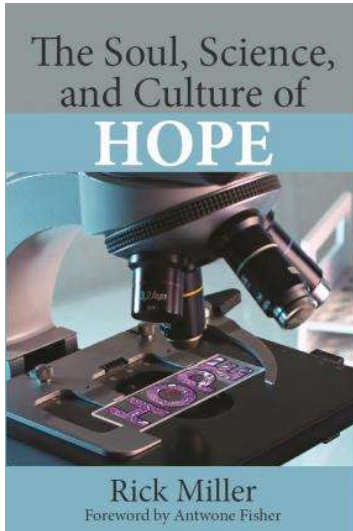


Creating and Activating Hope – *The Power of Choice*

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Arizona State University



1



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2



Theories/Programs

- Punishment
- Rehabilitation
- Intervention
- Prevention
- Promotion-Culture



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3



4

Let's Examine

The foundational energy and focus offered by Hope strategies within an environment that views all youth as “at hope” rather than as “at risk” by establishing a powerful self-fulfilling prophecy that support a young person’s assets rather than a focus on their deficits.

5

A Different Kind of Journey – Hope as our Navigator

The Science of Hope

- The Culture of Hope as a holistic set of strategies available to all

- The Soul of Hope as a personal navigation tool

- The theory of Mental Time Travel and its application in creating hope.

- The Powerful Role Relationships play in resilience, optimism, self-efficacy, and hope.

- The recognition of personal belief systems about juvenile offenders and their future

- The role culture plays in viewing youth as assets or deficits

6

Examining our Beliefs

- I believe that all kids are capable of success, No Exceptions

On a scale from 1 – 5 how would you rate yourself?

From Strongly disagree with the statement to strongly agree with the statement

1 2 3 4 5

7

Examining our Beliefs

- Many juvenile offenders have lost hope and are seen as potential threats to themselves and others. Our shared belief is that some of the young people we treat will do well, others will struggle and in time will be successful and there will be a group who will not respond.

On a scale from 1- 5 how would you rate yourself?

Strongly disagree with the statement to Strongly agree with the statement

1 2 3 4 5

8



9

From Programs, Services, Protocols to Culture

Culture +

**believed
and
practiced
HERE**

The complex block features a central graphic. At the top, the text "From Programs, Services, Protocols to Culture" is written in a blue, italicized font. Below this is a logo for "Kids at Hope No Exceptions", which includes a blue and yellow sun-like symbol with a spiral, the text "KIDS AT HOPE" in a blue box, and "NO EXCEPTIONS" in a blue banner. To the left of the logo, the word "Culture" is written in blue, followed by a plus sign and two blue arrows pointing to the right. Below the logo, the words "believed and practiced" are written in a bold, dark blue font, and the word "HERE" is written in a bold, yellow font on a dark blue rectangular background.

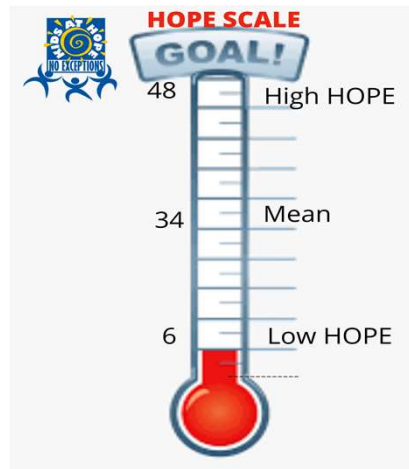
10

HOPE SCALE

1.= Definitely False 2. = Mostly False 3. = Somewhat False 4. = Slightly False
5. = Slightly True 6. = Somewhat True 7. = Mostly True 8. = Definitely True

- 1. ___ If I should find myself in a jam, I can think of many ways to get out of it.
- 2. ___ At the present time, I am energetically pursuing my goals.
- 3. ___ There are lots of ways around any problem that I am facing now.
- 4. ___ Right now I see myself as being pretty successful.
- 5. ___ I can think of many ways to reach my current goals.
- 6. ___ At this time I am meeting the goals I set for myself

11

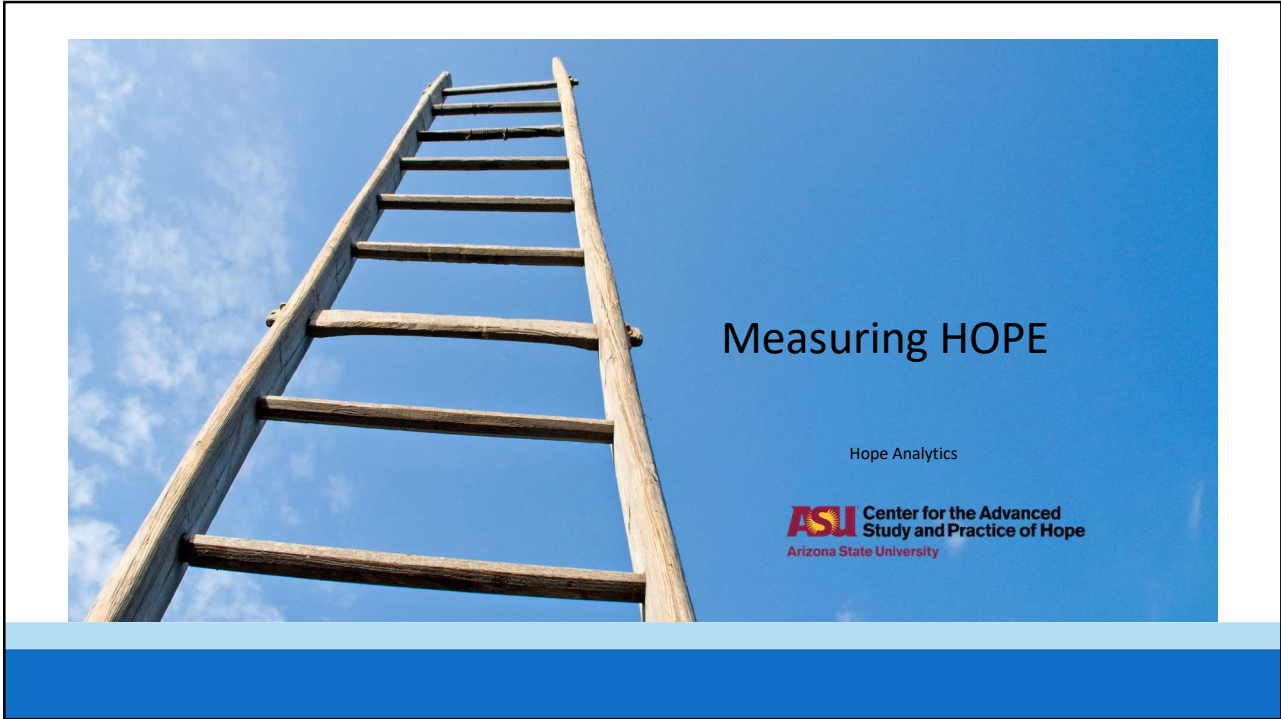


Range
41-48 suggests you are
excelling committed to
GPA

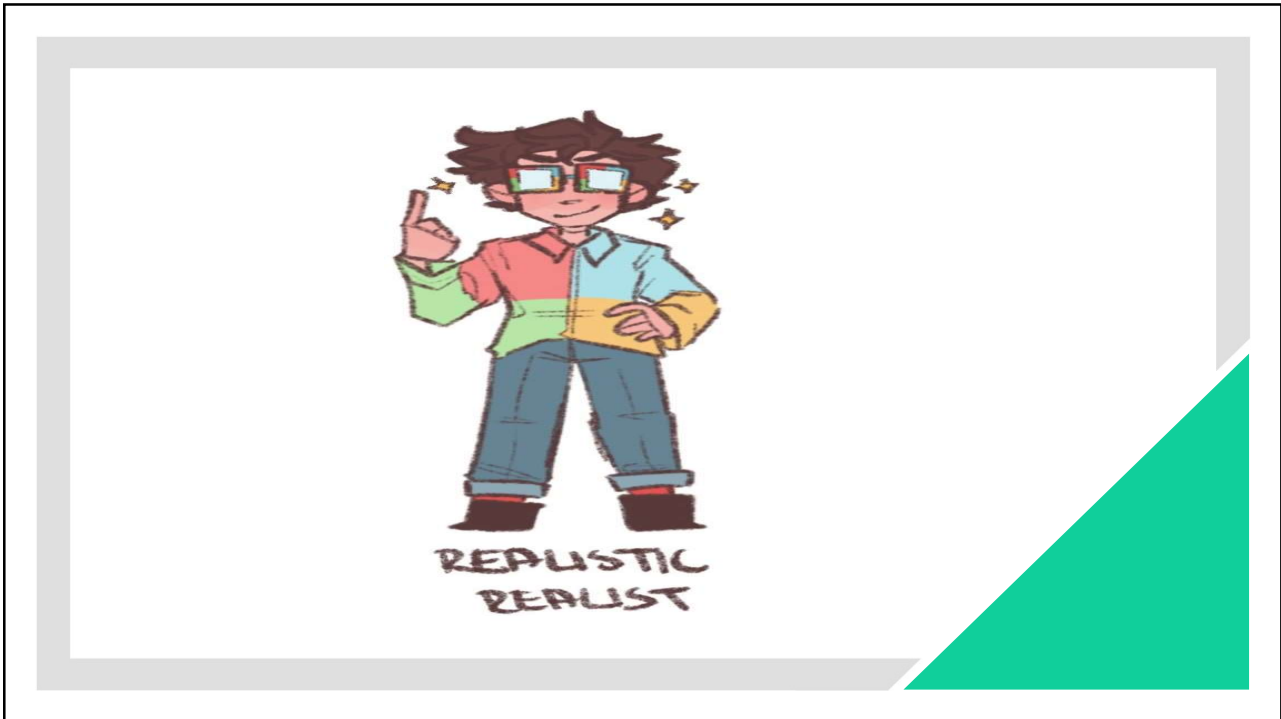
Range
30-40 suggests
you have a good
grasp of Goals,
Pathways and
Agency

Range
6-29 suggests you are
struggling with one or
more of GPA

12

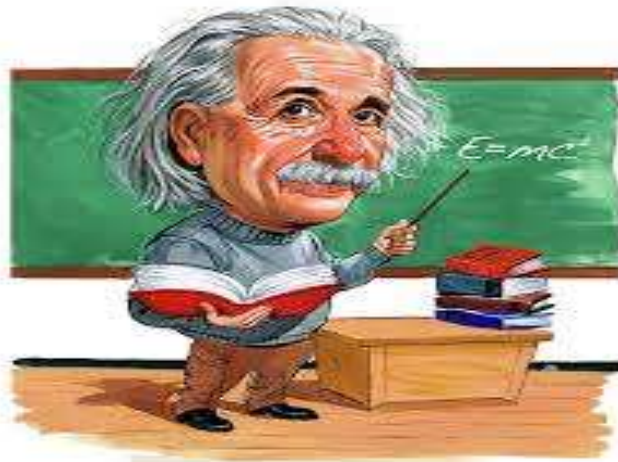


13



14

Think Like a Genius



15

Einstein's Secrets

16

SUCCESS?

- Personal
- Organizational
- Cultural

17

Define your
Success:

Personal

Organizational/Bureaucratic

Cultural

Home & Family

Education & Career

Community & Service

Hobbies & Recreation

18

HOPE

The ability to visit your future-


**home & family; education & career;
community & service; hobbies &
recreation**


**return to the present and
prepare yourself for the
journey**



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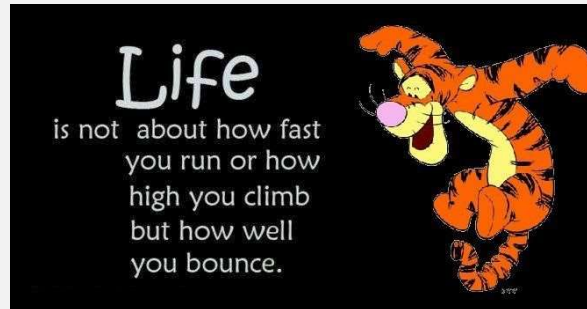




20

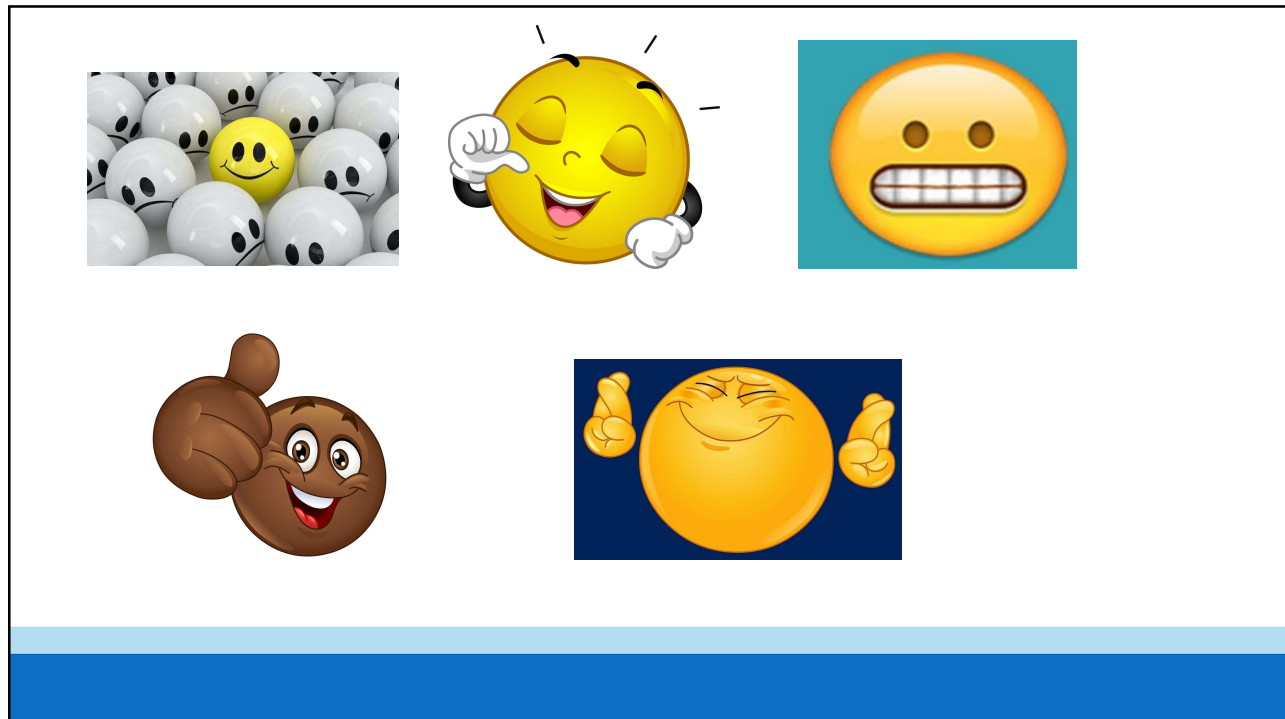
Resiliency and Hope

*Physical,
Emotional, Social,
Intellectual,
Economic*

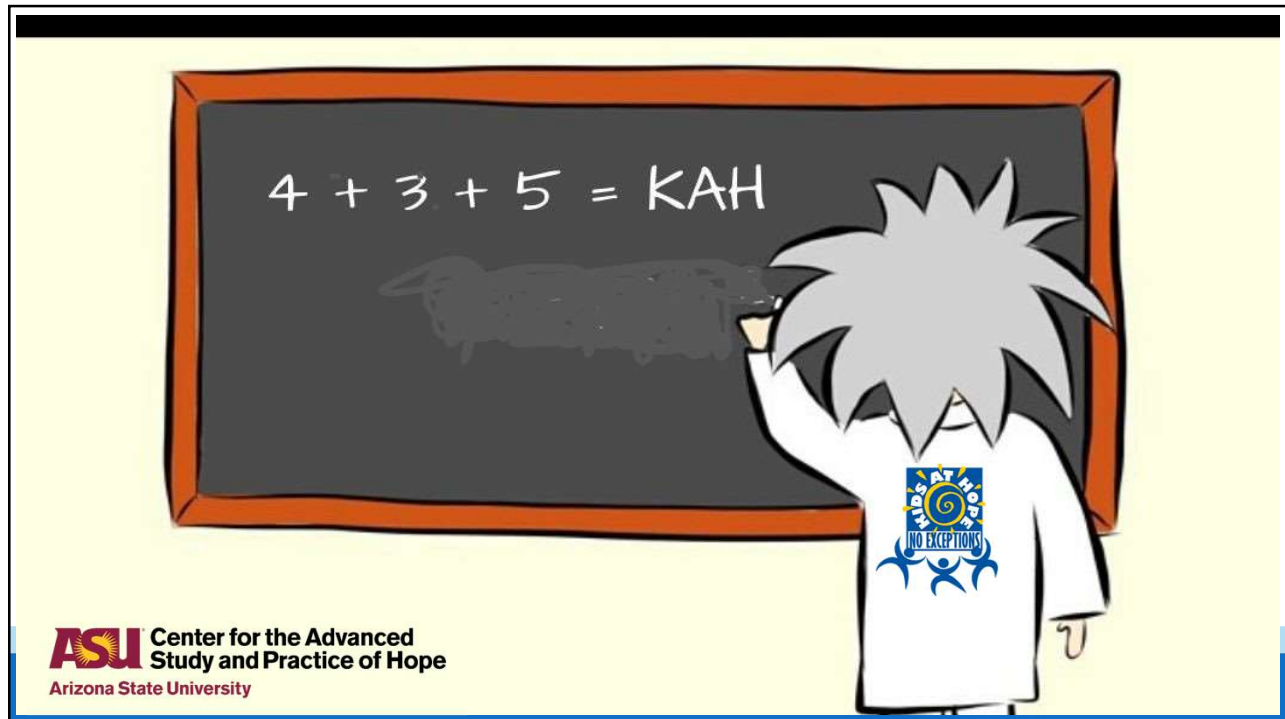


- **Resilience** is a return to a normal state of functioning, after a stressor or trauma; **resilience** represents a homeostatic rebounding to a prior level of functioning.
- **Hopefulness**, predicated on goal-setting perspectives, is comprised of the ability to identify meaningful goals, establish pathways to those goals and harness the energy to pursue goals.

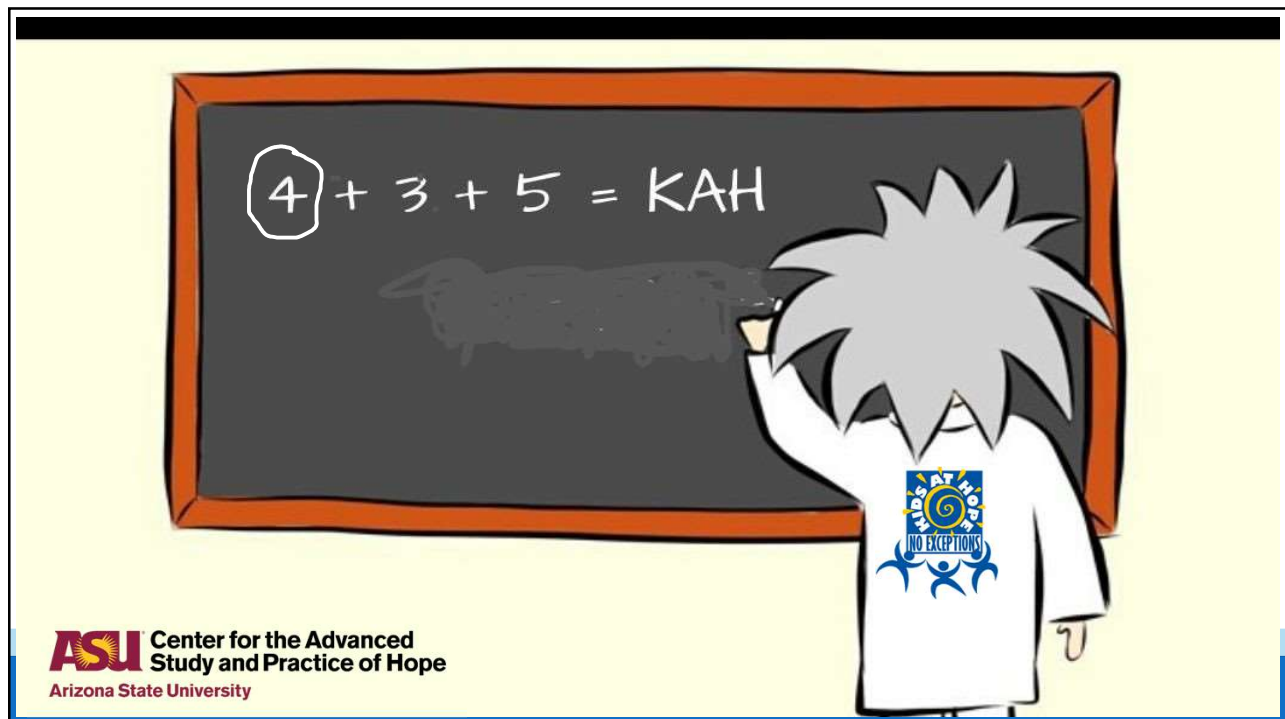
21



22



23



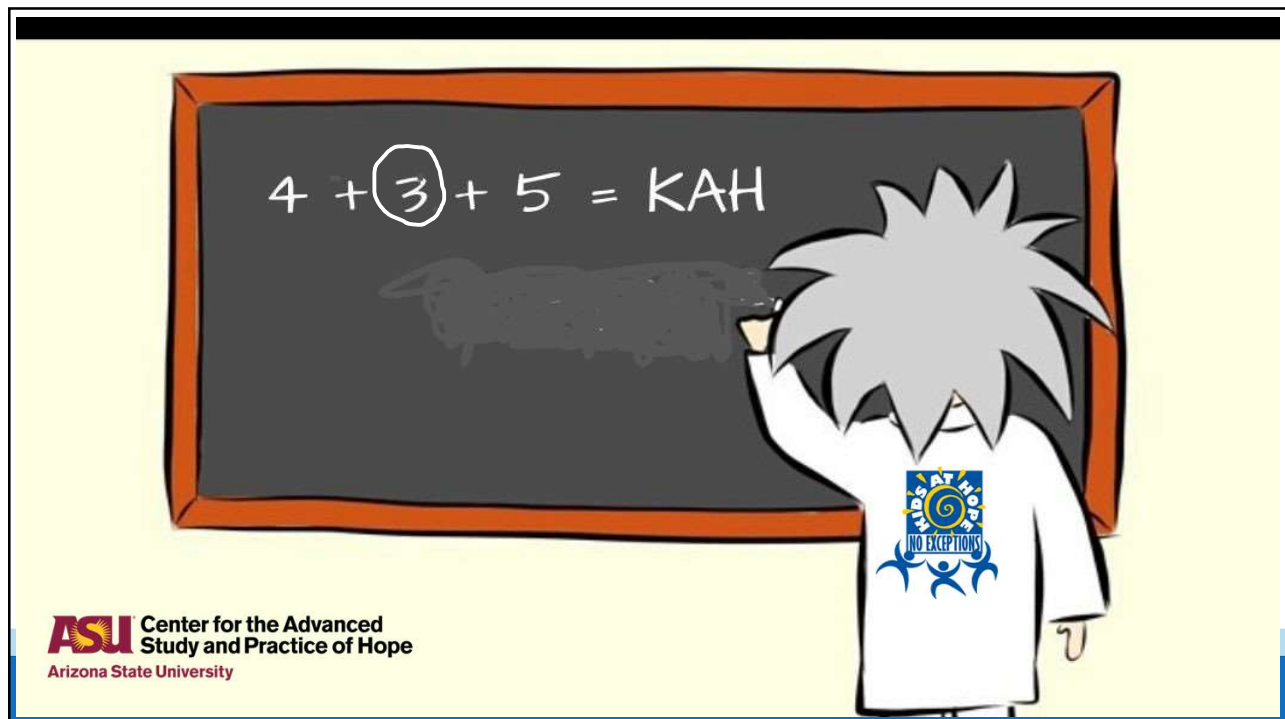
24

Major Research Conclusions

- *It's not the risk/trauma that prevent kids from succeeding – it is the absence of HOPE*
- *We don't control most of the risk children experience, but we do control most of the hope*
- *Hope is taught and learned*
- *Programs /curriculum alone cannot make a difference-Adults do*



25





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26

Universal Truth # 1

Children/youth and adults succeed when they are surrounded by others who believe they can succeed, NO EXCEPTIONS!

BELIEVE



27

Examining our Beliefs

- I believe that all kids are capable of success, No Exceptions

On a scale from 1 – 5 how would you rate yourself?

From Strongly disagree with the statement to strongly agree with the statement

1 2 3 4 5

28

Universal Truth # II

Children/youth/adults succeed when they have meaningful and sustainable relationships with caring people

CONNECT



29



ACES

- ♥ Anchor / Parent
- ♣ Other Caring Adults
- ♠ High Expectations
- ♦ Opportunities for Success

Fun Book Pages 14 & 15

30

Think of a young person you are supervising/counseling

Who are his/her aces?



- Heart
- Clubs
- Spades
- Diamonds

31

Universal Truth # III

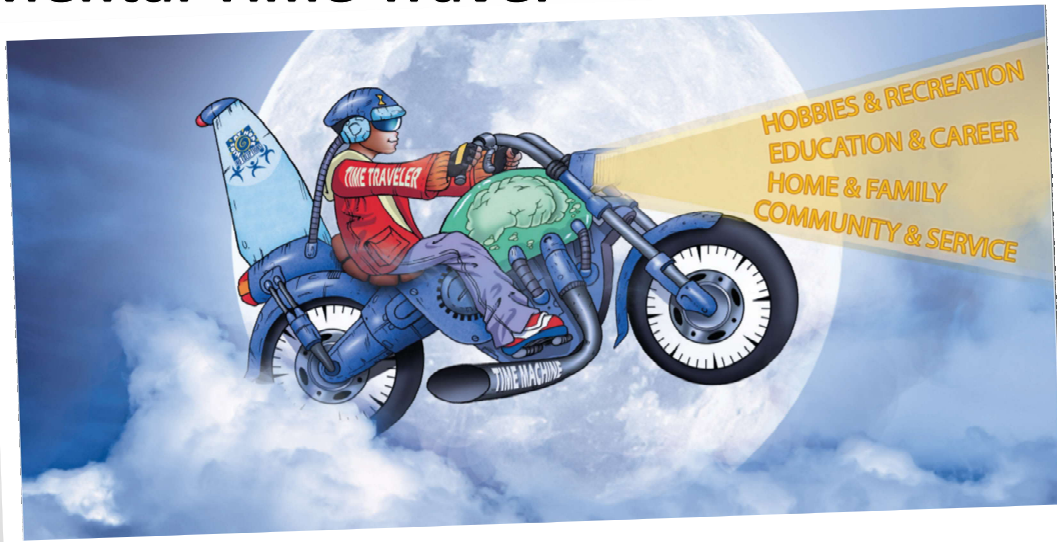
Children/youth/adults succeed when they can articulate their future in more than one destination

TIME TRAVEL



32

Mental Time Travel



33

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34




HOME and FAMILY

Measuring HOPE

Hope Analytics

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35



EDUCATION AND CAREER

Measuring HOPE

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COMMUNITY AND SERVICE

Measuring HOPE

Hope Analytics

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This slide features a low-angle photograph of a wooden ladder extending towards a clear blue sky with light clouds. The ladder is positioned on the left side of the frame. The text is aligned to the right. The slide has a solid blue footer bar.

37

HOBBIES AND RECREATION

Measuring HOPE

Hope Analytics

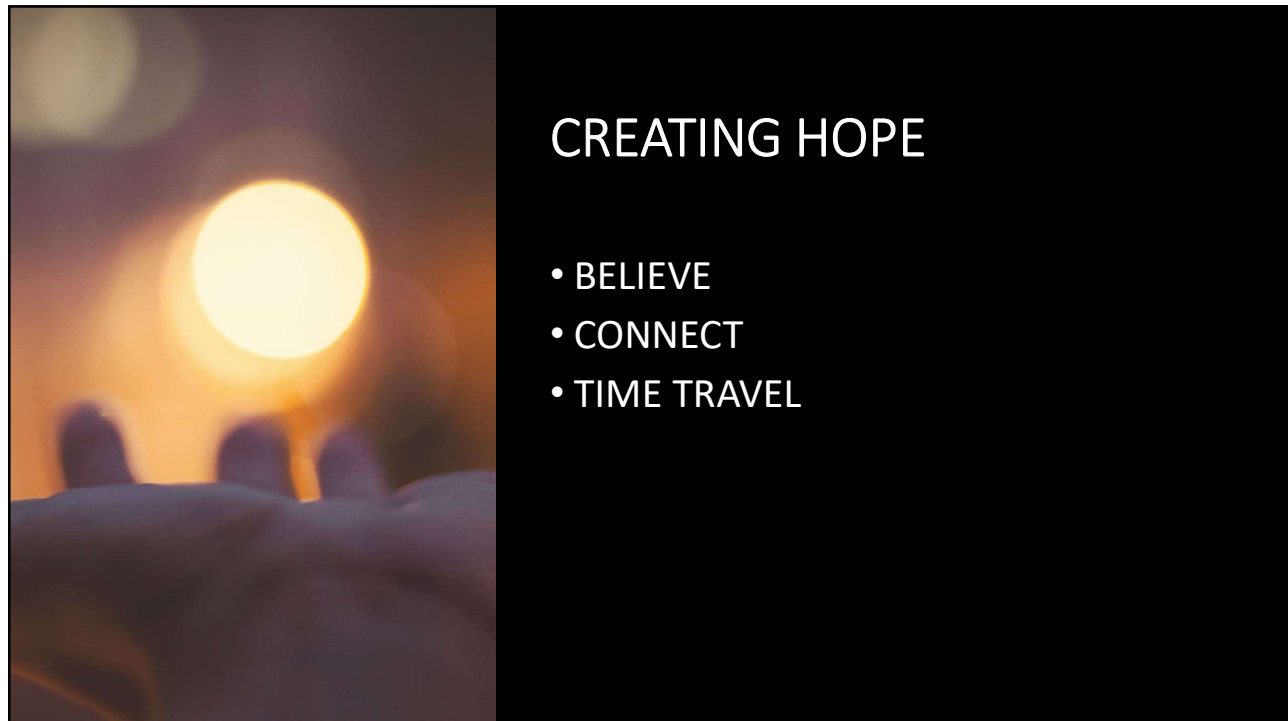
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CREATING HOPE

- BELIEVE
- CONNECT
- TIME TRAVEL

40



Activating Hope

41



Hope and the Future



Home & Family



Education & Career




Community & Service



Hobbies & Recreation

42



Mental
TIME TRAVEL

Home and Family
Education and Career
Community and Service
Hobbies and Recreation

Goals

Pathways

Agency


HOPE

HOPE



Mental TIME TRAVEL

The graphic depicts a human brain with legs, carrying a red suitcase labeled 'HOPE' and holding a red sign labeled 'HOPE'. It is walking on a city street towards a blue signpost with three arrows pointing right, labeled 'Goals', 'Pathways', and 'Agency'. Above the signpost is a larger blue sign with the text 'Home and Family Education and Career Community and Service Hobbies and Recreation' and two downward-pointing arrows. The background shows a blurred city skyline.

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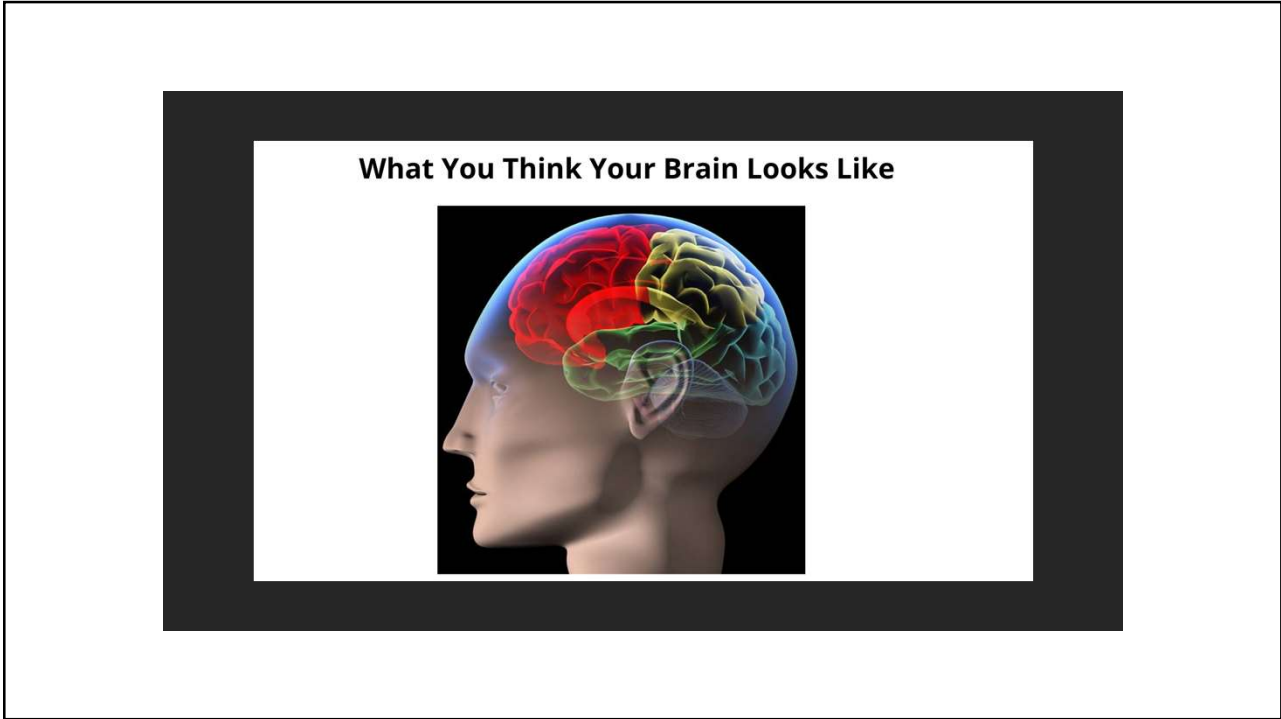
GOALS

PATHWAYS

AGENCY

The top left section features the ASU logo and the text 'Center for the Advanced Study and Practice of Hope' and 'Arizona State University'. Below this is a photograph of a microscope. The right section features a graphic of a DNA double helix with three ribbons: a yellow ribbon labeled 'GOALS', a teal ribbon labeled 'PATHWAYS', and a blue ribbon labeled 'AGENCY'. A small ASU logo is in the bottom right corner.

44



45



46



VOTE for the BRAIN you want

47



48

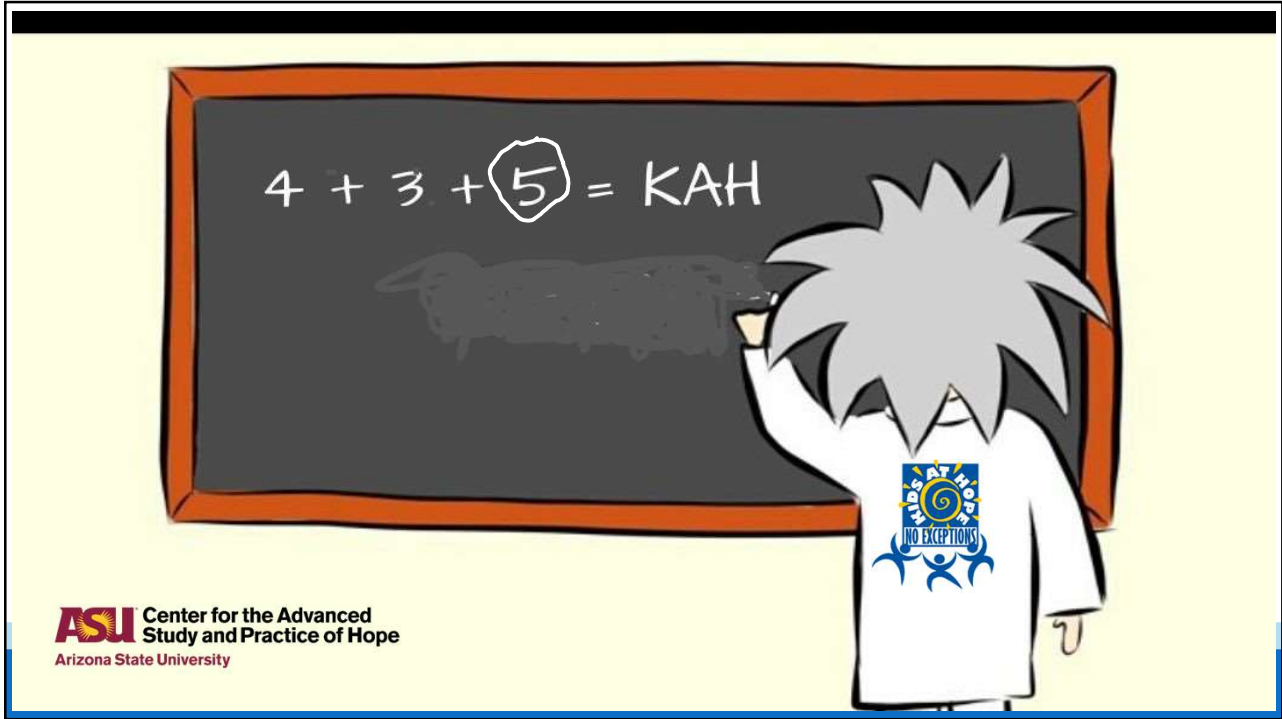


49

Choose Your Personality

Pessimist	Optimist	Hopeful
Personal	Impersonal	Mindful
Pervasive	Isolated	Manageable
Permanent	Temporary	Goals

50

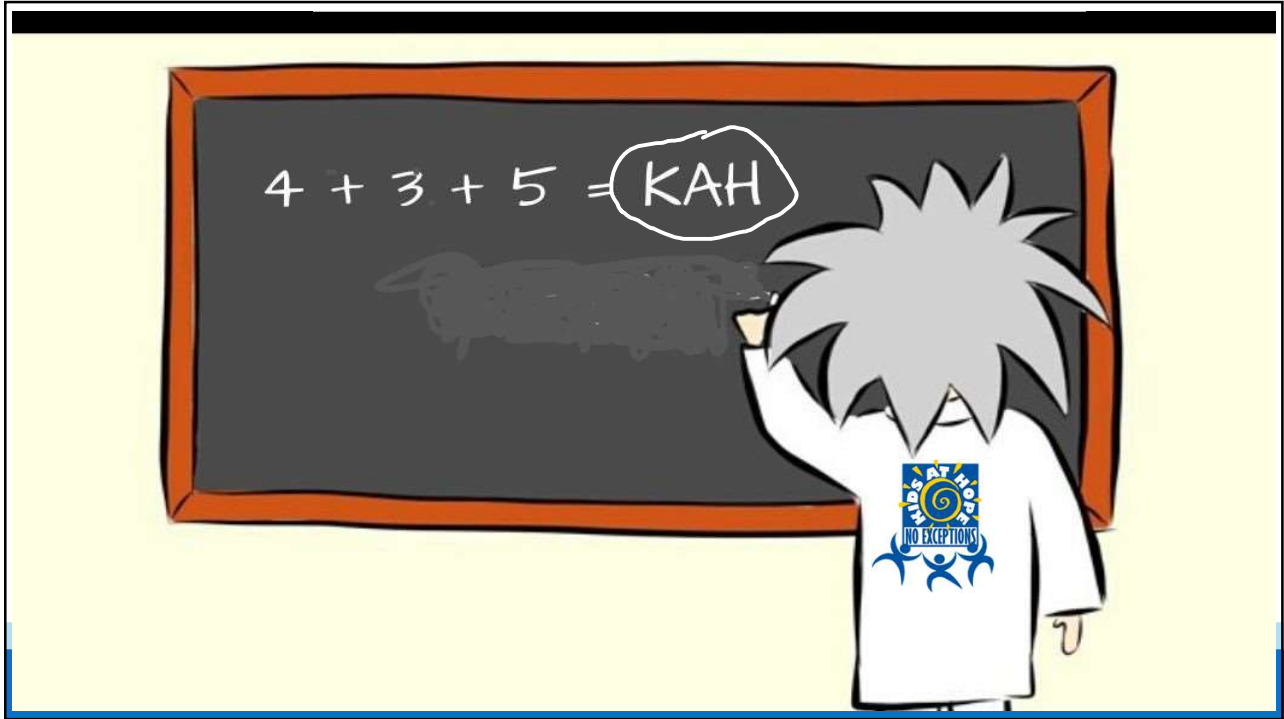


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FIVE PRACTICES

- BELIEF
- PLEDGES
- REPORT CARD
- PASSPORT TO THE FUTURE
- ACES TRACKING

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The Mental Blueprint



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Fun Book Page 31

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The Framework

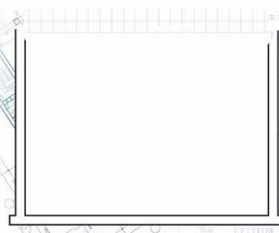
**Universal Truth II
CONNECT**

Children succeed when they have meaningful, sustainable relationships with caring adults.

Aces

- Anchor Parent
- Other Caring Adults
- High Expectations
- Opportunities for Success

(FIRST BEARING WALL)



**Universal Truth I
BELIEVE**

Children succeed when they are surrounded by adults who believe they can succeed.
All Children are capable of success, **NO EXCEPTIONS!**
(FOUNDATION)

**Universal Truth III
TIME TRAVEL**

Children succeed when they can articulate their future.

Four Destinations


- Home & Family
- Hobbies & Recreation
- Community & Service
- Education & Career

(SECOND BEARING WALL)

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Fun Book Page 22

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The Framework


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(SECOND BEARING WALL)

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Fun Book Page 31

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The Framework

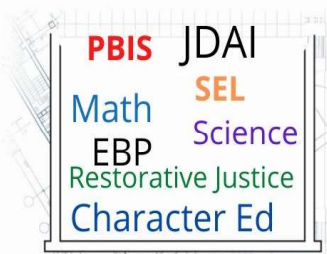
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(SECOND BEARING WALL)

57

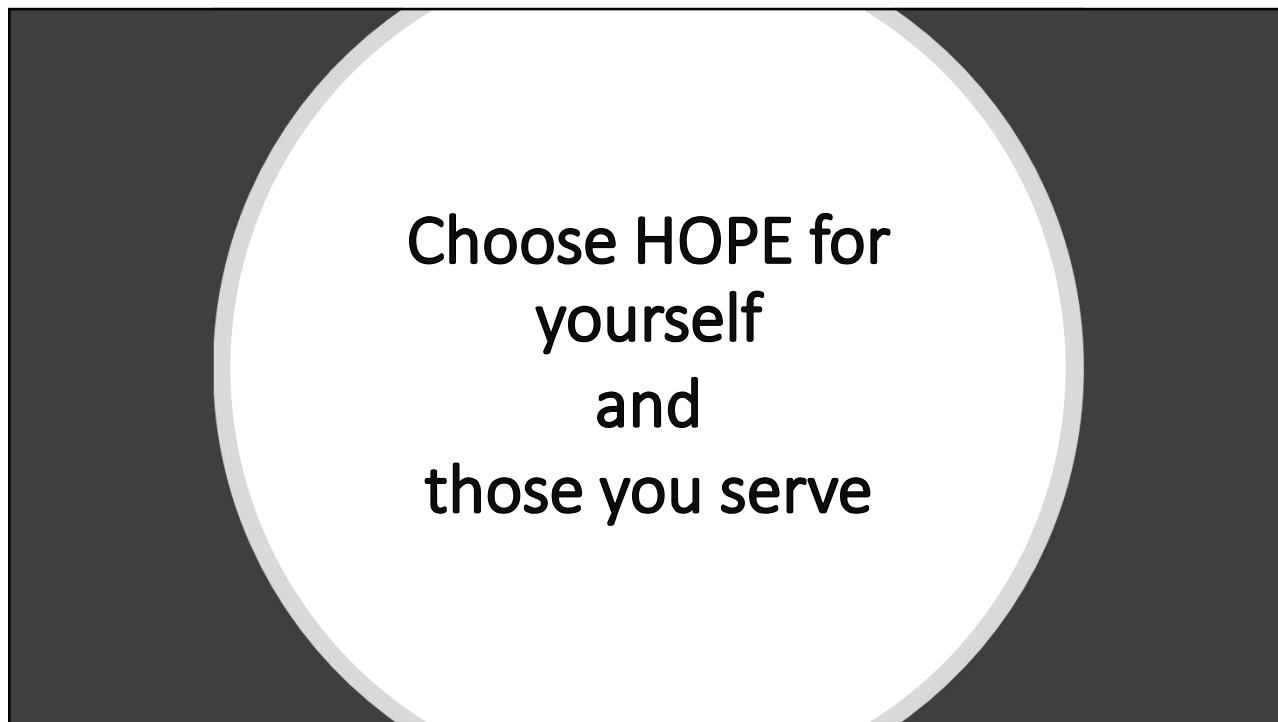


Measuring HOPE

Hope Analytics

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59



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