Hope Inspired Communities

Applying the science of hope for positive community change

Jon Tunheim
Thurston County Prosecuting Attorney
“Everything that is done in the world is done by hope.”

- Martin Luther
Hope Theory

- Positive psychology
- Hope derives from our instinctive desire to think about and set goals for the future
- It is the belief that the future can be better and that we have influence to make it so
- Hope is a theory of change – creating a better future
Elements of Hope

• Goals for the future
• Viable strategies (Pathways) to achieving goals
• Willpower (Agency) to direct energy toward pursuing these goals
HOPE THEORY

Will Power (Agency)

Way Power (Pathways)

EXPECTATION FOR GOAL ATTAINMENT

Agency without pathways is a wish
• Hope is universal across race, gender, culture, sexual orientation, etc.
• Hope is **not** related to income, social status, intelligence, or morality
• Hope skills can be taught and learned
• Hope is **contagious**
Measuring Hope

• Adult and Children’s Hope Scale
• Adult Hope Scale – Dr. Rick Snyder
Why Hope?

• **Education**
  • Higher academic performance (K-College)
  • Lower absenteeism (1/2)
  • Better predictor of success than the ACT, SAT and GPA

• **Work**
  • Lower unplanned absences from work (4X)
  • Higher productivity (1 day/week)
  • More open to organizational change
  • Reaching goals more often and sooner
  • More resilient to stress, vicarious trauma and compassion fatigue
  • Higher profits and lower employee turnover
Why Hope?

• **Health**
  • Increased healthy behaviors
  • Follow treatment plans and take medication
  • Higher pain tolerance
  • Reduces impacts of PTSD
  • Lower depression
  • Lower mortality rate

• **Happiness**
  • Leading predictor of satisfaction and happiness in life
Hopelessness

- **Hope**
  - Emotional reaction when goal is profoundly blocked

- **Anger**
  - Complete loss of motivation
  - Overwhelming sense of futility

- **Despair**
  - Complete loss of motivation

- **Apathy** (Hopeless)
  - Overwhelming sense of futility
Building Hope

Perceived Barriers are Reframed

Increasing Agency

Progress Reinforces Pathway Agency Relationship

Creating Future Memories

Perceived Barriers are Reframed

Goal Setting

Pathways

HOPE
Hope Inspired Leadership
Hope as a personal philosophy

- Be visionary
- Focus on improving the future
- Be mindful of your own goals – focus on finding meaning and purpose
- Think strategically, be innovative and solve problems (pathway thinking)
- See the world through a hope lens
- Servant-Leadership
Inspiring Hope

• Defining Leadership
• Build relationships
• Listen for goals
  • Clarify as needed
  • Determine motivation (meaning and purpose)
  • Build a future memory
  • Don’t impose goals – look for alignment
• Find pathways/anticipate barriers together
• Affirmation
• Motivational Interviewing
• Building a hopeful culture
Hope Inspired Community

A Vision for Community Improvement
Camp Hope

- Summer camp for kids who experienced DV in the household
- Average age = 11
- Approximately ½ male and ½ female
- Average ACE score 6.7
- Hope scores assessed before and after camp
- Significant increase in belief they can achieve dreams, sense of belonging and hope
- Camp hope is coming to Thurston County!
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
- Community Investment Fund
Project Hope

• Engage
• Assess
• Plan
• Execute
• Assess
• Adjust
• Sustain
“Everything that is done in the world is done by hope”