

Hope Inspired Communities

Applying the science of hope for
community wellness



Jon Tunheim
Thurston County Prosecuting Attorney

What does it mean to be hopeful?





**Waypower
(Pathways)**

**Willpower
(Agency)**

**EXPECTATION
FOR GOAL
ATTAINMENT**



Elements of Hope

- **Goal(s)** for the future
- **Pathway** thinking (strategies) to achieving goals
- **Agency** (willpower) to direct energy toward pursuing goals

Hope is a way of thinking...





Measuring Hope

Adult Hope Scale – developed by Dr. Rick Snyder

Collective Hope Scale – developed by Dr. Chan Hellman

The Research

Hope is a leading predictor of happiness and wellness

Work

Lower unplanned absences (4x)

Higher productivity (1 day/week)

More open to organizational change

Reach goals more often and sooner

More resilient to stress, vicarious trauma,
compassion fatigue and burnout

Higher profits and lower employee turnover

Education

Higher academic performance (K-College)

Best predictor of success in college

Health

Increased health

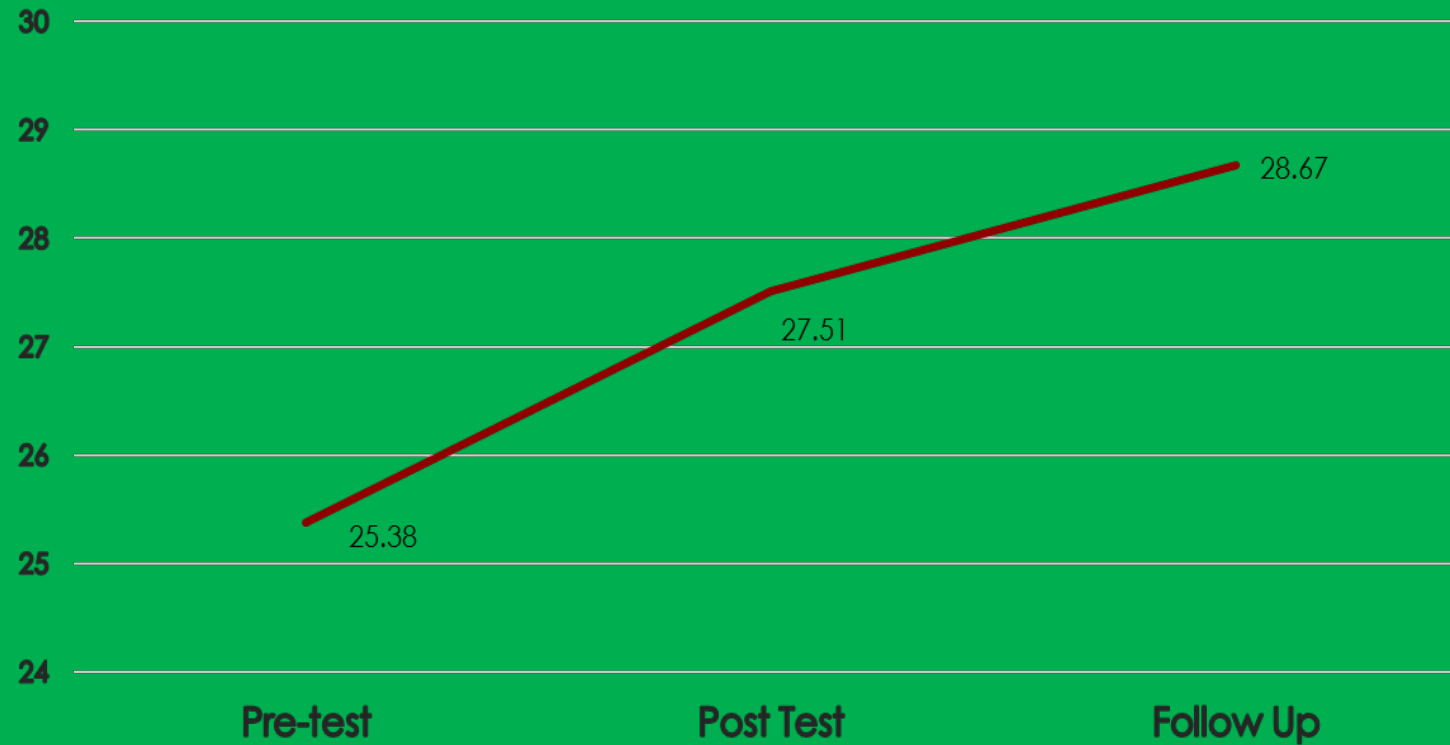
Higher pain tolerance

Lower anxiety and depression

Longer Lifespan

Camp Hope

Camp HOPE California, Children's Hope Index



Hope Inspired Community

A Vision for Community Wellbeing



Collective Hope





Saint Martin's
UNIVERSITY



PUBLIC HEALTH & SOCIAL SERVICES
Thriving, hopeful, healthy communities





- Connectedness
- Access to community resources
- Trust in leadership
- Wellbeing
- Food
- Transportation
- Community Safety
- Affordable housing
- Walkability
- Health care

Survey

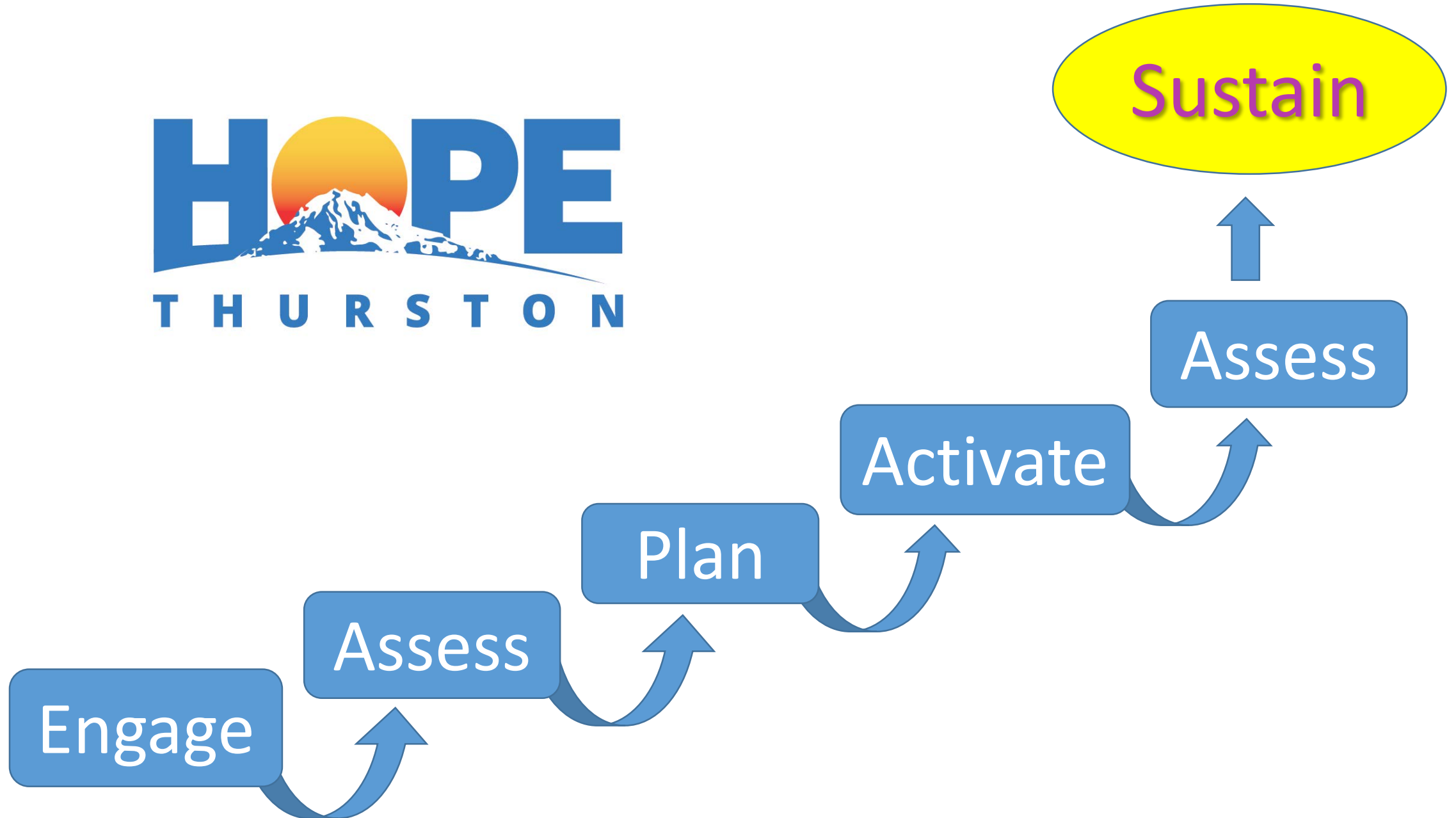


Demographic
Links

- Address
- Zip Code
- Age
- Gender
- Race
- Education
- Housing
- Income

Other Data:

- Census
- Public health
- Crime, Public Safety
- BRFSS
- Healthy Youth Survey
- Education
- Business
- HMIS
- Gallup



Thurston Thrives



- Public health initiative
 - Collective Impact
 - Action Teams – Clinical care, community design, climate and clean air, economy, education and resilience, environment, food, housing, public safety and justice
- Strategic maps
- Thurston Thrives Coordinating Council

Lacey Compassionate Community Initiative

JOIN US!

We **REACHED OUR GOAL** of **100,000+ COMPASSIONATE ACTS** in our **COMMUNITY** and we want to **CELEBRATE!** We also want to share our plans for a future public art project to commemorate this achievement!

COMPASSION RECEPTION

Tuesday, June 11

Noon - 1 pm

Lacey City Hall

420 College St SE

Please RSVP by Thursday, June 6 to:
PublicAffairs@ci.lacey.wa.us



**100,000+
Acts of Compassion!**

Thank you for helping us reach our goal!

Compassionate
Community
Partners:



LACEY
SOUTH SOUND CHAMBER



POST "I TAKE THE PLEDGE"



TAKE THE PLEDGE

Compassion is contagious!

The purpose of the Compassion Action Network is to expand and encourage compassion in Lacey by Connecting with others to Communicate and Celebrate personal acts of kindness and the work of humanitarian organizations, businesses, and schools.

"I pledge to spread compassion through my personal actions and by Communicating, Connecting, and Celebrating acts of compassion throughout our community."

POST "I TAKE THE PLEDGE" TO THIS FACEBOOK PAGE TO PLEDGE TO HELP SPREAD COMPASSION!



*"Everything that is done in the world
is done by hope"*

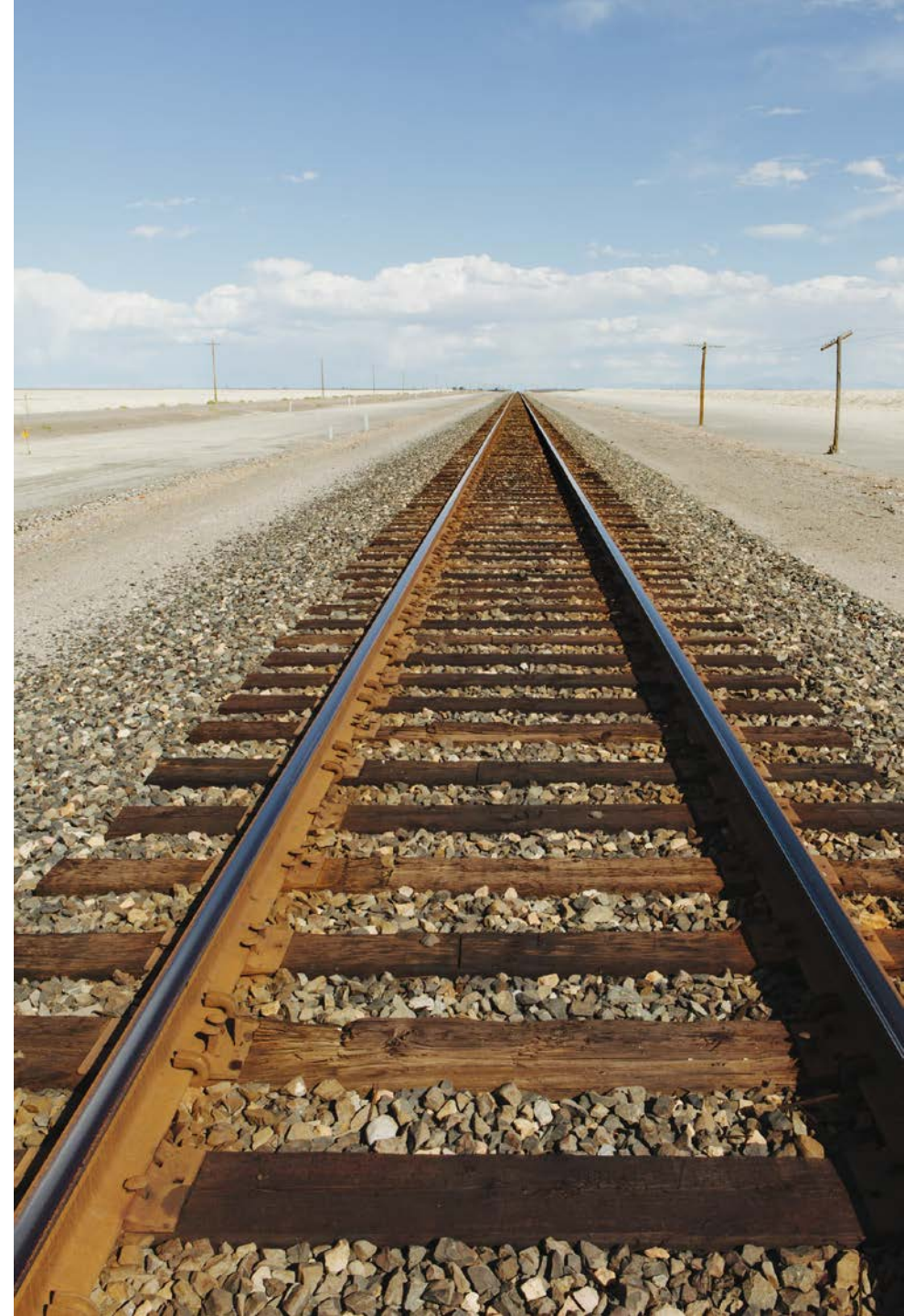
- Martin Luther

Thurston Thrives The State of Hope

Chan M. hellman, phd



Hope Research Center

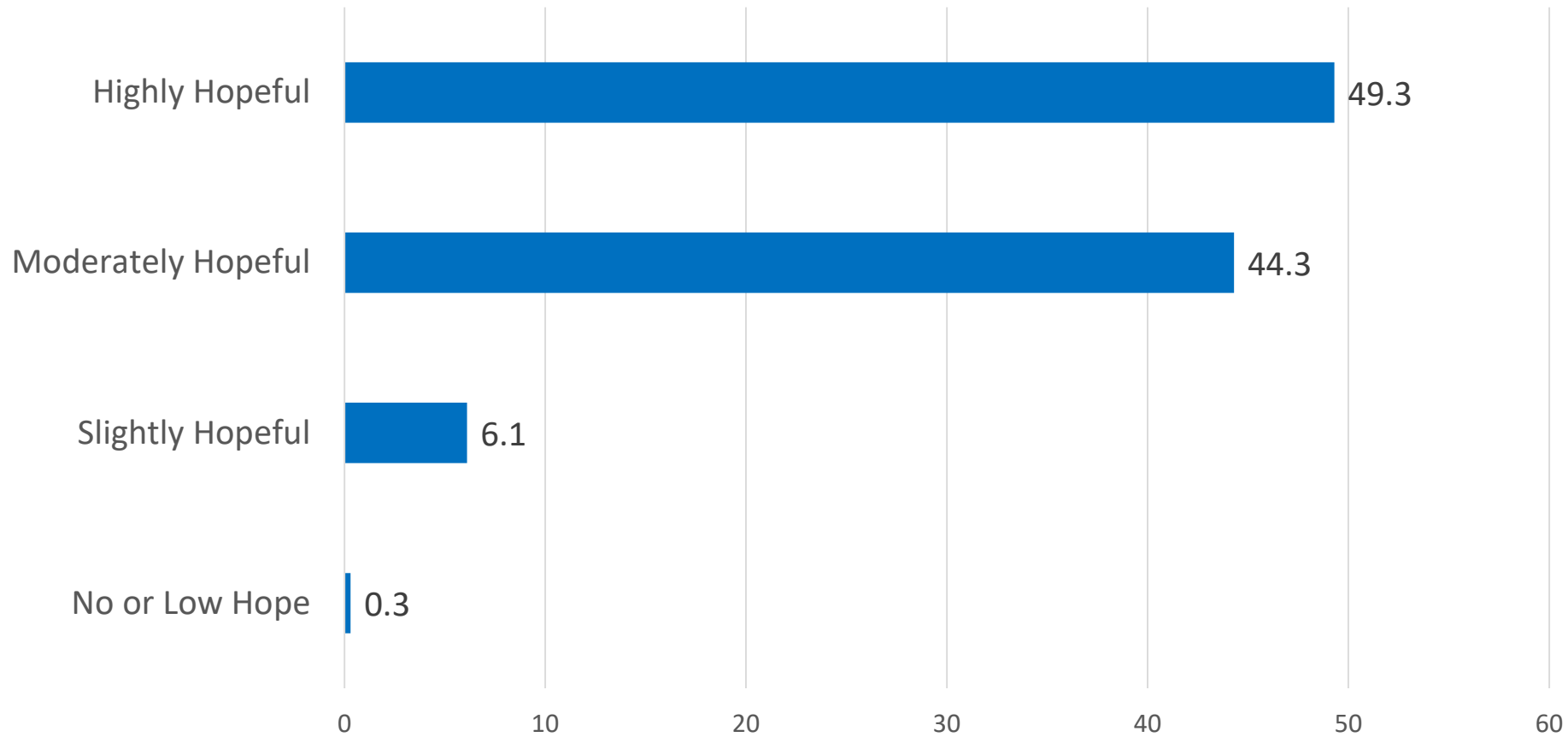


The State of Hope



- Participant Demographics (N = 684)
 - 70.3% Female
 - 38.40% College Graduate
 - 58% Age 45 Years or Older
 - 33% Have Income Less than \$50,000
 - 87.8% Caucasian
 - 62% Own Home

The State of Hope: Individual Hope

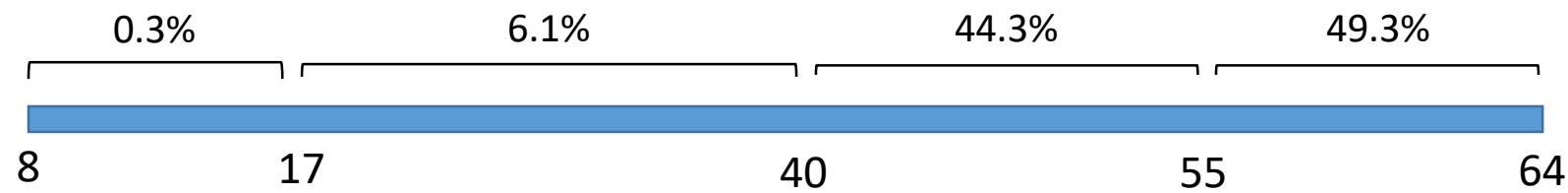


**Scores Range from
8 – 64**

- 8-16 = No or Low Hope
- 17-39 = Slightly Hopeful
- 40-55 = Moderate Hope
- 56-64 = High Hope

**Mean = 53.56
SD = 8.95**

The State of Hope: Individual Hope



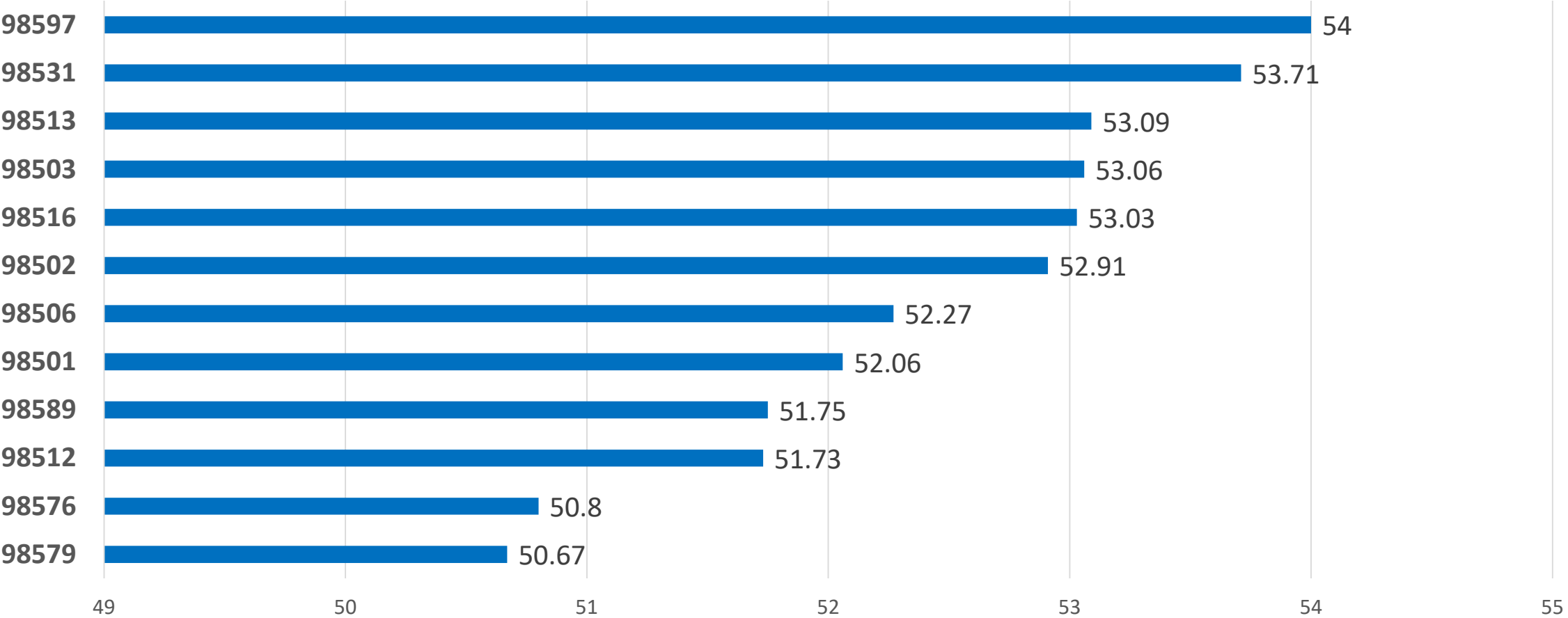
Scores Range from
8 – 64

Mean = 53.56
SD = 8.95

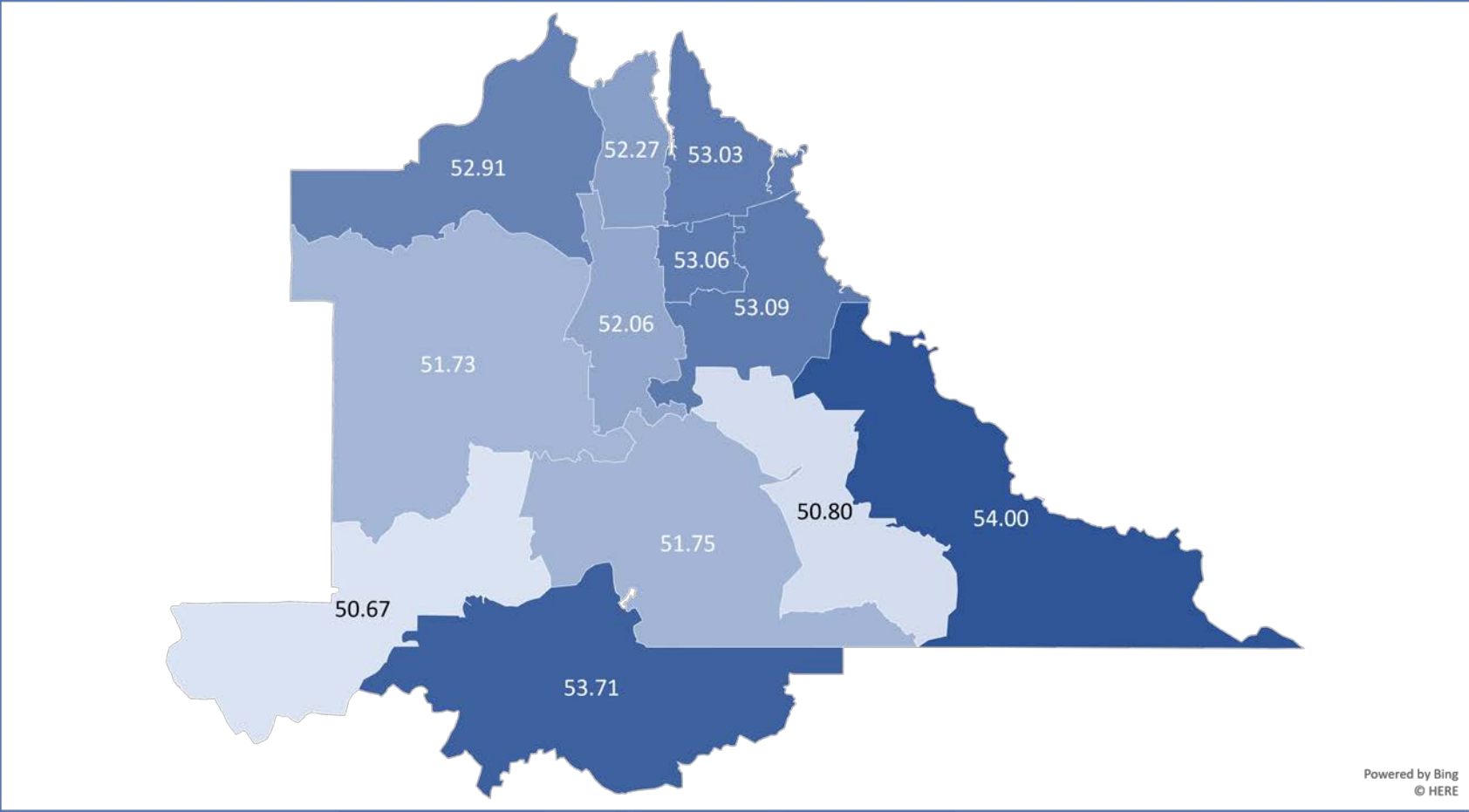
The Hope Scale

The State of Hope

Average Hope Score By Zip Code



The State of Hope: Hope By Zip Code



The State of Hope: Demographic Comparison

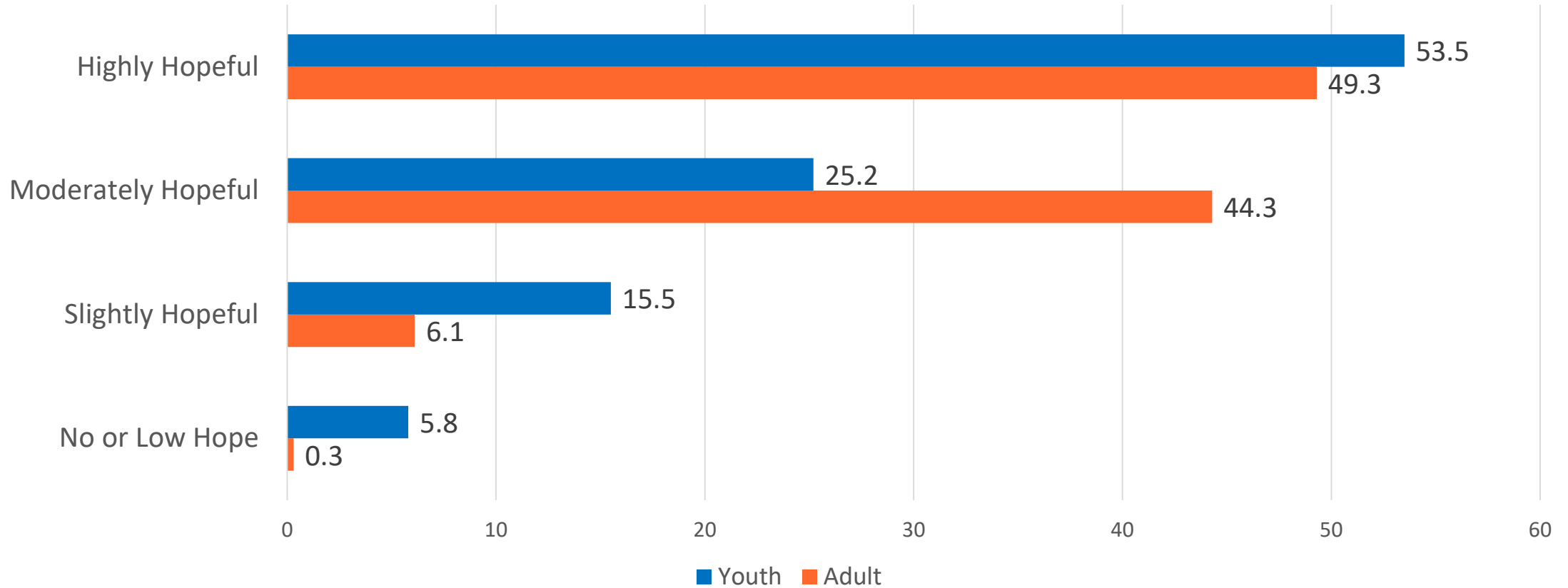
- Females report Higher Hope.
- Higher Income Associated with Higher Hope.
- Home Owners Score Higher Compared to Renters and Those Living With Others.
- Those Living Outside City Limits Have Higher Hope.

The State of Hope

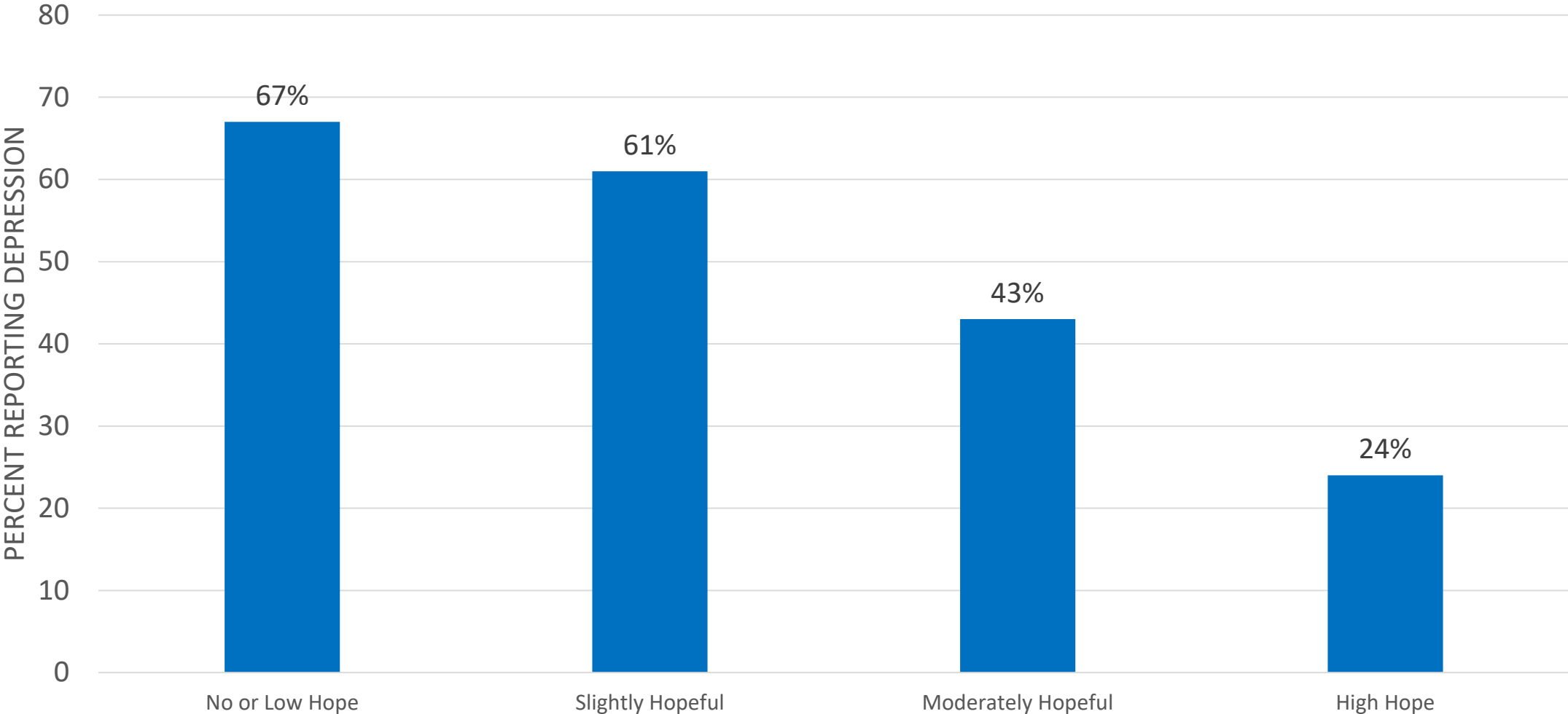
- Hope Associations With Well-Being and Connectedness

- Hope has a strong association with well-being.
- Hope has a moderate association with:
 - Social Connectedness
 - Knowing how to access community resources
- Hope has small to moderate association with access to basic needs.
- Hope is a stronger predictor of both well-being and happiness compared to social connectedness and access to basic needs.

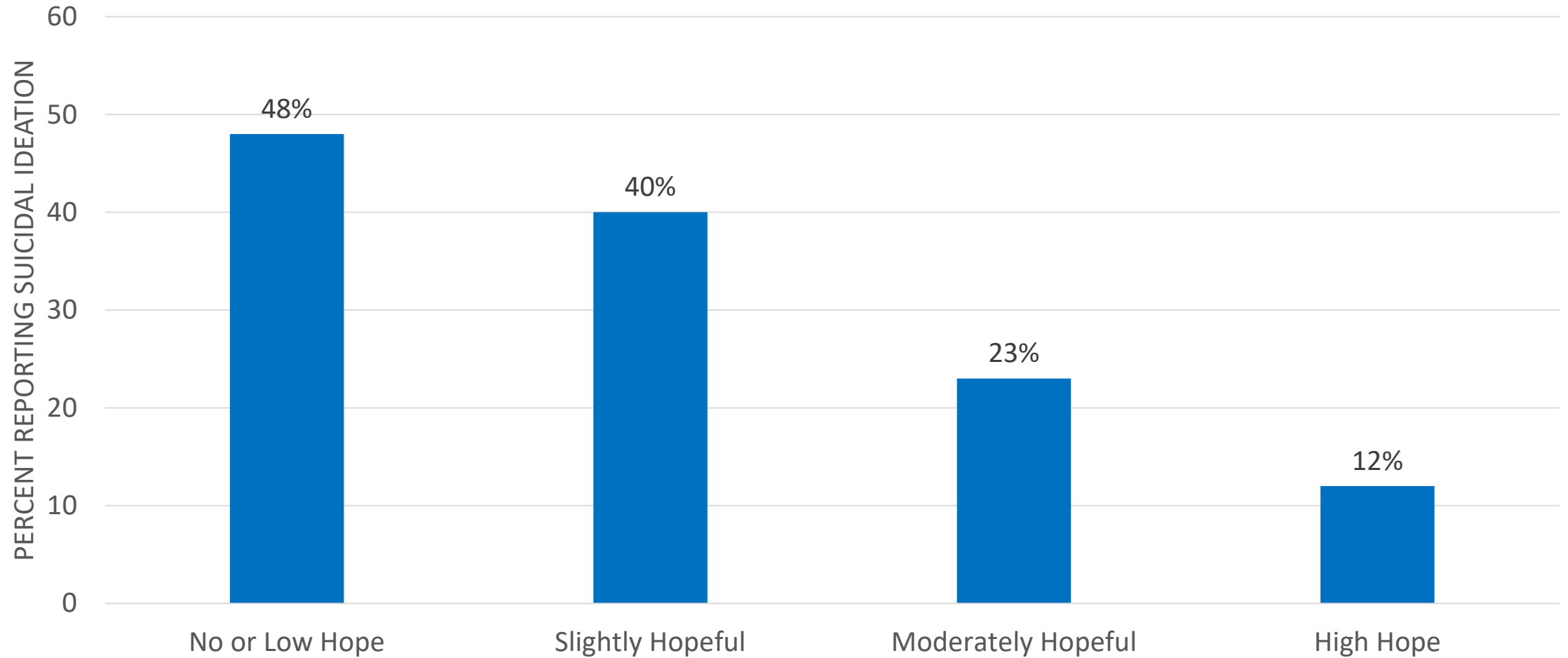
The State of Hope: HYS 2018 Scores



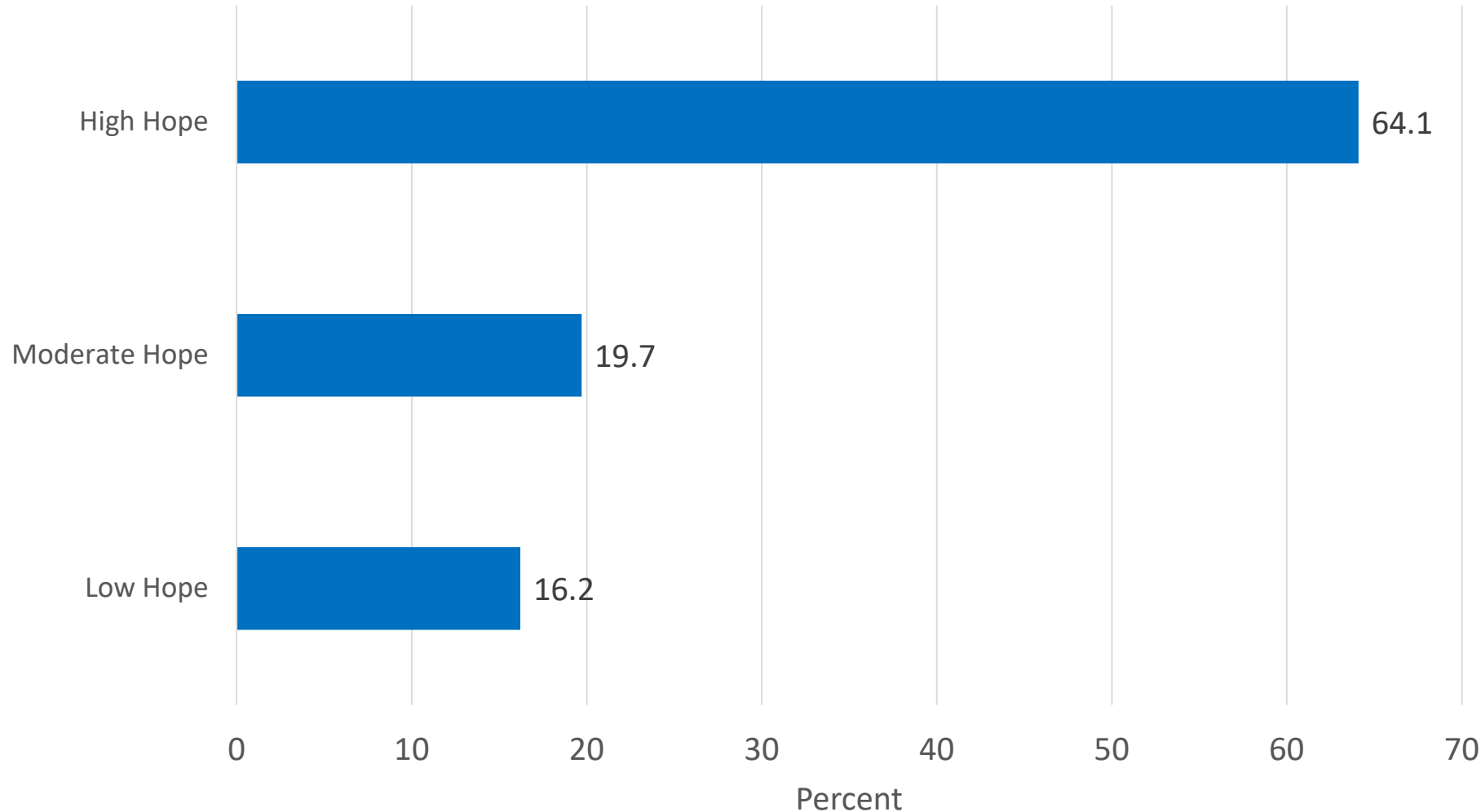
Hope & Depression Among 8-12 Grade Youth(2018 HYS)



Hope & Suicidal Ideation Among 8-12 Grade Youth(2018 HYS)



The State of Hope: Collective Hope



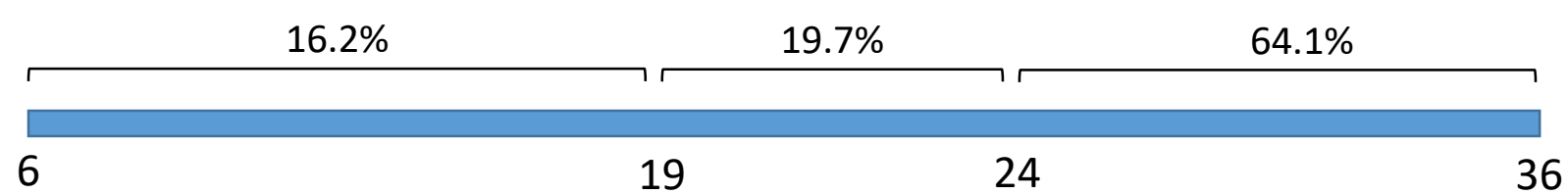
Scores Range from 3-36
(M = 24.62; SD = 6.11)

- 6-18 = Low
- 19-23 = Moderate
- 24-36 = High

In Tulsa, Collective Hope
Scores had strong positive
associations with:

- **Life Expectancy**
- **Voter Turnout**

The State of Hope: Collective Hope

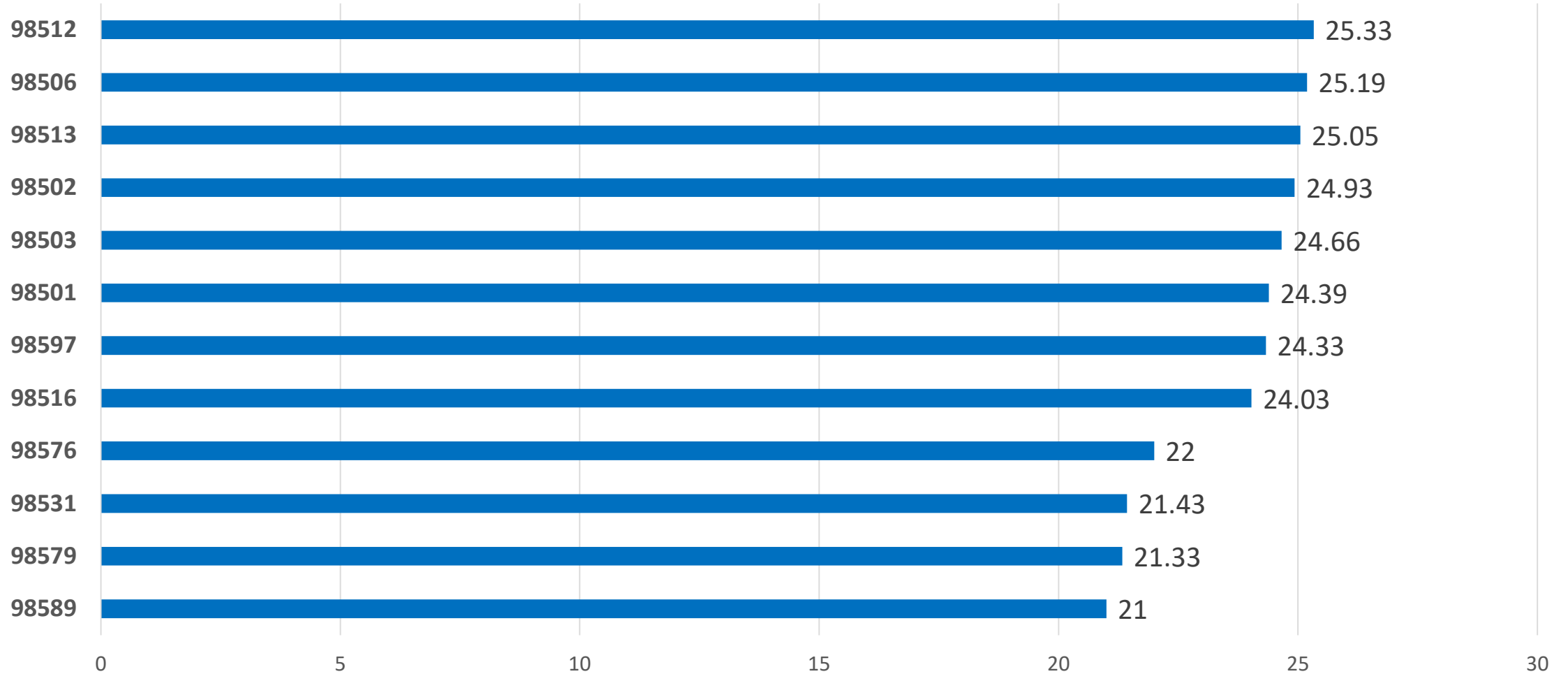


Scores Range from
6 - 36

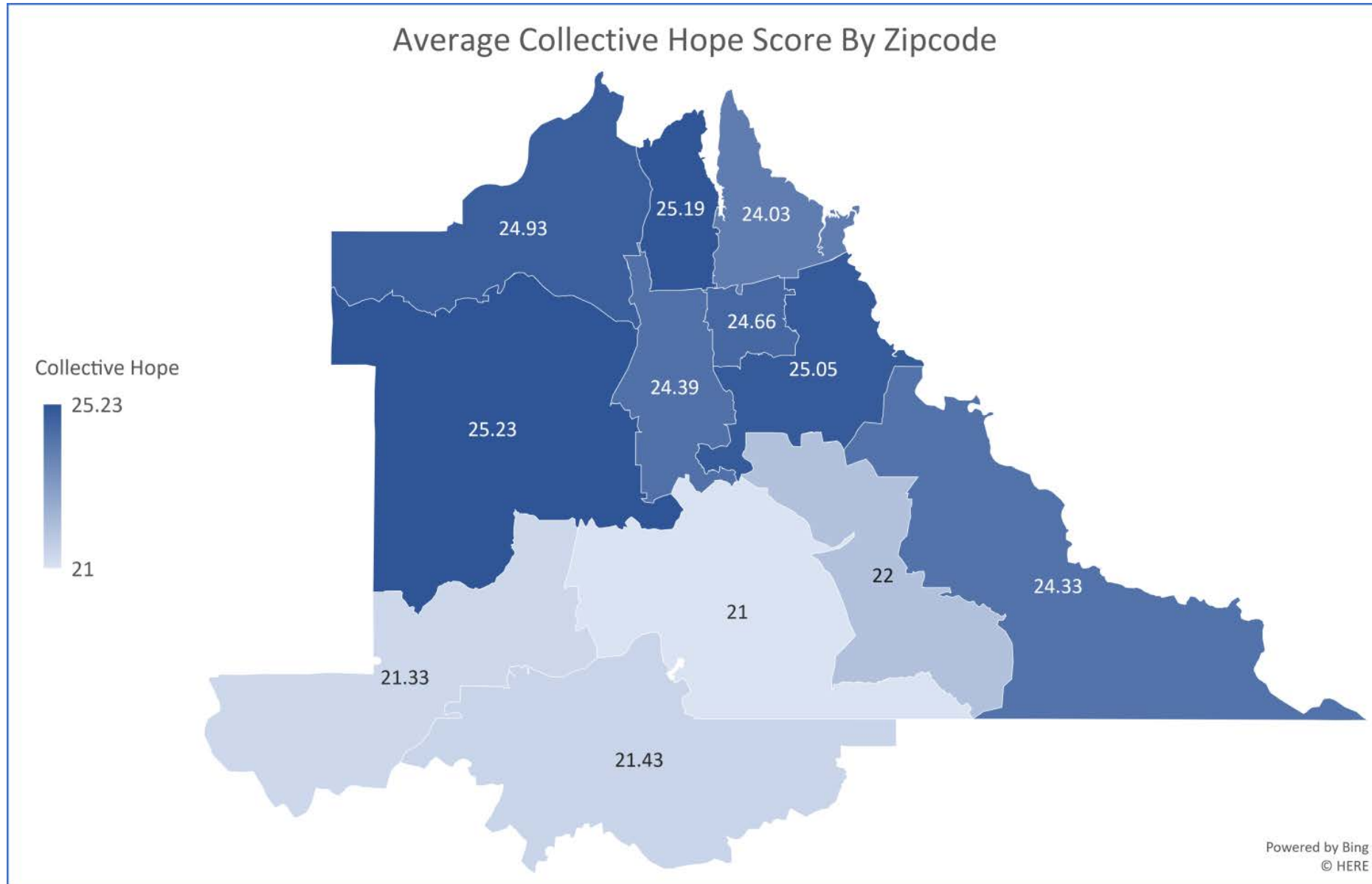
Mean = 24.62
SD = 6.11

The Collective Hope Scale

The State of Hope: Avg. Collective Hope



The State of Hope: Hope By Zip Code



The State of Hope: Collective Hope

- Demographic Comparisons

- No Significant Gender Differences.
- No Significant Housing Status Differences.
- No Significant Income Differences.
- No Significant Education Differences.
- No Significant Age Differences.
- Those Living In The City Had Higher Scores to Those Living Outside The City.

The State of Hope: Collective Hope

- Strong association with perception that Thurston County is Hopeful.
- Strong association with Trust in Community Leaders.
- Moderate association with:
 - Social Connectedness
 - Well-Being
- Small association with access to basic needs.
- Collective Hope is a stronger predictor of Thurston County Being Hopeful:
 - Social Connectedness
 - Access to Basic Needs
 - Individual Hope



Conclusions

- Moderately High Hope Individually.
- Individual hope predicts well-being.
- High Collective Hope.
- Collective Hope Related To Trust In Leadership.



Hope Thurston Partners



the evergreen
state college



Saint Martin's
UNIVERSITY



South Puget Sound
COMMUNITY COLLEGE