



SRAETTA

Sexual Risk Avoidance Education
Training and Technical Assistance

SRAE TTA Virtual Topical Training

The Science of Hope and Its Application to SRAE Programs

Day One

August 24-26, 2021



ADMINISTRATION FOR
CHILDREN & FAMILIES **FYSB** Family & Youth
Services Bureau

Welcome and Introductions

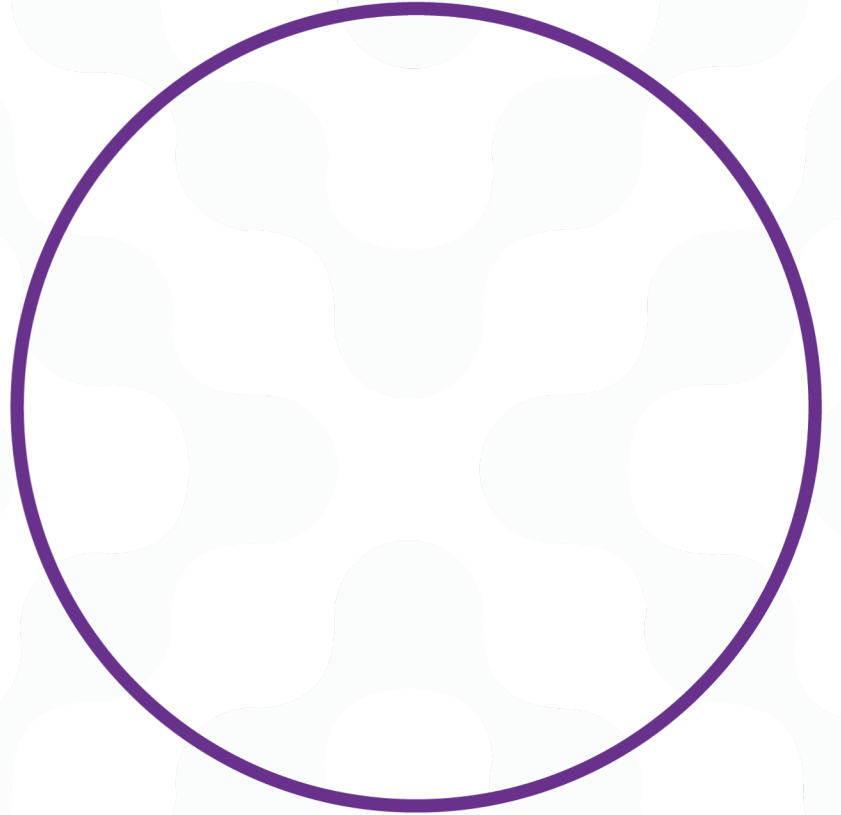


Kendy Cox

Public Strategies



Courtney Gaskins, Ph.D.
Family and Youth Services Bureau



Day 1

**What is Hope? How
Opening Up About
Your Life Leads to
Hope**

The Science of Hope and Its Application to SRAE Programs

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Day 1

**Introduction To The
Science and
Power of Hope**



Hope Centered and
Trauma Informed[®]

Dr. Chan Hellman

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HOPE CENTERED AND TRAUMA INFORMED®





What is Hope?

Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

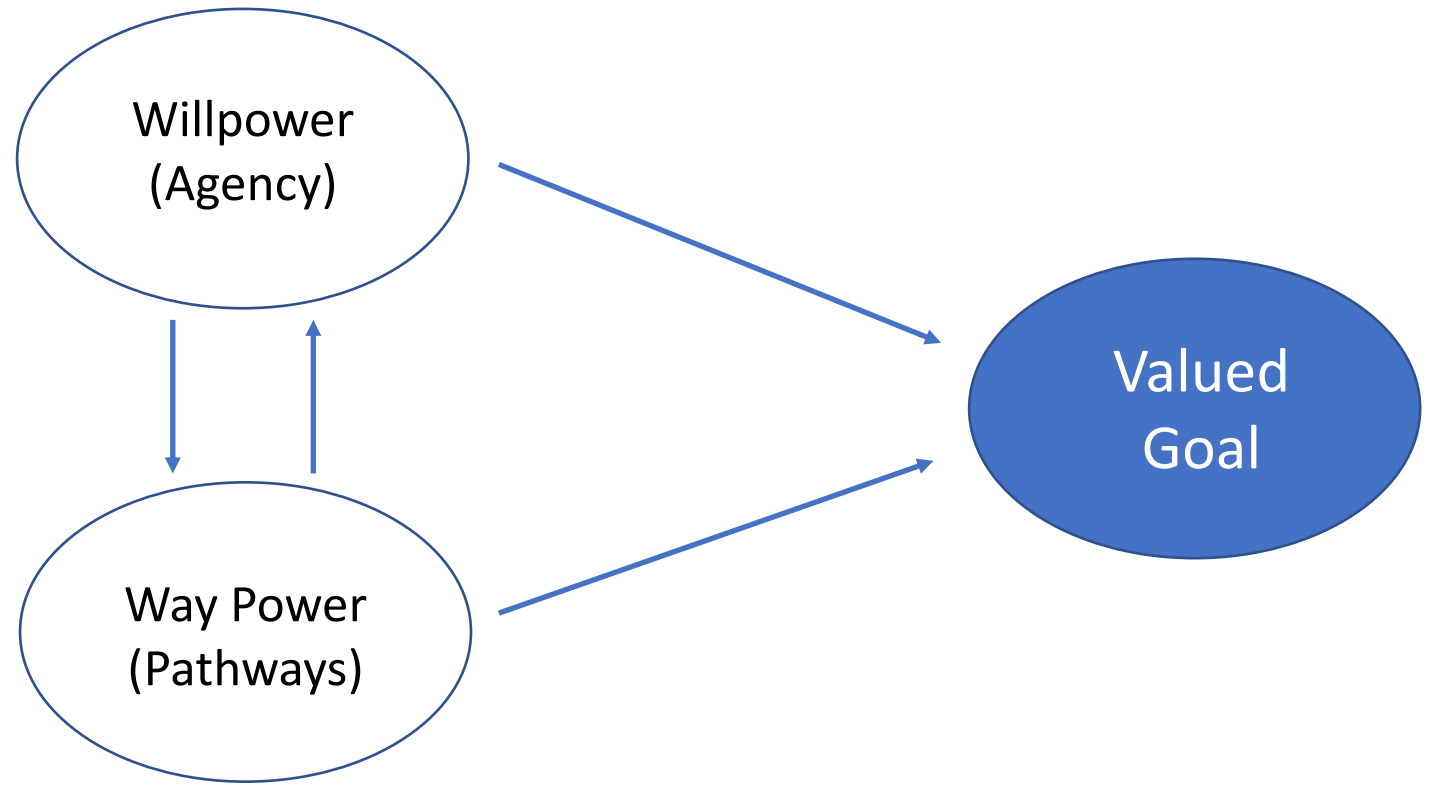
The Simplicity of Hope

Goal setting is the cornerstone of hope.

Pathways refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

Agency (Willpower) is the ability to sustain motivation to move along these pathways.

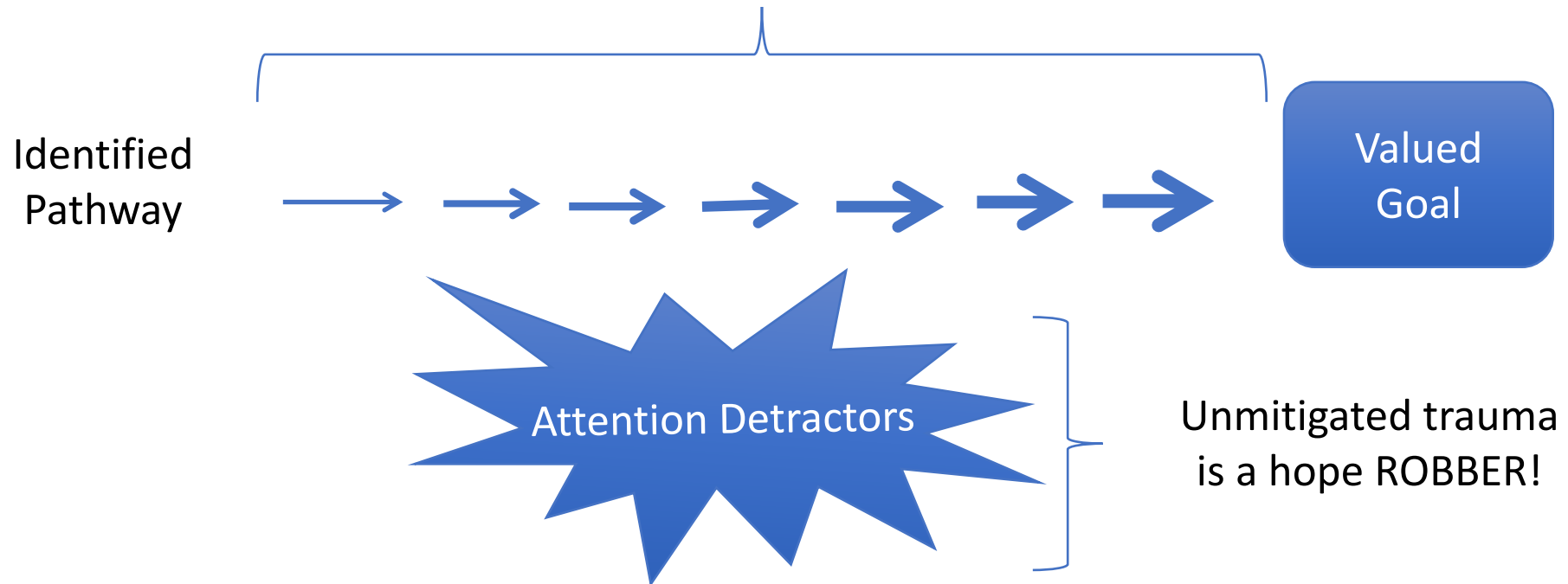
Tenets of Hope



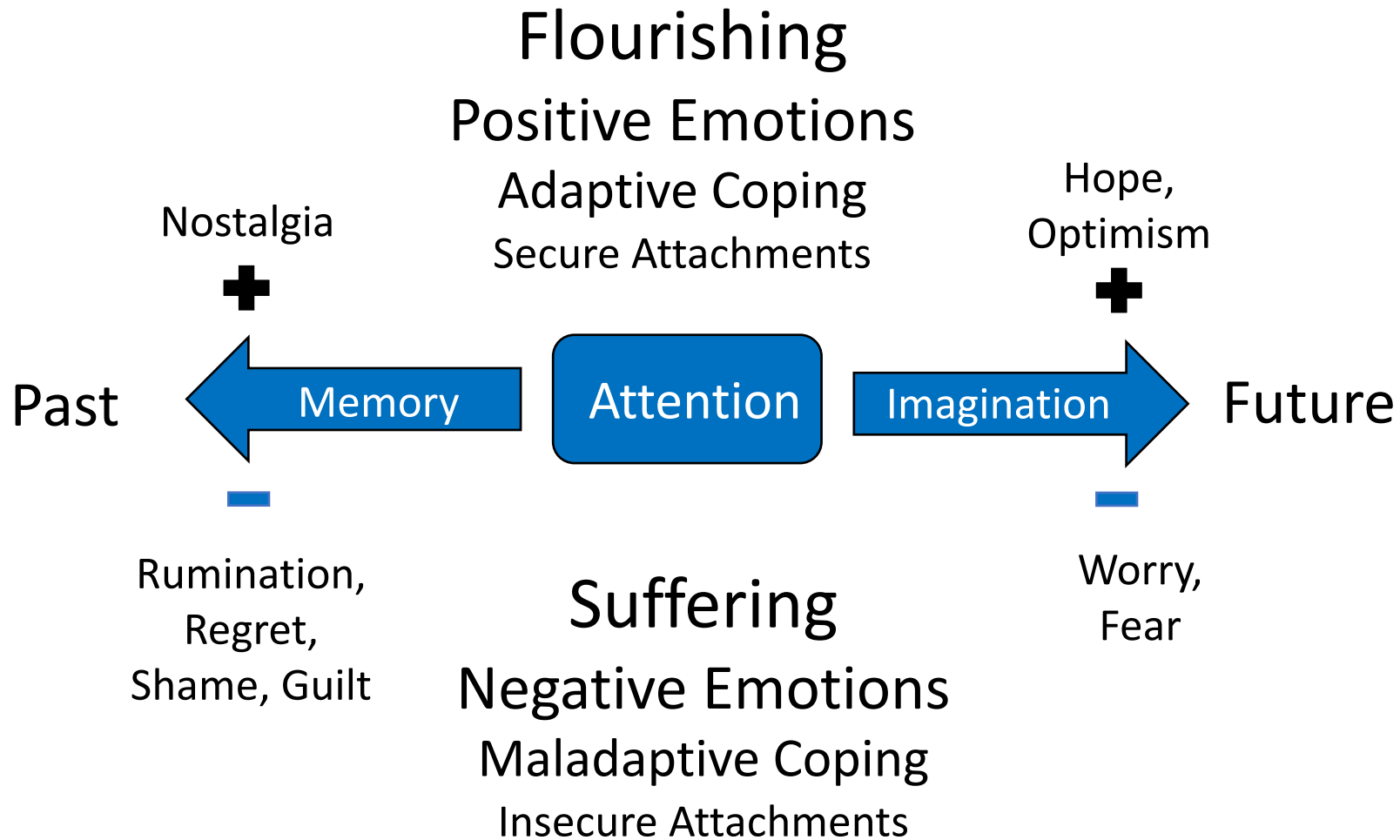
...agency without pathways is a wish!

The Experience of Hope

How well can you manage your willpower?



Where Do You Focus Your Attention (Willpower)?



WHY HOPE MATTERS

The Science of Hope

Mental Health:

- Higher well-being, emotional regulation, adaptive coping

Physical Health:

- Improved physical health, higher compliance with treatment, improved health seeking

Social Health:

- Higher social connectedness, increased positive relationships, improved parent-child relationships

Education:

- Higher GPA, attendance, graduation rates, improved social emotional learning, increased engagement
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Creating A Hope
Centered
Community

At the heart of change is our
ability to understand the way
things are right now in our lives...

... and that we can begin to
imagine the way things could be.

This is when hope is born.