

Building a Hope Centered Framework In Response To Adversity, Stress & Childhood Trauma



What is Hope?

Hope is the belief the future will be better than today and you have the power to make it so. Hope is not an emotion, rather a way of thinking based upon three simple ideas:

- *Goals*: The goals are the cornerstone of hope.
- *Pathways*: The mental roadmaps to pursue our goals.
- *Willpower*: The mental energy to pursue goals.

The Hopeful Child

Hope has emerged as one of the best predictors of goal attainment and well-being for both children and adults. This

research has established that 1) Hope leads to positive outcomes, 2) Hope is a protective factor buffering against adversity and stress, and 3) Hope can be taught and learned.

Individuals with higher hope are better at self-regulating their thoughts, emotions, and behaviors. Children and adults with higher hope have significantly lower depression, anxiety, and suicidal ideation. This research also demonstrates that hope can be restored and nurtured in trauma exposed individuals with associated improvements in social relationships, educational achievement, and positive character development.

Service providers with higher hope are better at finding strategies to increase their well-being. In organizations building a Hope Centered and Trauma Informed framework, have found that hope is associated with *lower burnout, lower symptoms of secondary traumatic stress, lower turnover, increased job satisfaction, increased engagement, and higher well-being.*

Hope is About Action In order to be considered hopeful, the individual must have both willpower and pathways. In this way, hope is more than wishing. A wish is when we desire an outcome but have no pathways to achieve our goals. A wish is a passive desire for a goal. Hope is about taking action to pursue your desired goals.



Creating a Hope Centered Framework

The science of hope provides the foundation for understanding behavior in the social environment and provides the framework taken by practitioners, community leaders, and policy makers to engage, assess, intervene, and evaluate action toward goals

A hope centered system seeks to infuse values, policy, practices, and structure with the science of hope creating an environment where both children and families thrive.