OF HOPE

Hope and Adverse Childhood Experience



Munoz, R., Brahm, N., Chancellor, R., & Fox, M. (2015). The treatment effect of illicit drugs in buffering the relationship between PTSD and stress. Presented at the *National Health Care for the Homeless Conference*.



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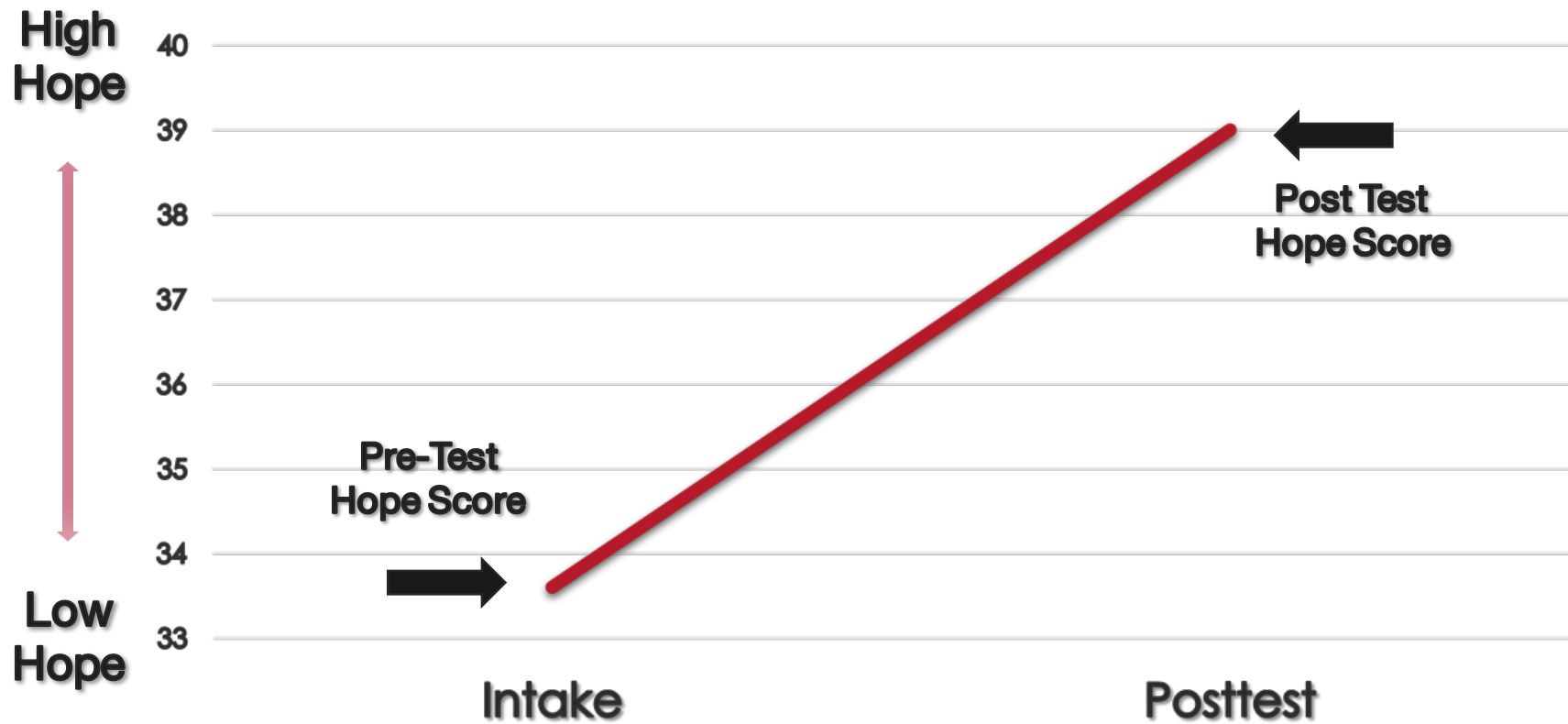
EXAMPLE STUDIES FROM OUR CENTER

- © 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*.



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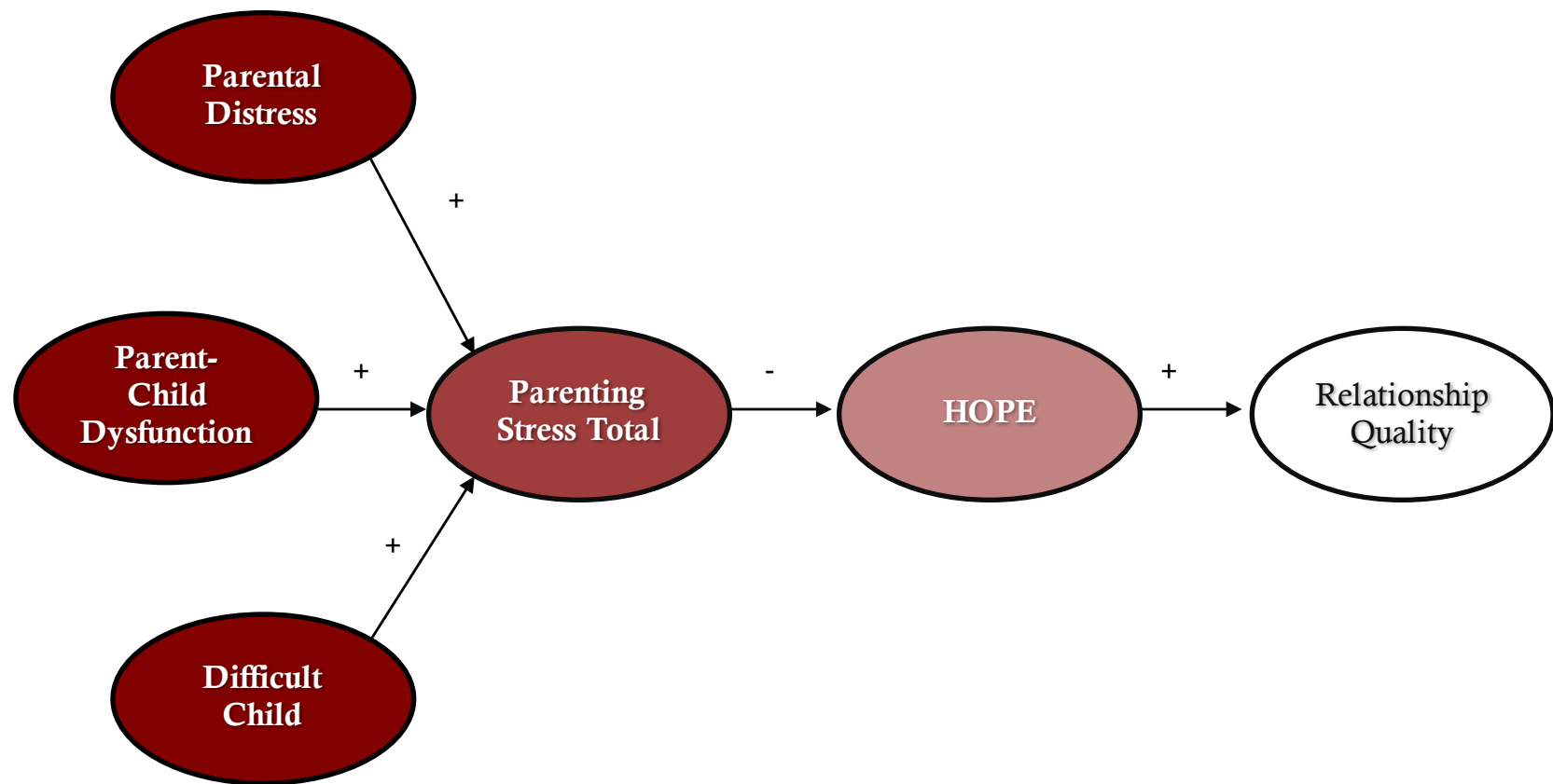
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- The Parent Child Center of Tulsa
 - To prevent child abuse and neglect through education, treatment and advocacy.
- Approximately 400 clients at time of study.
 - Stratified Sampling across programs (N=200).
 - 156 completed surveys (56% Participation Rate).



Hellman, C. M., Robinson-Keilig, R. A., Dubriwny, N. M., Hamill, C., & Kraft, A. (In Review). Hope as a coping resource among parents at-risk for child maltreatment. *Journal of Family Social Work*.

HOPE AS A COPING RESOURCE FOR PARENTS AT-RISK FOR CHILD MALTREATMENT





HOPE AS A COPING RESOURCE

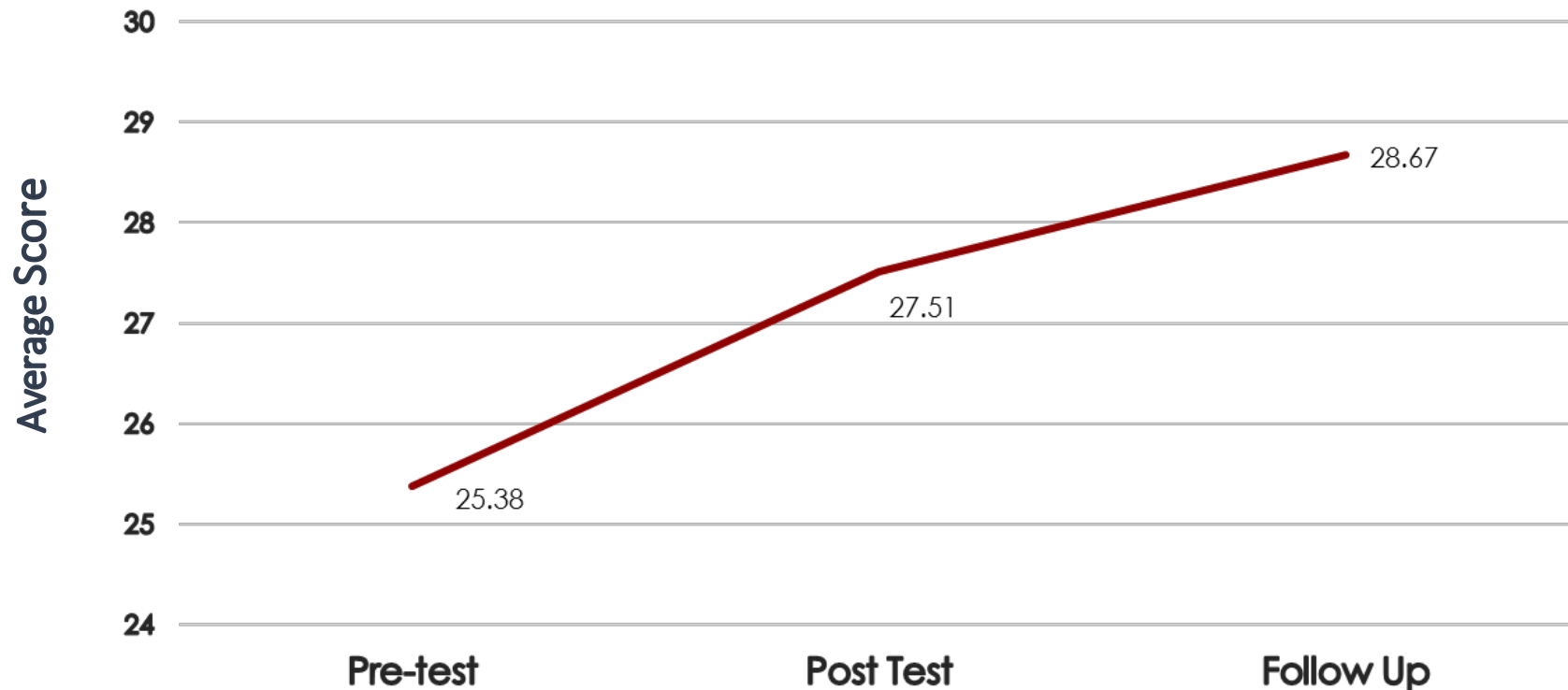
- ④ PCCT clinicians **INDEPENDENTLY RATED CLIENT PROGRESS.**
 - ④ Of those identified as making **POSITIVE** progress: **90%** were *high hope*.

- ④ PCCT clinicians **INDEPENDENTLY RATED CLIENT READINESS TO CHANGE.**
 - ④ Of those identified in the **ACTION STAGE: 91%** were *high hope*.

THE POWER OF HOPE



Camp HOPE California, Children's Hope Index



Hellman, C. M. & Gwinn, C. (Under review). Children exposed to domestic violence: Examining the effects of Camp HOPE on children's hope, resilience, and strength of character. *Journal of Family Violence*.



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**)



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SAMPLE STUDIES FROM OUR CENTER

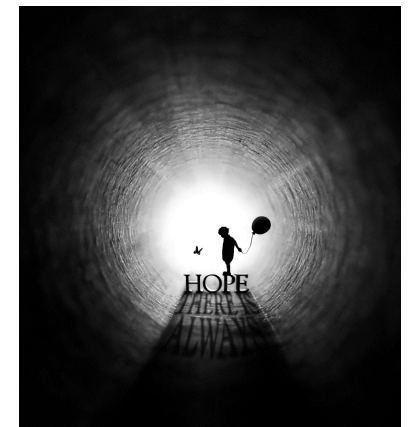
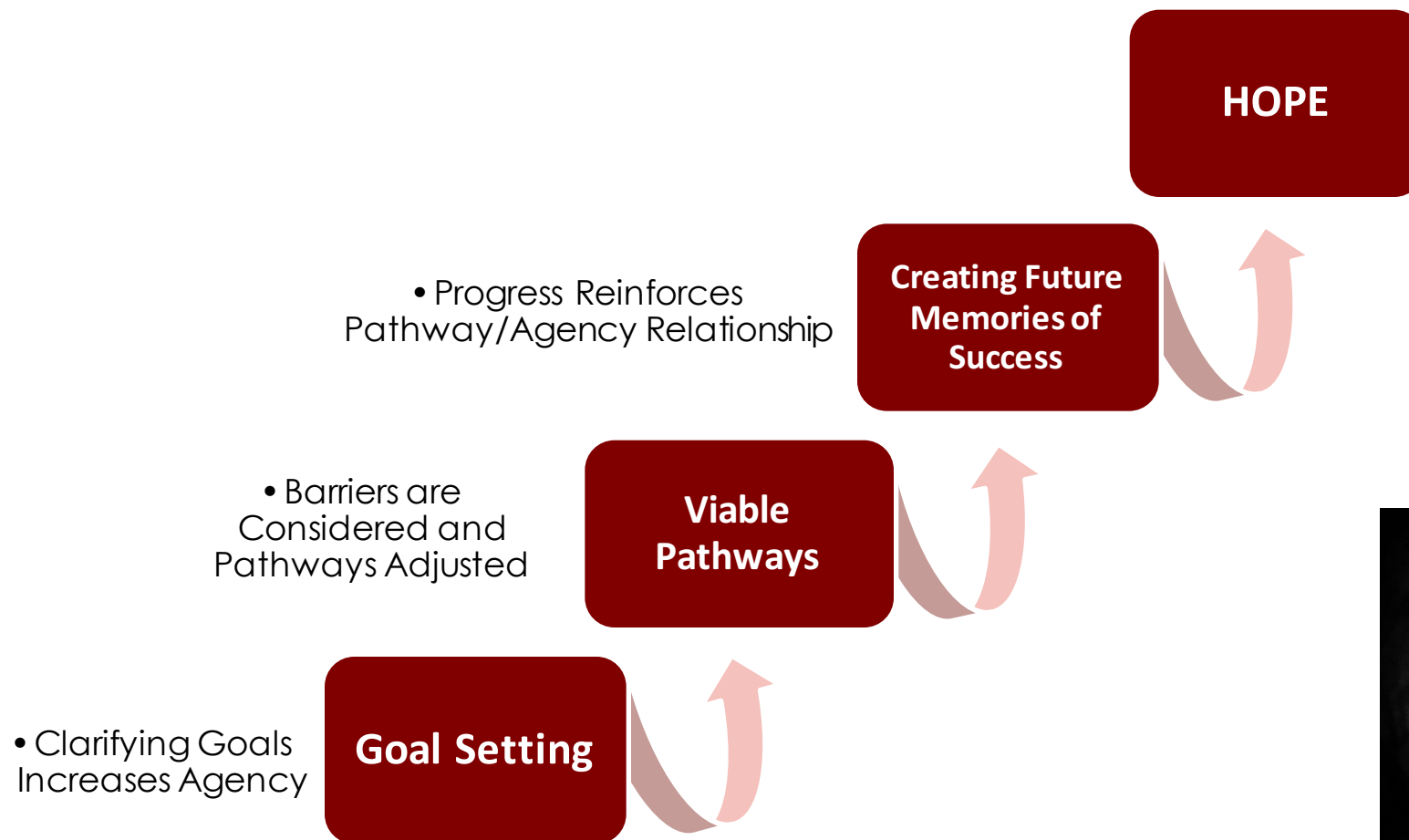
- ② Child Abuse Pediatricians: Hope, Work Meaning, Compassion Fatigue, and Burnout.
- ② Locus of hope for adolescents: Parents and self as sources of hope in well-being.
- ② Community Policing: Trust and Hope Among Middle School Students.



MEASURING HOPE

- ④ Application to Human Service Organizations
 - ④ Adult Hope Scale (Snyder et al., 1991)
 - ④ Children's Hope Scale (Snyder et al., 1997)
 - ④ Validity and Reliability Issues
- ④ Considering Your Hope Score
- ④ Hope Worksheet

THE POWER OF HOPE





Thurston Thrives

RESULTS FROM SURVEY (N=54)

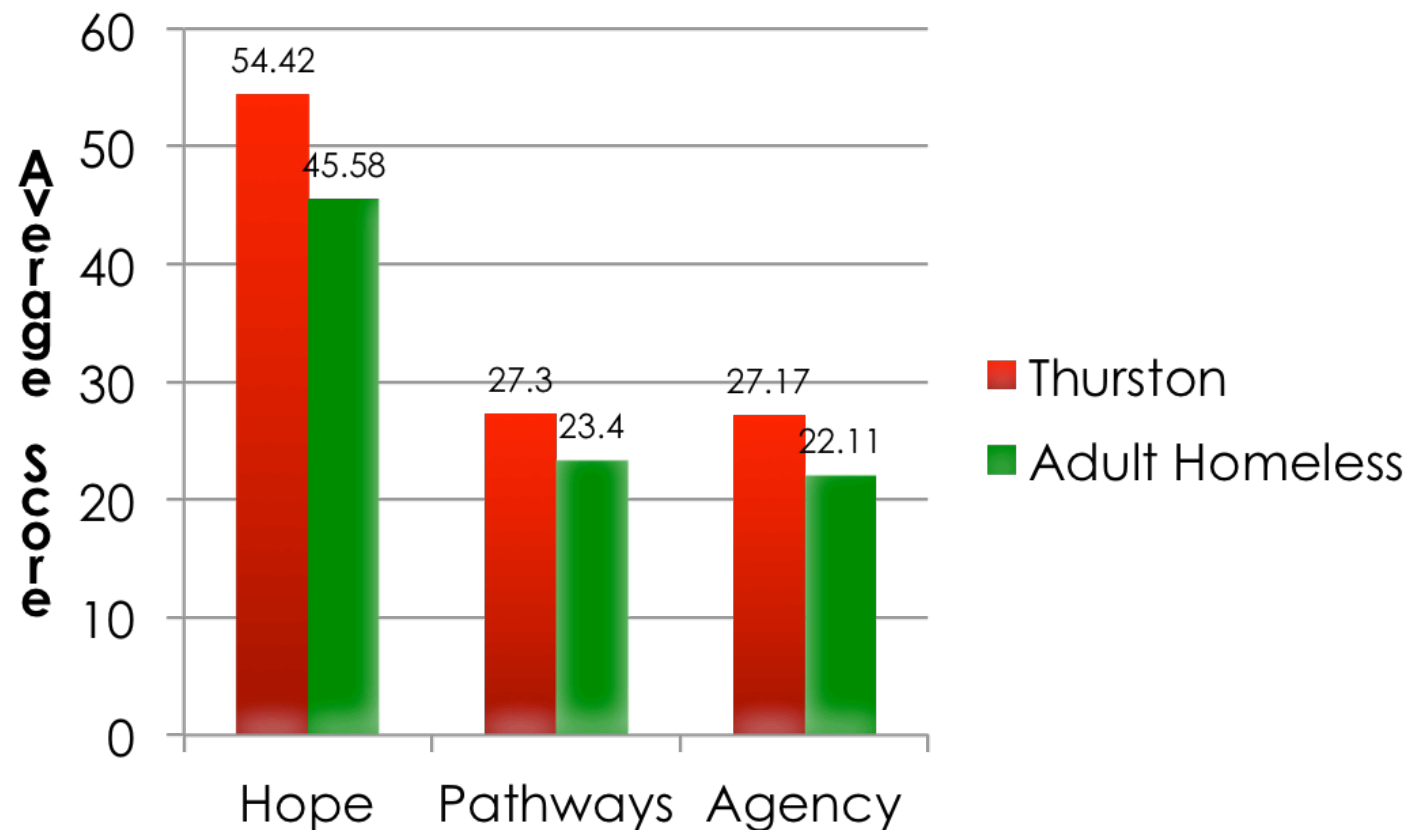
What we Measured:

- ① **Hope** ($\alpha = .86$; 8-item Adult Hope Scale – Snyder et al 1991).
- ① **Positive Affect** ($\alpha = .85$; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Negative Affect** ($\alpha = .81$; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Flourish** ($\alpha = .85$; 8-item -- Diener & Biswas-Diener, 2009).
- ① **Life Satisfaction** ($\alpha = .88$; 5-item SWLS– Diener et al 1985).



Thurston Thrives

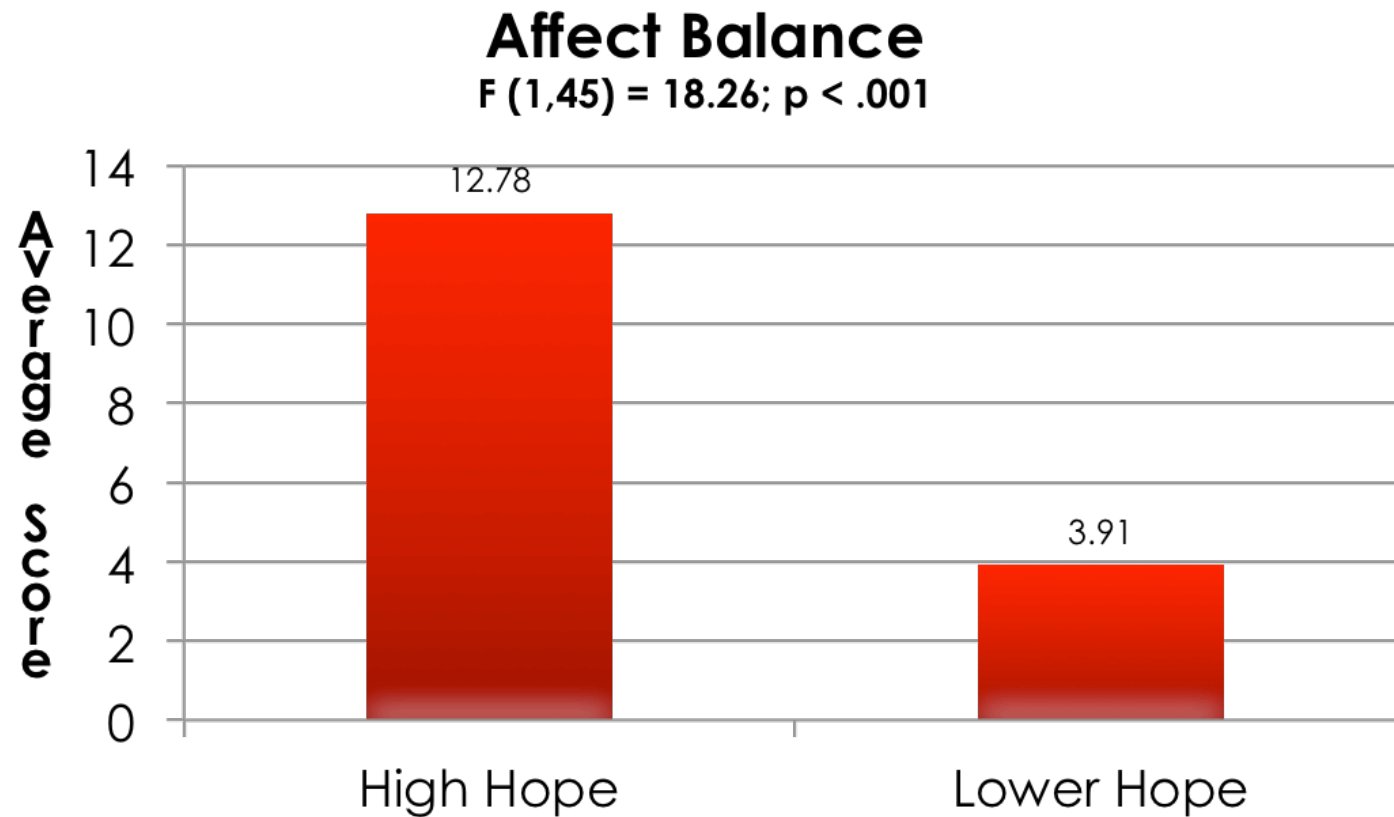
RESULTS FROM SURVEY (N=54)





Thurston Thrives

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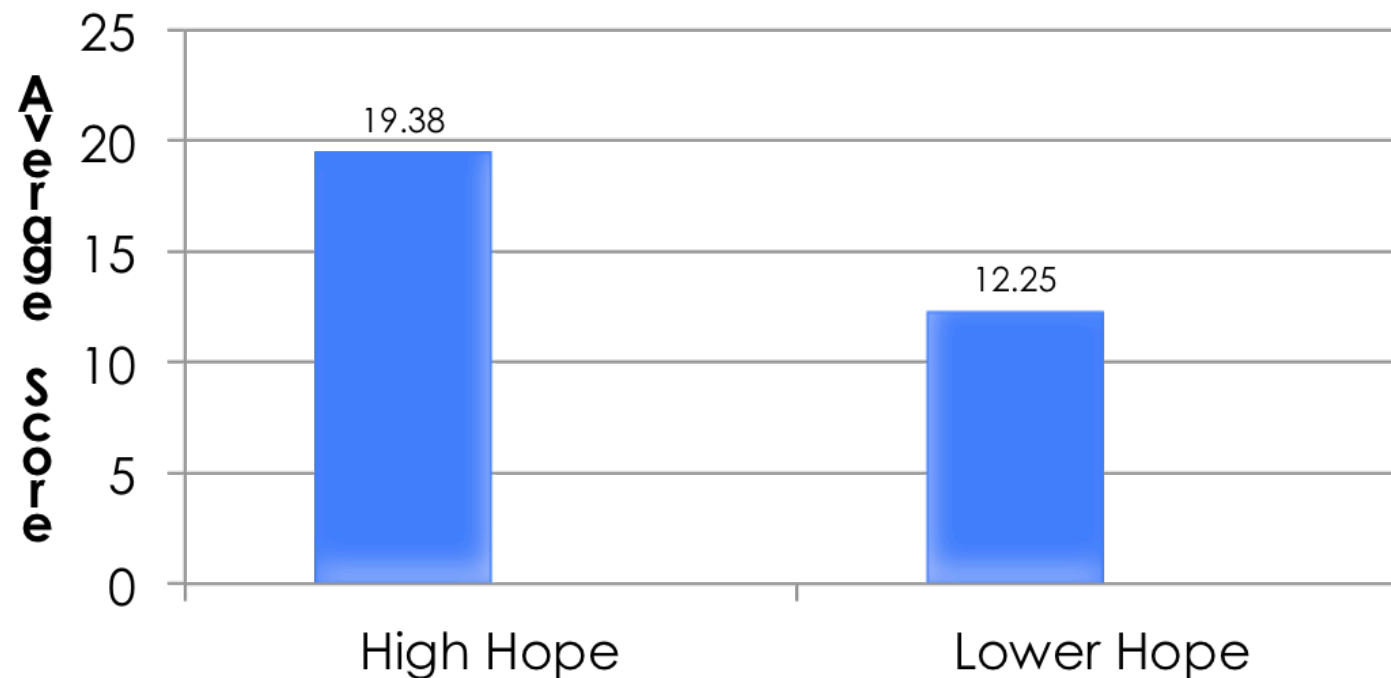




Thurston Thrives

RESULTS FROM SURVEY (N=54)

Capacity to Flourish [F (1,47) = 13.51; P < .01]





Thurston Thrives

RESULTS FROM SURVEY (N=54)

Correlations Between Hope and Well-Being

Variable	HOPE
Positive Affect	$r = .67^*$
Negative Affect	$r = -.68^*$
Flourish	$r = .81^*$
Life Satisfaction	$r = .77^*$



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good
desire for a
hope. noun
feeling of
to want s
and



The Science and Power of Hope



Questions?

