

Familyhood

Statewide Training

Harnessing Hope

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Harnessing Hope



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Tammy Williams
Hope Ambassador



OKLAHOMA
Human Services

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The Science of Hope



Table Activity

If there were no barriers in your way and you had all the free time in the world, what new skill or hobby would you pursue? Why?



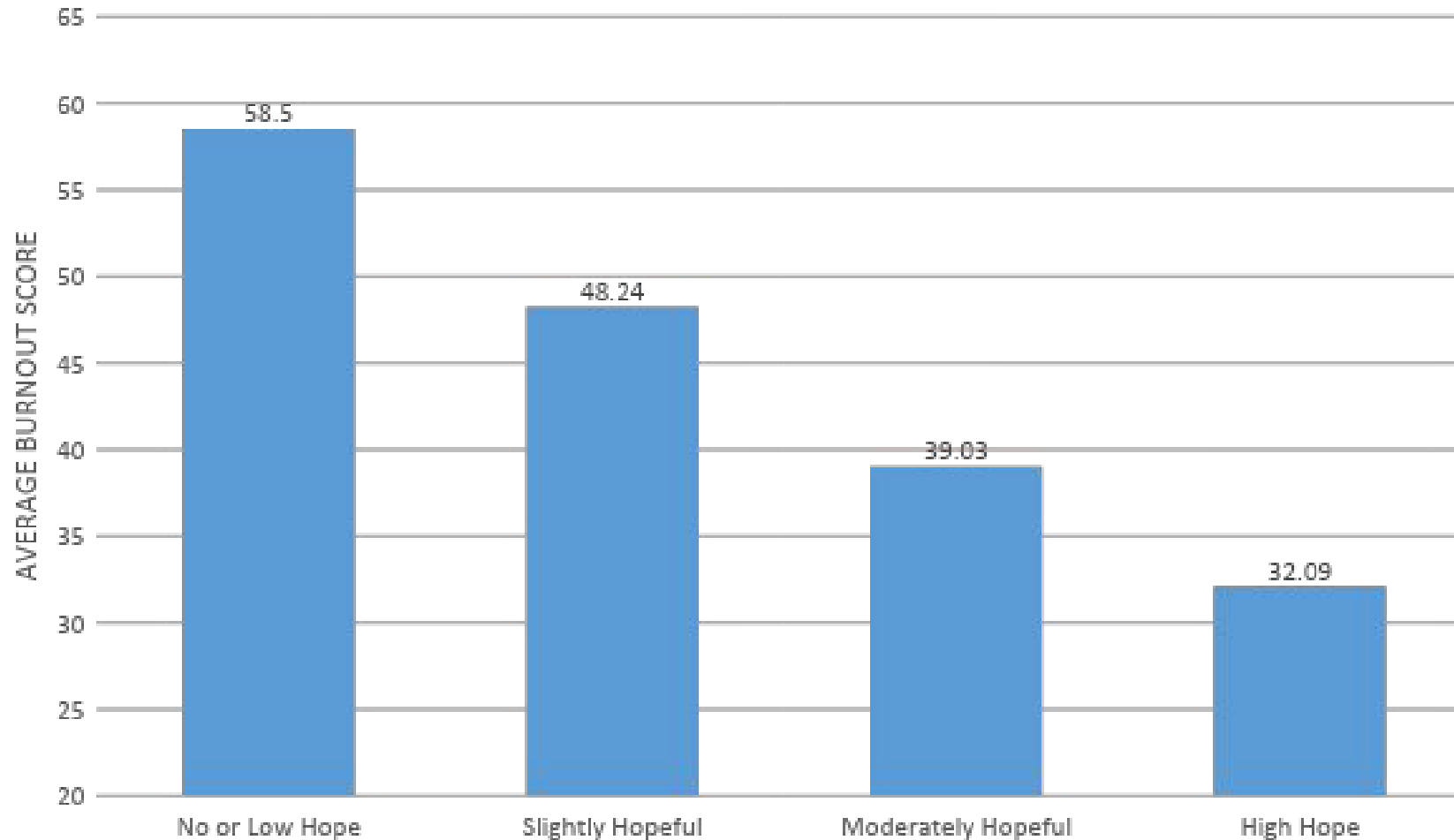
The Science of Hope



When Hope Rises:

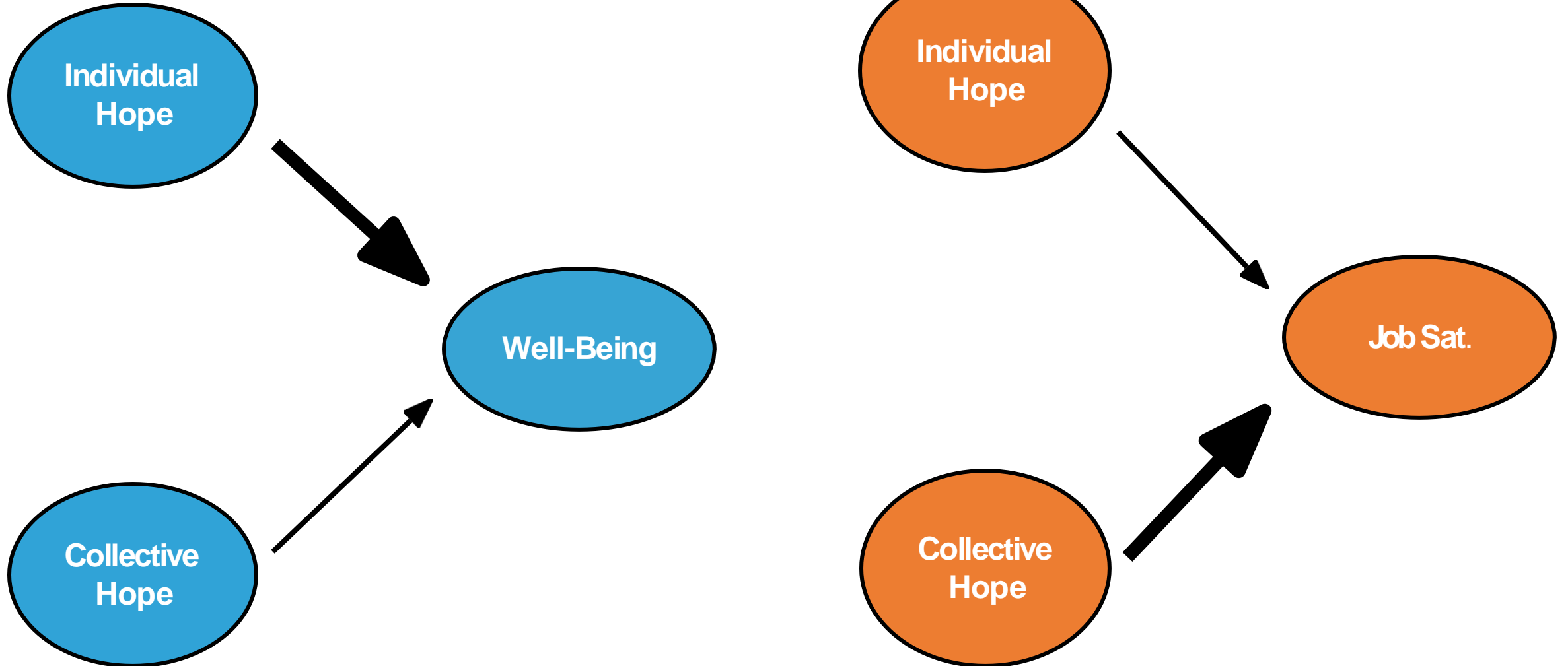
- ✓ Well-being improves
- ✓ Employees are more productive
- ✓ Depression decreases
- ✓ Families follow through with plans
- ✓ Patients recover better and faster
- ✓ Patients comply with treatment plans
- ✓ Strengths are activated

Hope and Employee Burnout



Hope-Centered Organization

Individual Hope and Collective Hope



Well-Being



Current practice model

**Well-being is viewed as
the reduction of
adversity.**

*What is wrong
with you?*

Depression/Anxiety
Externalizing Behaviors
Disengagement
Emotional Dysregulation
Etc.

The Hope Framework

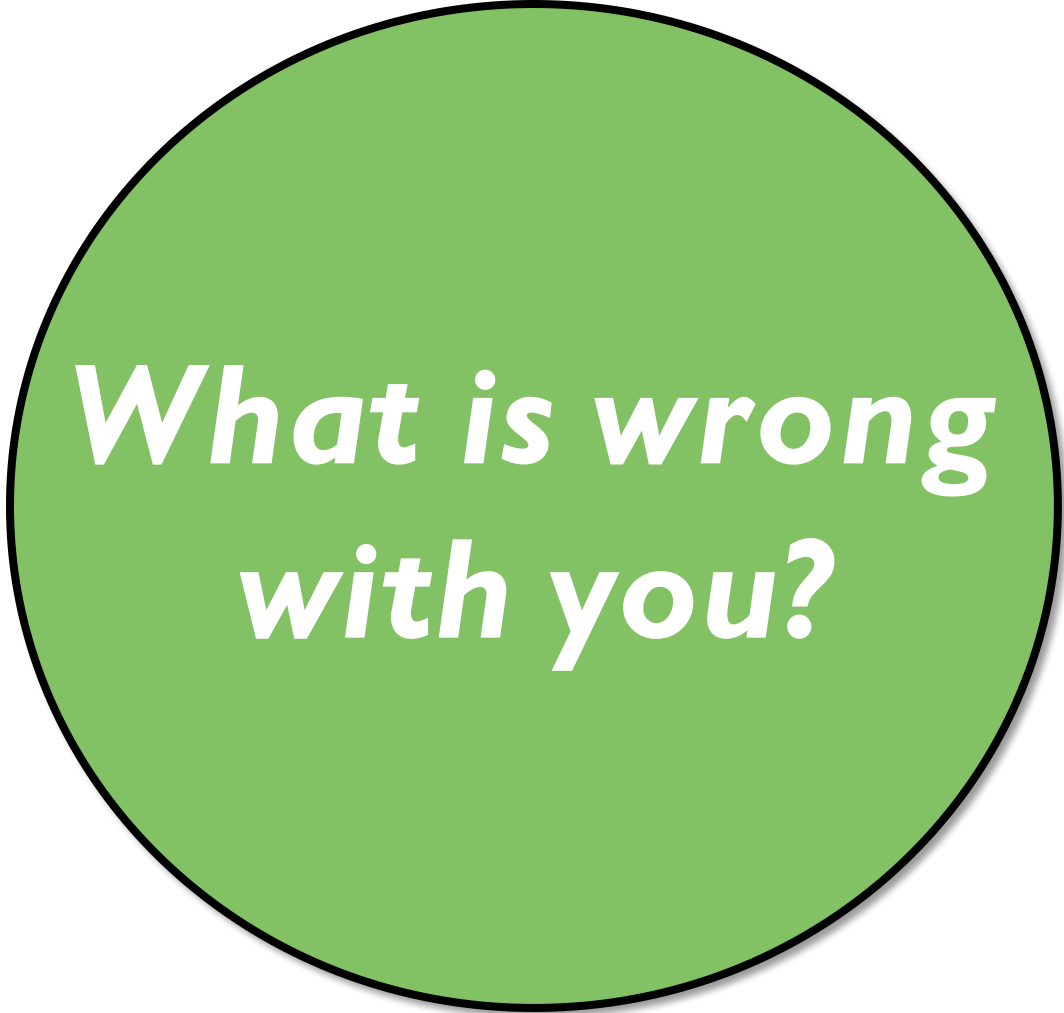
**Well-being from
a strength
perspective.**

*What is right
with you?*

Current practice model

**Well-being is viewed as
the reduction of
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Depression/Anxiety
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Etc.



*What is wrong
with you?*

**Well-being from
a strength
perspective.**



*What is right
with you?*



Hope Awareness





What is Hope?



What does Hope mean to you?

Is it an emotion?

Is it a cognition?

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

Hope



The Simplicity of Hope



Pathways refers to the ability to identify routes toward goals and to find new routes around obstacles.



Willpower is the ability to sustain motivation to move along pathways.



Goal setting is the cornerstone of Hope.

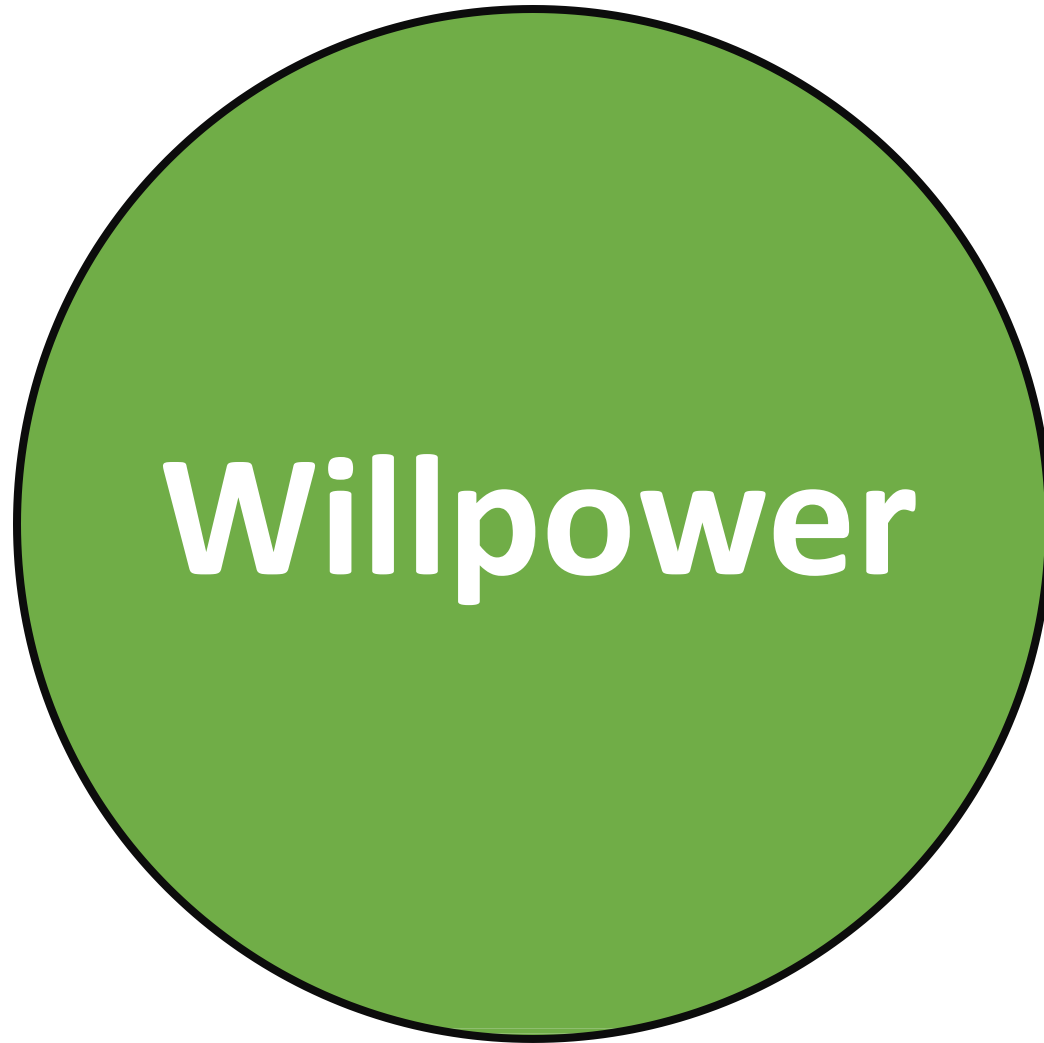


Goal setting is the cornerstone of Hope.



Pathways

Pathways refers to the ability to identify routes toward goals and to find new routes around obstacles.



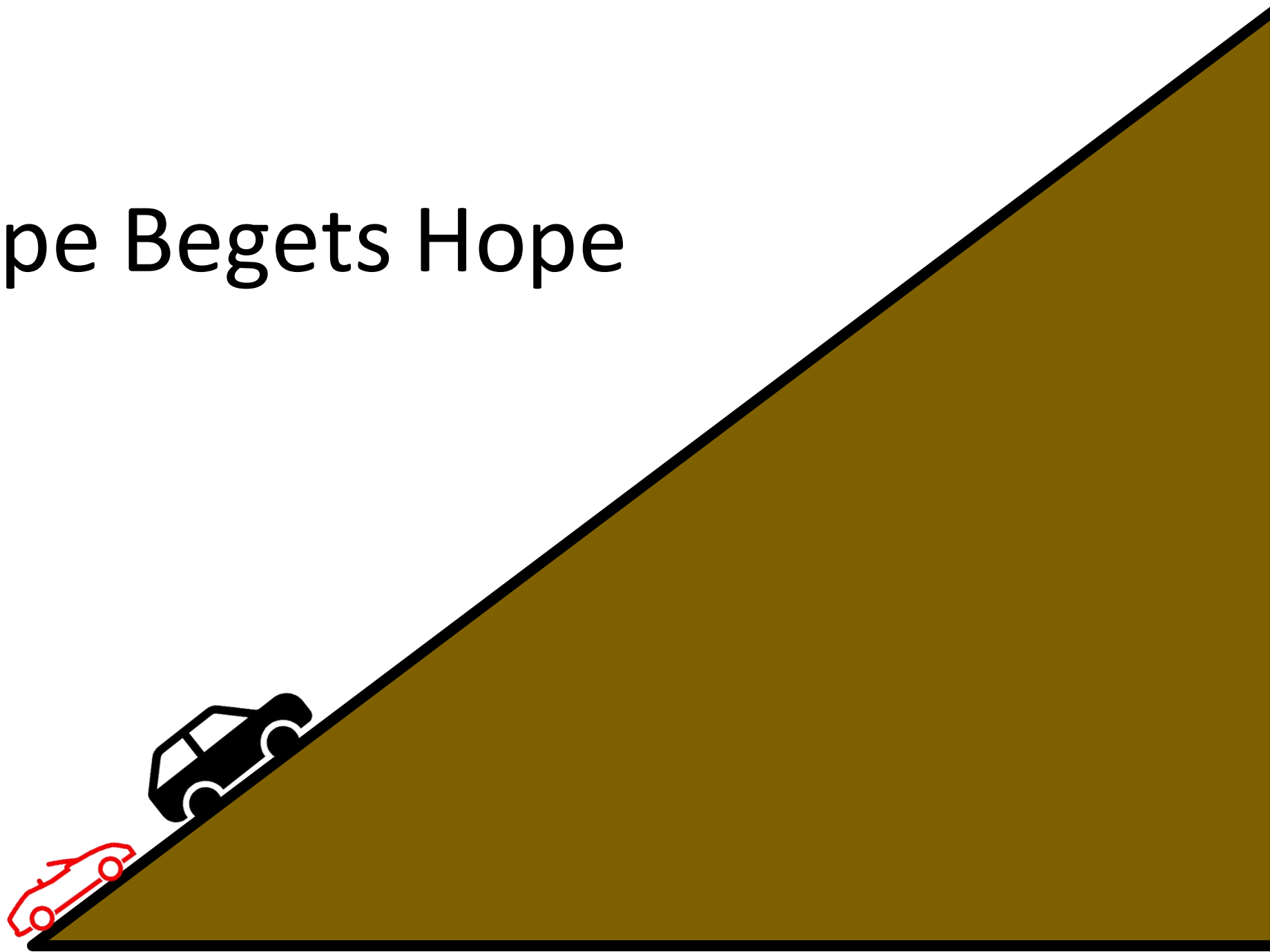
Willpower is the ability to sustain motivation to move along pathways.

The Simplicity of Hope



...willpower without pathways is a wish!

Hope Begets Hope



The Science of Hope



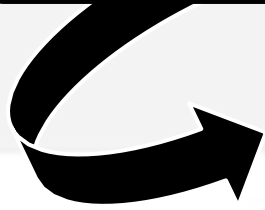
Activity

Share with table mates a time you have overcome adversity (professionally or personally).

**What is the opposite
of Hope?**



HOPE



ANGER



DESPAIR



**APATHY
(Hopeless)**

Hope Loss



Hope can be taught!

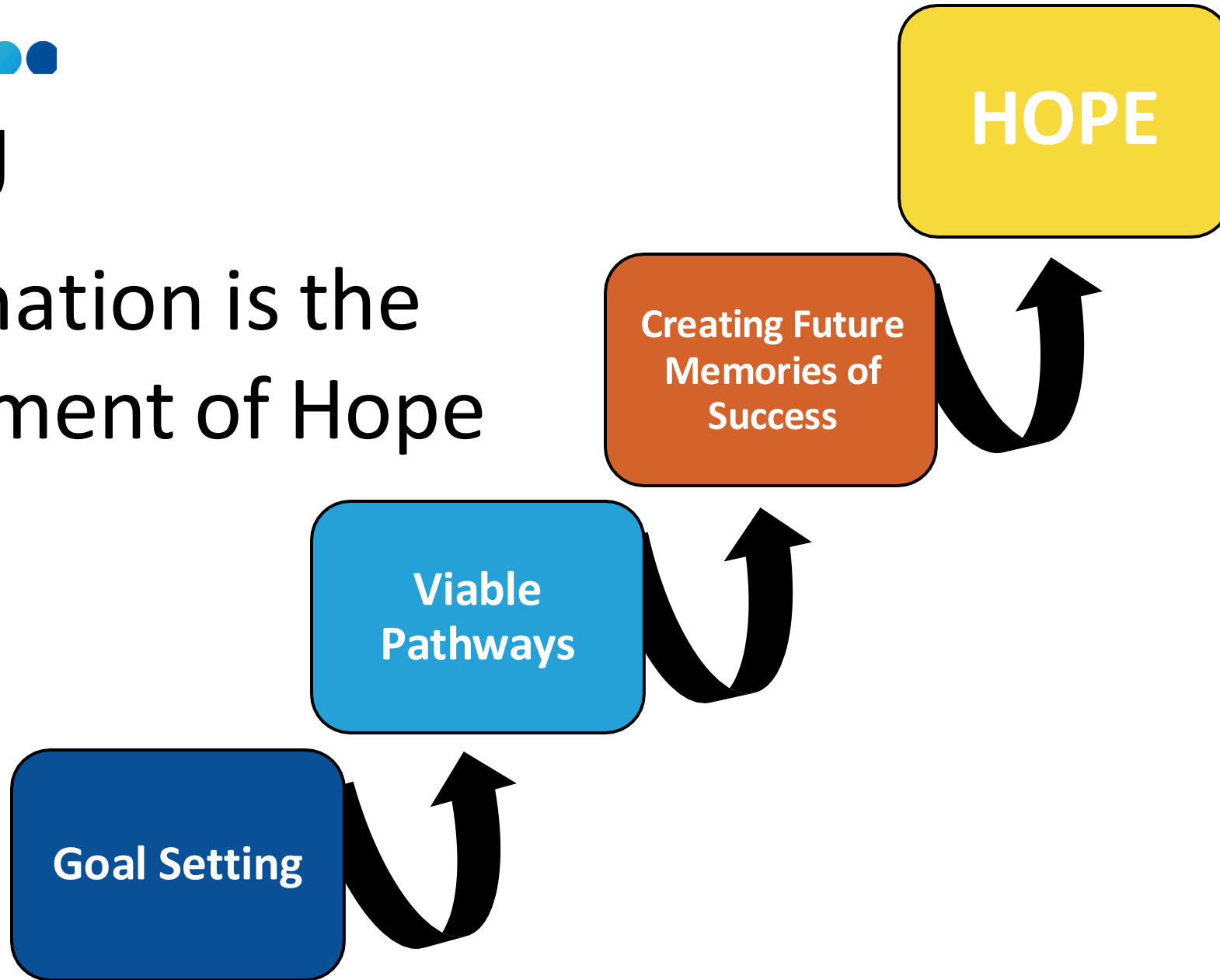


HOPE

HERE

Hope Nurturing

Imagination is the
Instrument of Hope



Strategies to Nurture Hope



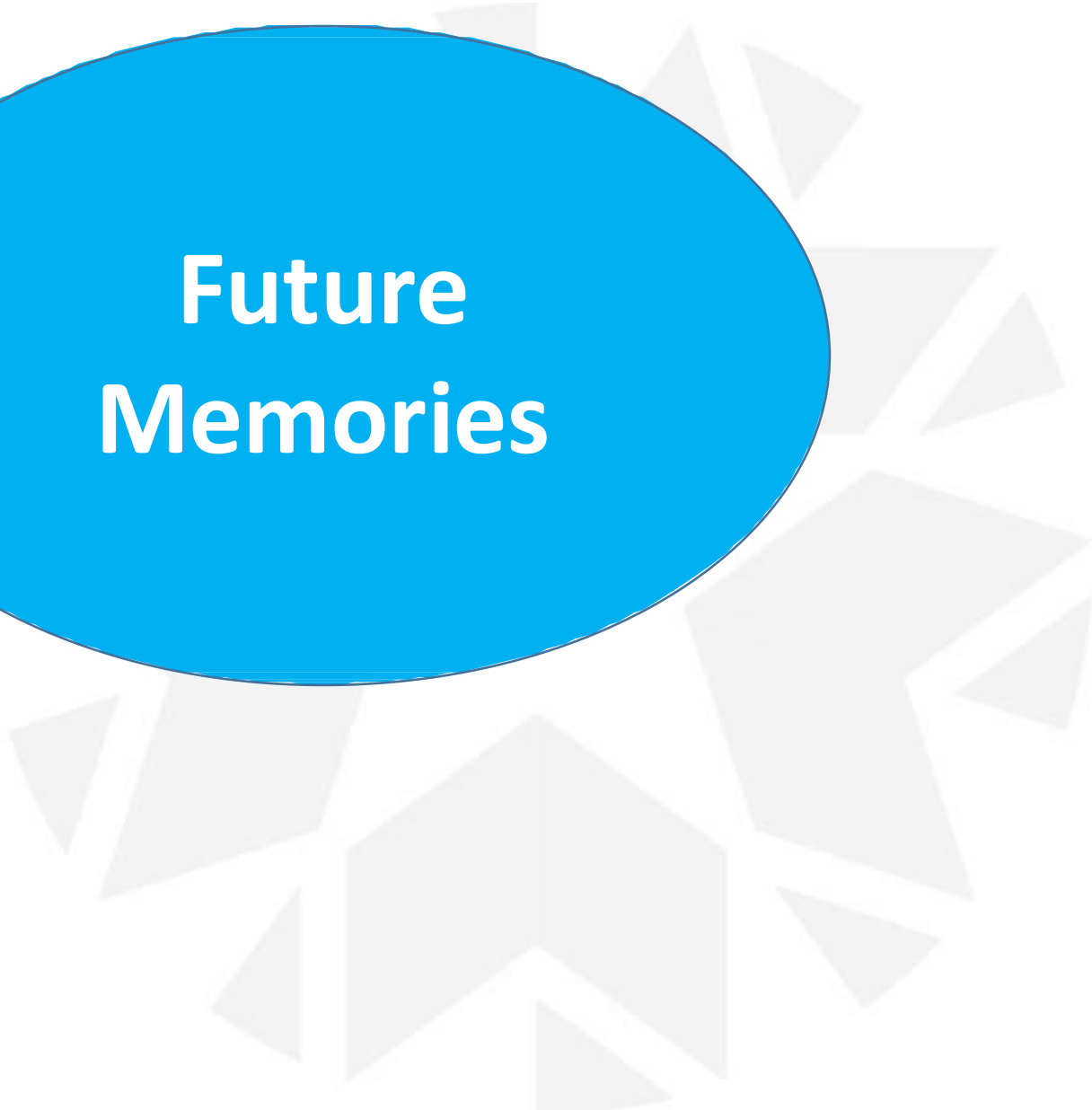
Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help the individual develop personally relevant goals.
Pathways	List and discuss potential pathways the clients choose.
Willpower	Have individual identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.

Imagination is the Instrument of Hope



**Story Telling &
Origin Story**

**Future
Memories**



Nurturing Our Own Imagination



The Enemies!



- Unmitigated Trauma
- Doomscrolling
- Inner critic
- Toxic peers
- Overcommitment

Imagination is the Instrument of Hope



Boost Your
Imagination!



- Environment
- Unplanned time
- Mindfulness
- Check your inner voice
- Positive relationships
- Practice storytelling
- New hobbies

Hope-Centered Goal Setting Activity

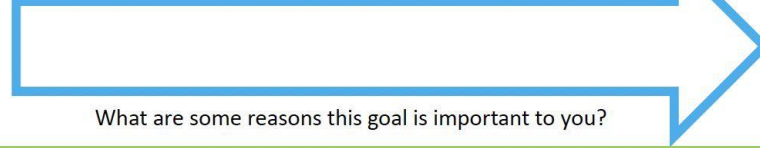
A Guided Conversation



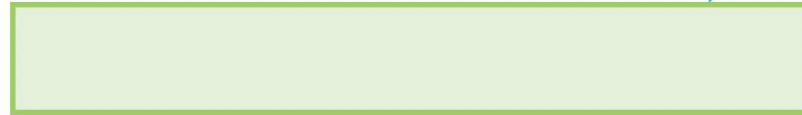
Take one minute to identify a goal you would like to achieve. This can be personal or professional.

Discuss your goal with someone at your table. Discuss why the goal is important to you and use the prompts on the worksheet to discuss the pathways, obstacles and steps.

Hope starts with a goal. What is your goal?



What are some reasons this goal is important to you?



Circle the best options

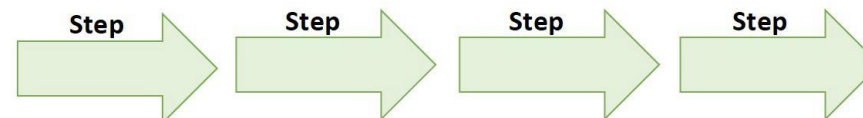
My goal will help me:	Achieve something	Avoid something	A little of both
My goal is:	Very Difficult	Moderately Difficult	Not difficult at all
To accomplish my goal, I'll need to:	Take action (I have everything I need)	Stretch myself (maybe learn new things)	
Who will support me?			

...willpower without pathways is a wish!

Brainstorm the possible pathways you can choose to achieve your goal and pick two options. Consider potential barriers.

<p>Pathway</p> <p>Potential Barriers</p>	<p>Pathway</p> <p>Potential Barriers</p>
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Choose the best pathway and identify the steps to take toward your goal.



Hope is the belief that my future can be better than today, and I have the power to make it so.

Hope-Centered Organization



Becoming Hope-centered



Hope provides a unifying language across multidisciplinary teams

- Create a positive culture grounded in setting aspirational goals
- Identifying and navigating solution focused pathways
- Supporting the willpower necessary to pursue those goals

A Hope-Centered Organization



- **Do your services support the possibility of a better future?**
- **Do they provide pathways? Do they restore willpower?**
- **Are there places you may rob people of hope?**
- **Are there unnecessary obstacles?**
- **Do you know your customers' goals?**
- **Do you know your employees' goals?**
- **Does your environment nurture hope?**
- **Do your policies and procedures advance avoidant or achievement goals?**

Remember!
You have the power to make it so  HOPE



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Familyhood Statewide Training

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