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How Hopeful is Thurston County? Data will answer the question by the end of 2018

Olympia, Wash. – Research tells us that hope is the single best predictor of a person's ability to thrive and flourish. People who have hope are more productive at work, they are higher achievers, attain higher academic success and they are healthier, with lower rates of depression and PTSD.

In fact, researchers are able to define and measure the individual components of hope — at an individual-level, organizational-level and community-level.

In June, Hope Thurston, in partnership with Saint Martin's University, The Evergreen State College, South Puget Sound Community College, Thurston Thrives, Community Foundation of South Puget Sound, Thurston County Prosecuting Attorney's Office, Thurston Chamber Foundation and Dr. Chan Hellman from the University of Oklahoma-Tulsa, will measure, analyze and establish a Thurston County "Hope Score." This data will inform the development of strategies to improve social determinants of health in alignment with the Thurston Thrives framework.

As part of the survey process, Hope Thurston plans to educate the community about hope and what Hope Theory is and how it works, and they will share the idea that hope is contagious.

“We want to make Thurston County a ‘hope informed’ community.’ That will lead to a hopeful culture — because we know that when people have a strong sense of connection to community they have a higher likelihood of being hopeful. It is a social give we give to each other,” said Thurston County Prosecutor Jon Tunheim, one of Hope Thurston’s founders.

The community is invited to attend the launch celebration of Hope Thurston’s “Make Thurston County A Hope Informed Community” survey on June 26 at 8 a.m. at South Puget Sound Community College Lacey Campus. The event will include a breakfast. There is no cost to attend, but organizers ask attendees to RSVP here.

WHAT— Hope Thurston Survey Kickoff Celebration

WHEN—Tuesday, June 26, 2018, 8 a.m.

WHERE—SPSCC’s Lacey Campus, 4220 6th Ave SE, Lacey WA 98503

COST—[Free, but organizers are asking attendees to RSVP here.](#)

FOR MORE INFO—visit <http://thurstonthrives.org/hope-thurston/>

SPONSORED BY—Saint Martin’s University, The Evergreen State College, South Puget Sound Community College, Thurston Thrives, Community Foundation of South Puget Sound, Thurston County Prosecuting Attorney’s Office, Thurston Chamber Foundation and Dr. Chan Hellman from the University of Oklahoma-Tulsa.

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About Hope Thurston: Hope Thurston is an initiative to relate Hope Theory and science to the Thurston Thrives framework and community collective impact. We believe that the future can be better than the present, and that we have the ability to influence that outcome. Hope is a pathway to the goal of community wellness. We seek to understand the desire to thrive and develop strategies to improve hope within individuals and to build a thriving community.