



CHIEF PROBATION
OFFICERS
OF CALIFORNIA

June 8 - 10, 2021

#MakeCCRWork

FIFTH ANNUAL CONFERENCE ON THE
CONTINUUM OF CARE REFORM

Hope Rising: How the Science of HOPE Can Change Your Life



Casey Gwinn, J.D. &
Chan Hellman, Ph.D..

June 8, 2021



We are born with HOPE...

It is the *essence* of who we are
as human beings



Direct and Vicarious Trauma and Adversity in life Can Rob Us All of HOPE...

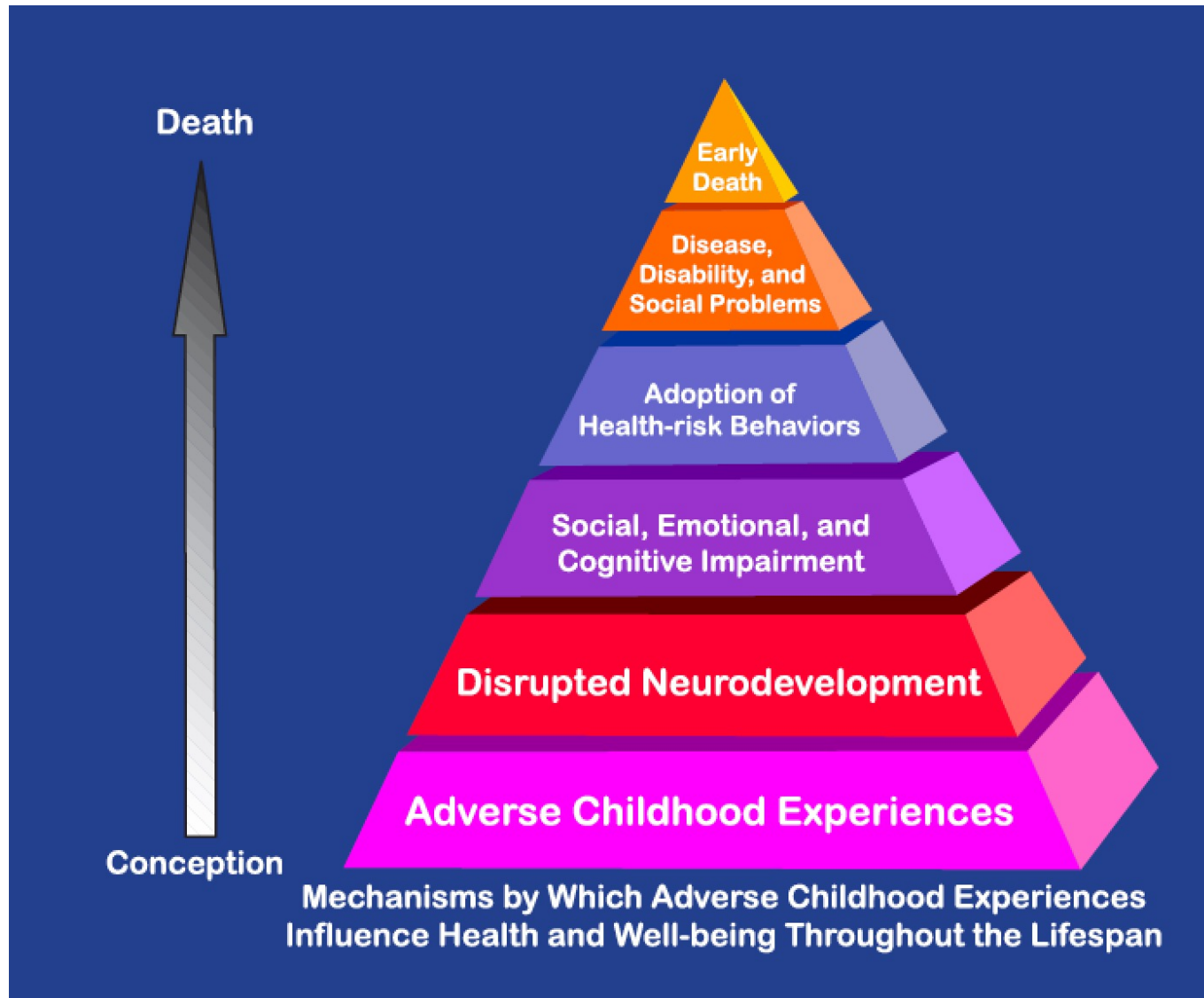
Children are robbed **first**...



**We want to create hope for every
person...we must give hope,
always hope...**

Mother Teresa





Adverse Childhood Experiences Study (ACE)

- Ten questions/ten trauma experiences
- Predictive of adult illness, disease, and criminality
- www.cestudy.org
- www.cestoohigh.org

ACE Questionnaire Categories

- Physical Abuse
- Sexual Abuse
- Verbal/Emotional Abuse
- Neglect
- Witnessing Domestic Violence
- Drug or Alcoholic Abuse By Parent
- Absent/Divorced/Separated Parent
- Mental Health Issues
- Incarcerated Parent



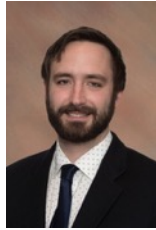
Casey Gwinn



Gael Strack



Yesenia Aceves



William Ackerman



Jackie Anderson



Chelsea Armstrong



Andrea Barkley



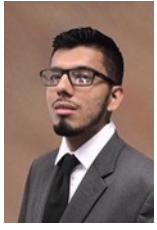
Priya Bhat-Patel



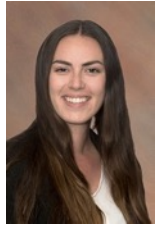
Isabella De Silva



Fernanda España



Alek Gastelum



Karly Gersberg



John Hamilton



Jessica Kimsey



Emma Mattingly



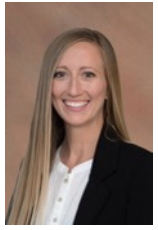
Aksana Nepal



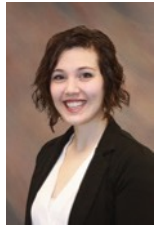
Raeanne Passantino



Bill Smock, MD
Medical Director



Alexa Peterson



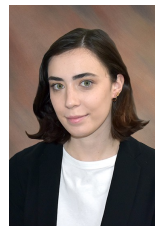
Sarah Pike



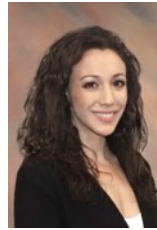
Maryann Postiglione



Holly Regan



Grace Shuman



Brynne Spain



Amy Stobbe



Jamal Stroud



Erica Yamaguchi



**Average ACE Score of our
Alliance Team: 4.4**

“Time does not heal. Time
conceals.”

Dr. Vincent Felitti

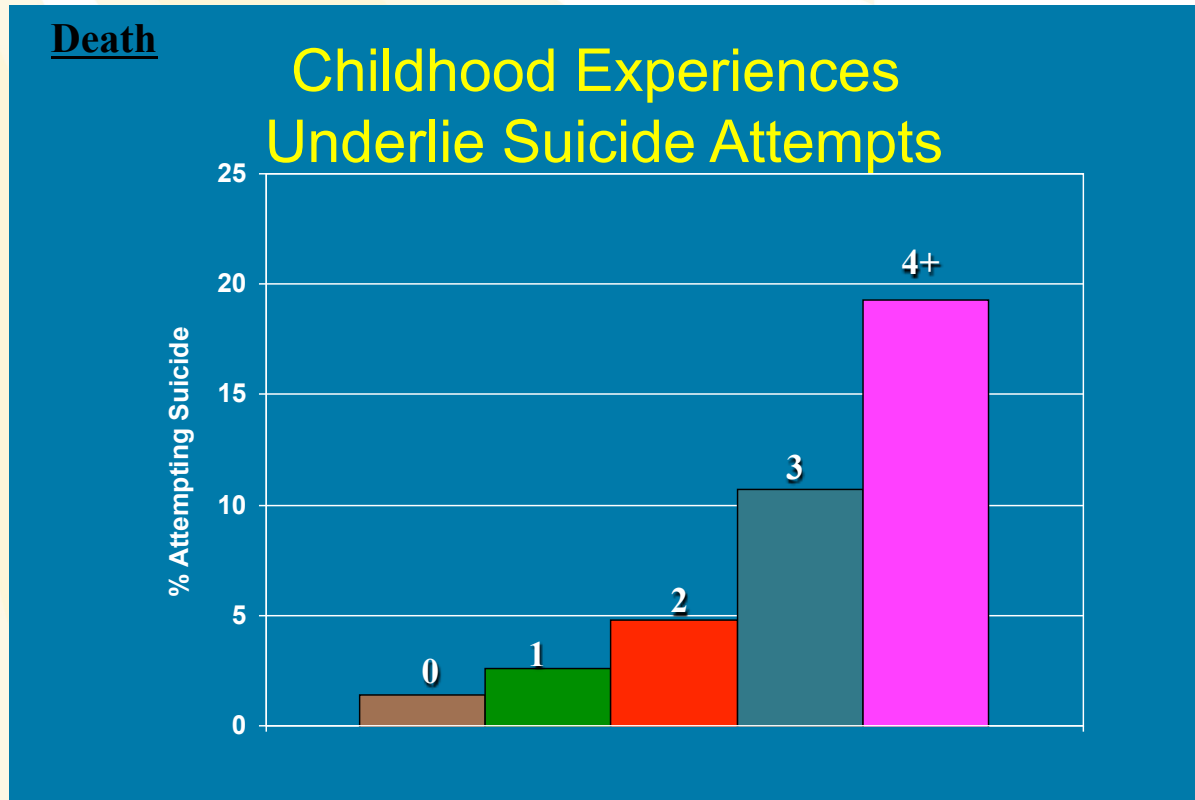
Co-Principal Investigator

Adverse Child Experiences (ACE) Study



**The predictive nature of
unmitigated childhood trauma on
illness, disease, victimization, and
criminality...**

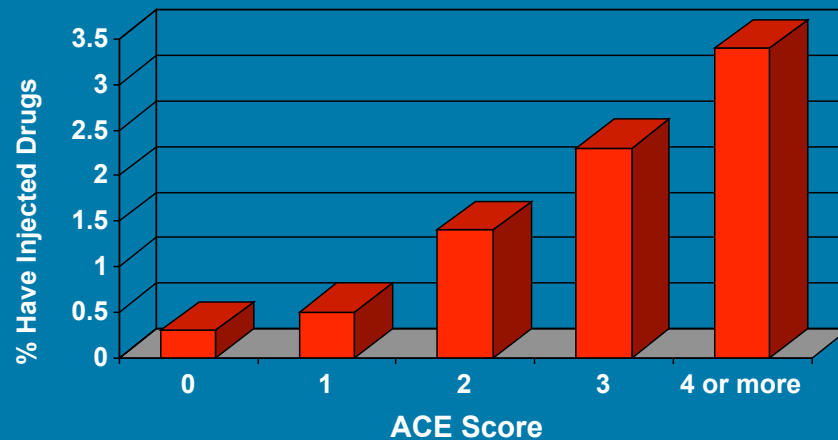
1200% more likely to attempt suicide



4600% more likely to be IV drug/opioid user (at ACE Score of 6)

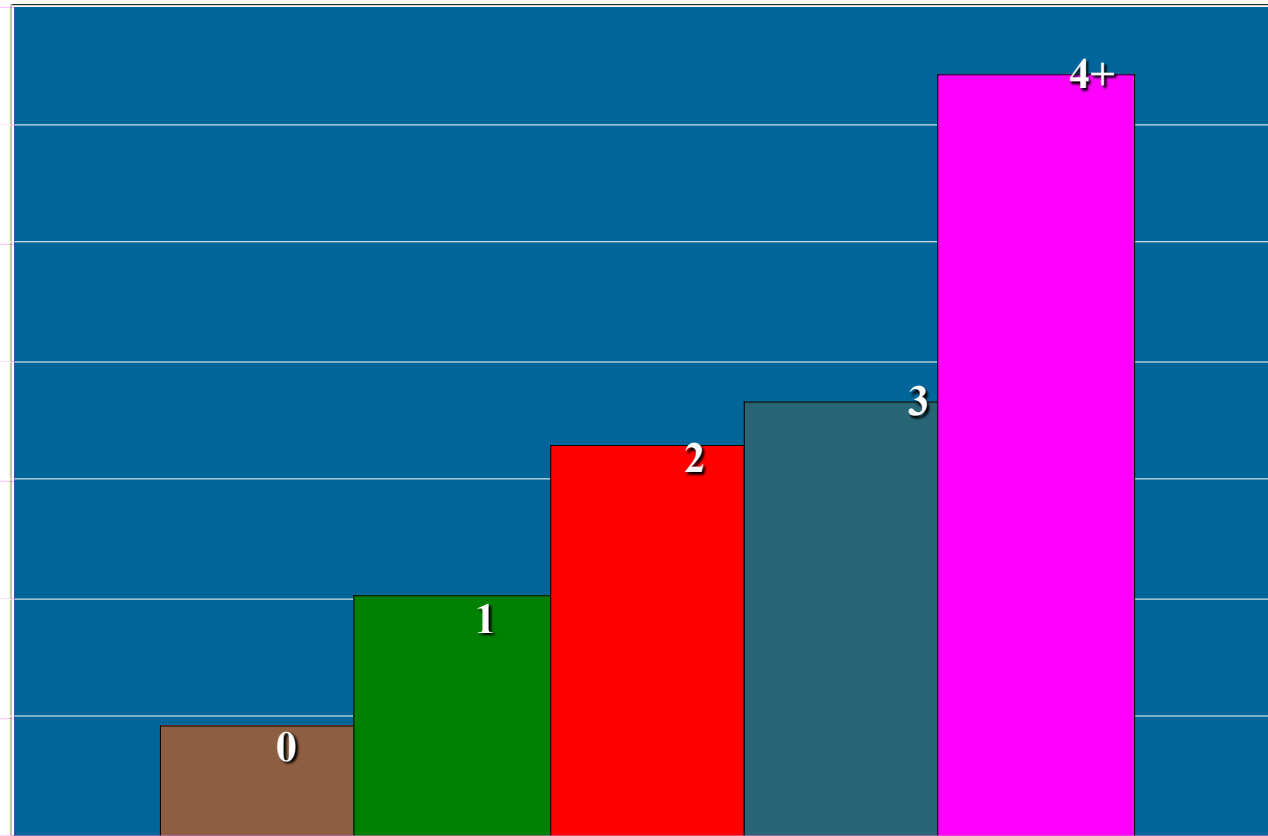
Health risks

ACE Score vs Intravenous Drug Use



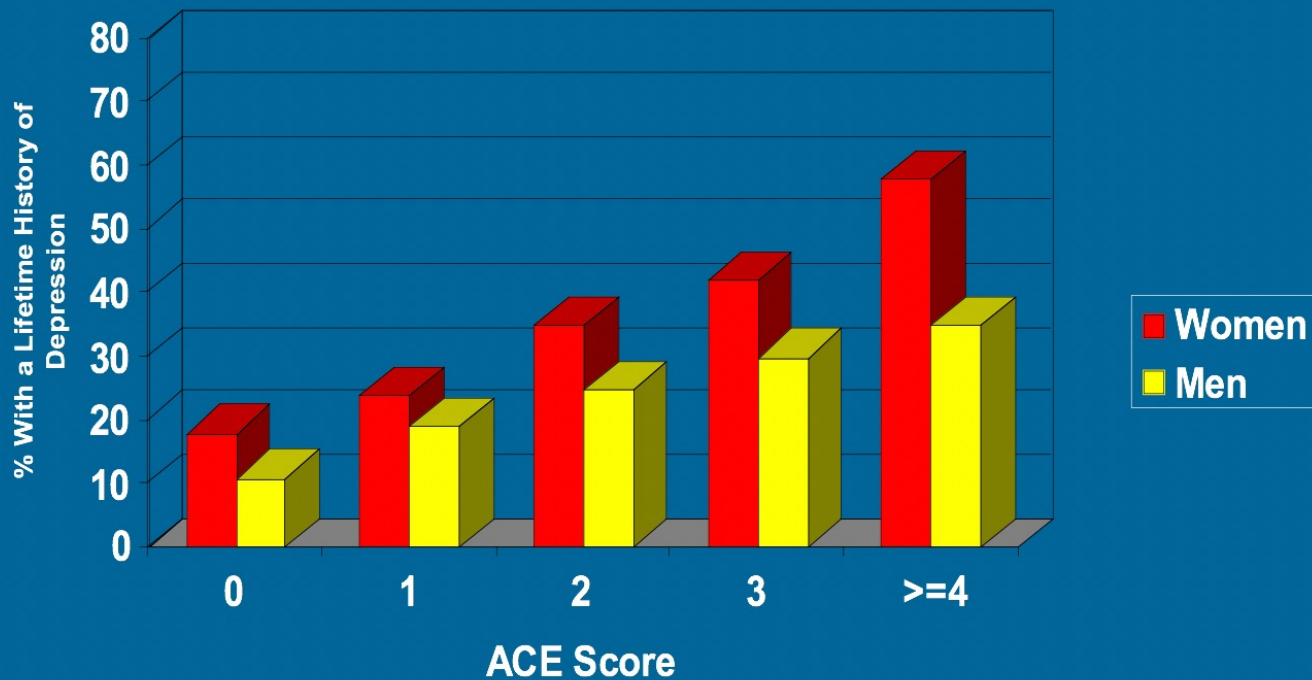
$p < 0.001$

Childhood Experiences Underlie Rape



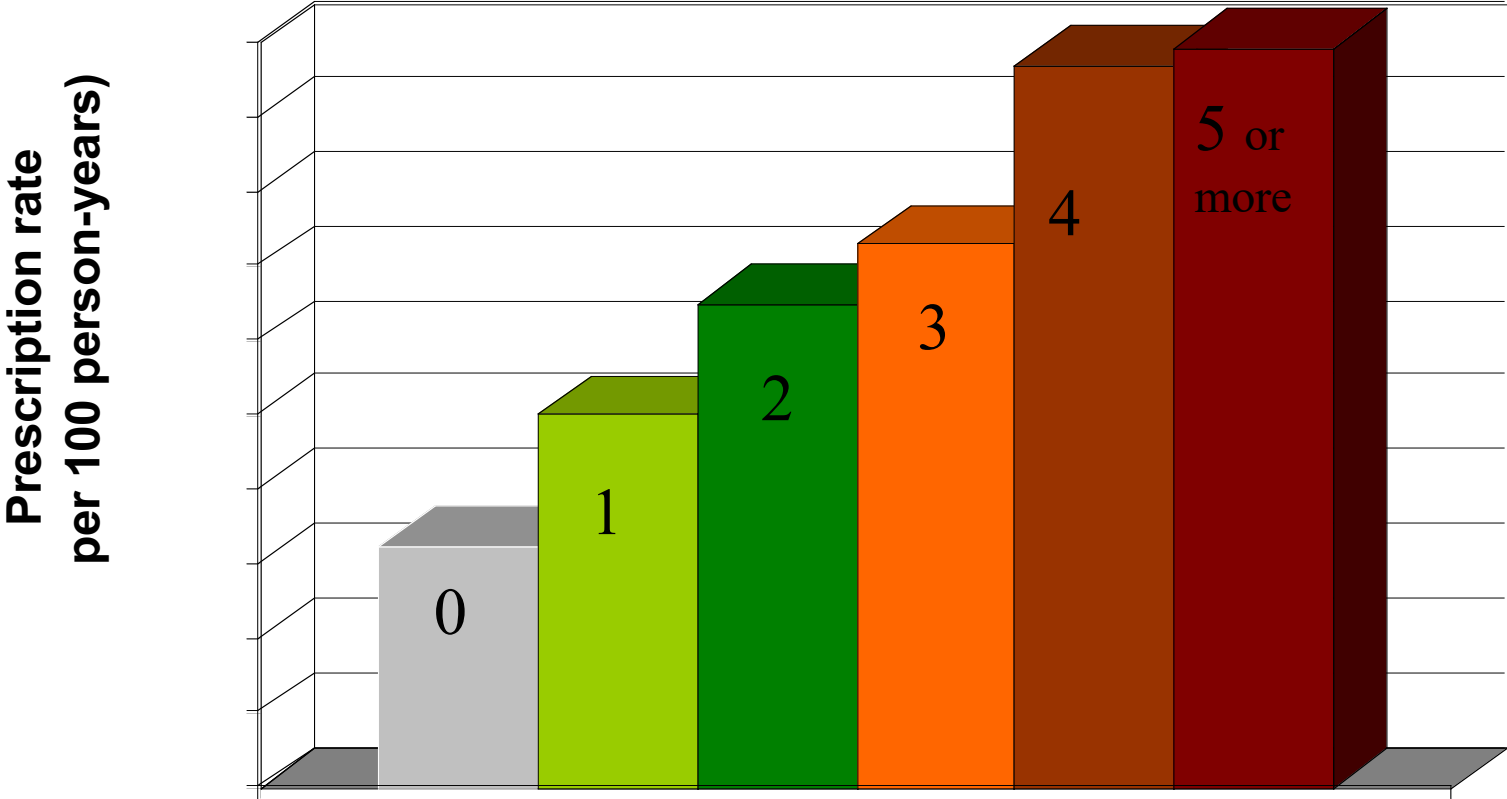
Well-being

Childhood Experiences Underlie Chronic Depression



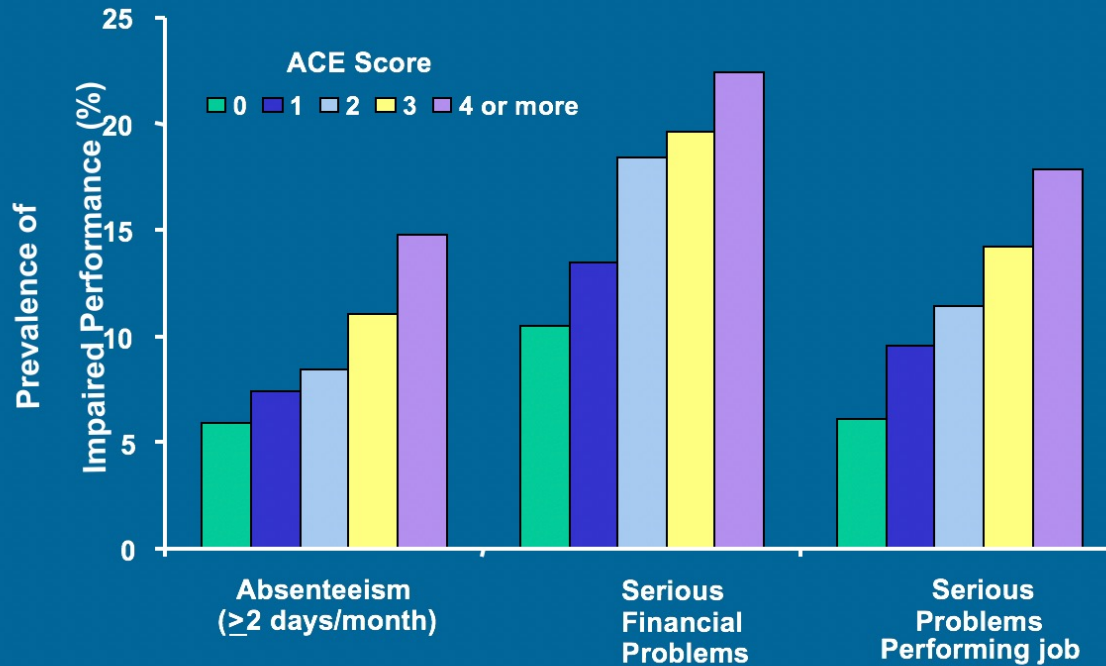
Costs

Childhood Experiences Underlie Prescription of Antidepressants 50 Years Later



Social malfunction:

ACE Score and Indicators of Impaired Worker Performance



Gallup:

“Higher hope employees can do in seven hours what it takes lower hope employees to do in eight hours.”

Biomedical disease

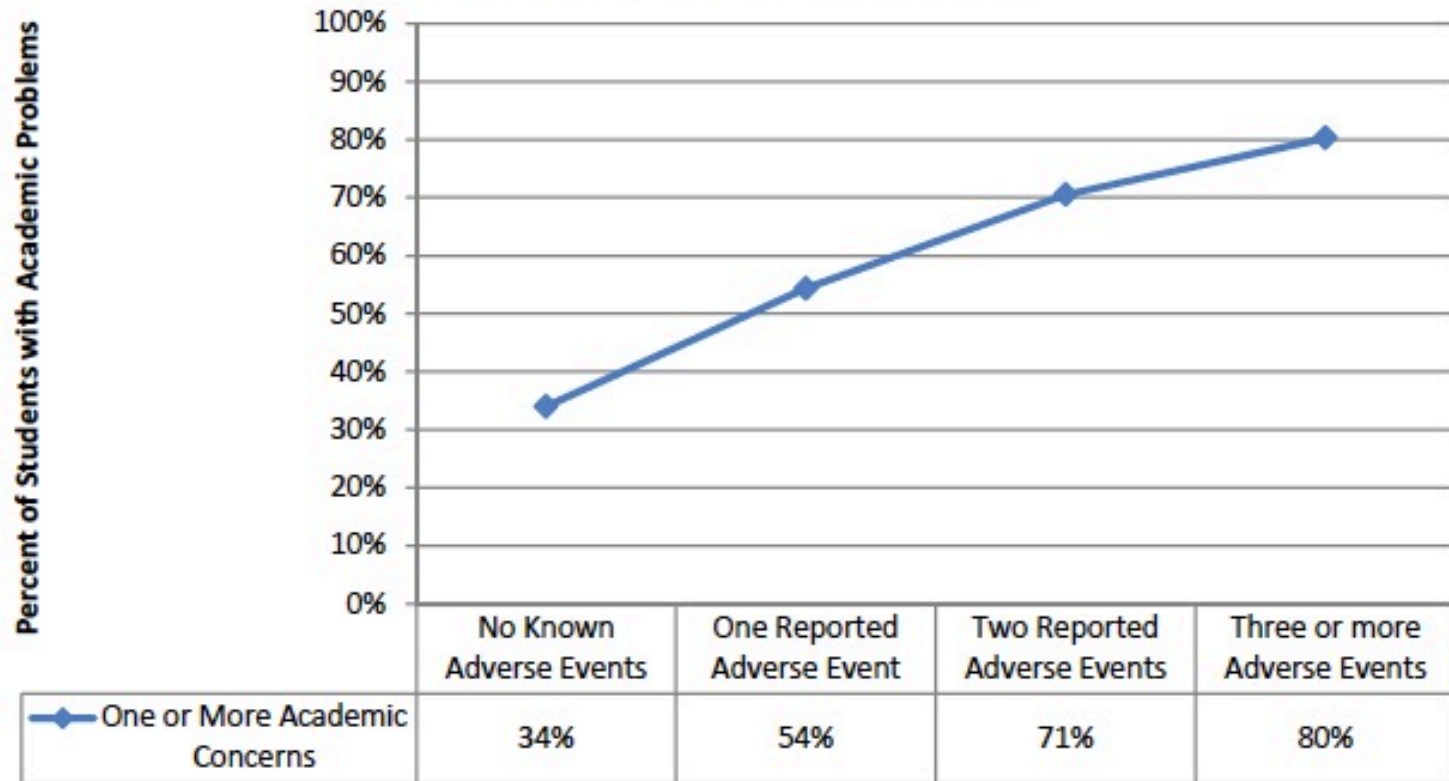
ACEs Increase Likelihood of Heart Disease*

- Emotional abuse 1.7x
- Physical abuse 1.5x
- Sexual abuse 1.4x
- Domestic violence 1.4x
- Mental illness 1.4x
- Substance abuse 1.3x
- Household criminal 1.7x
- Emotional neglect 1.3x
- Physical neglect 1.4x

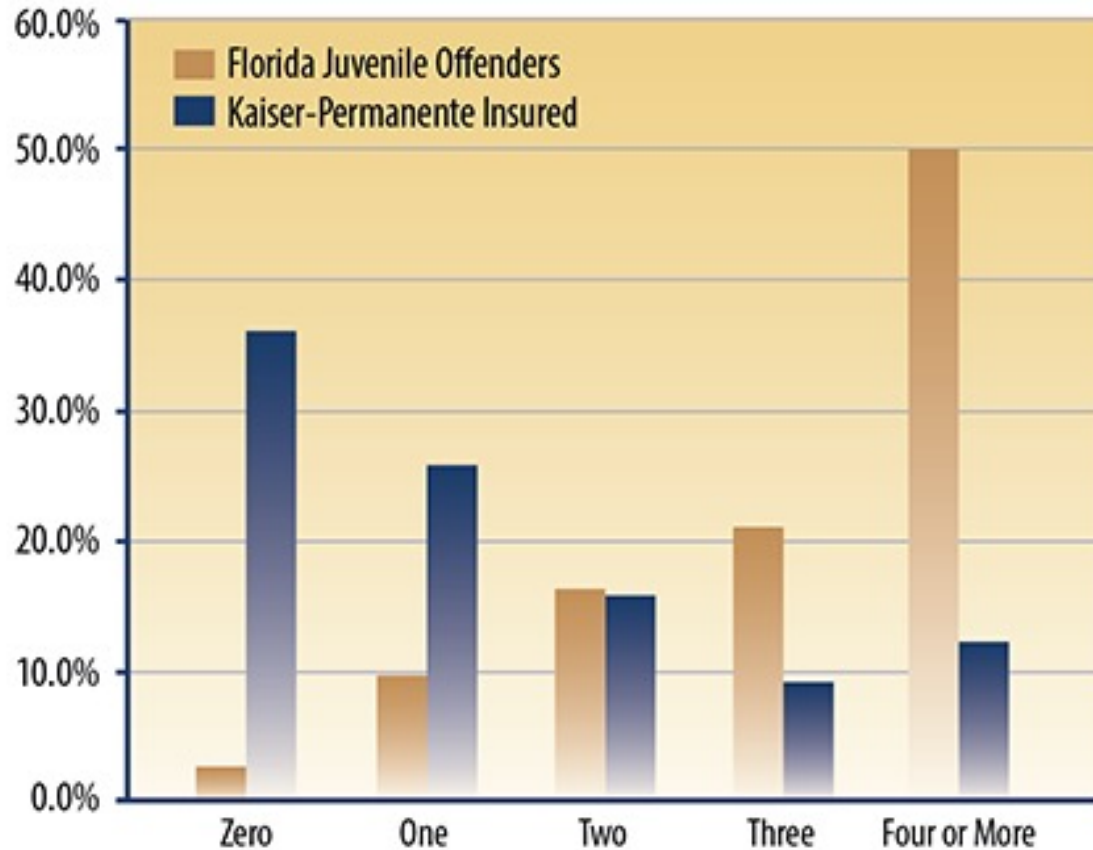


*After correction for age, race, education, and conventional risk factors like smoking and diabetes. *Circulation*, Sept 2004

Percent of Students with One or More Academic Concerns by ACE Exposure



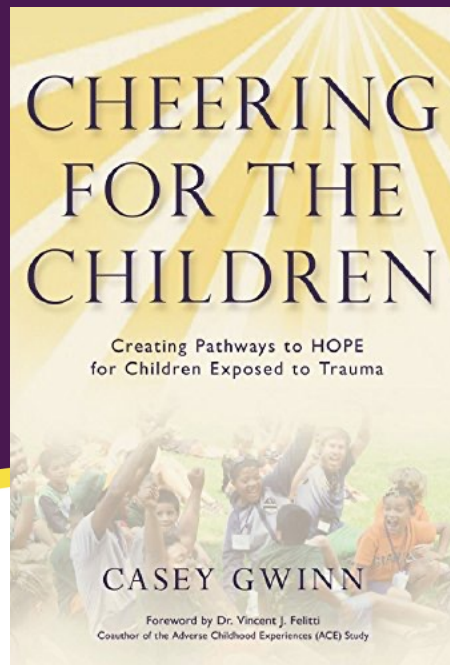
Juvenile Offenders in Florida



Average ACE
Score: 5.5

<http://www.journalofjuvjustice.org/JOJJ0302/article01.htm>

San Diego Study of Domestic Violence, Sexual Assault, and Child Abuse Offenders (2013)

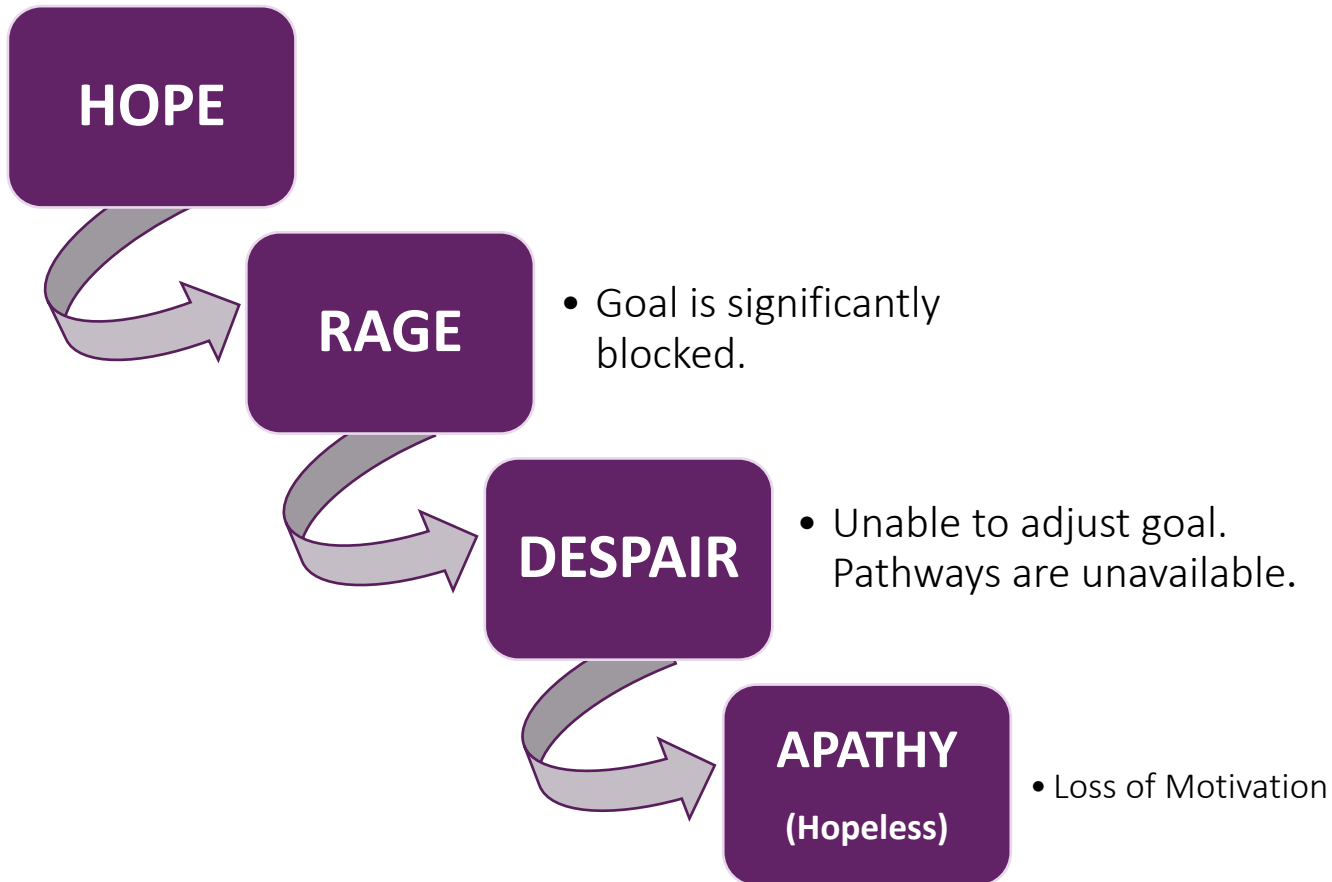


**Average ACE
Score: 5.5**

The loss of hope in aggressors plays itself out, at times...

In the murder of police officers, school shootings,
mass shootings, domestic violence homicides,
and murder-suicides...

The HOPE Continuum



Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”





Florida school failed Parkland shooter, report says

By Paula McMahon and Brittany Wallman



Florida school officials released a long-awaited report on Parkland, Fla., shooter Nikolas Cruz, here in April court appearance. (Taimy Alvarez / South Florida Sun-Sentinel via Associated Press)

The Broward school district mishandled the case of student [Nikolas Cruz](#) when he asked for special help, long before he killed 17 staff and students at Marjory Stoneman Douglas High School, according to a long-awaited report released Friday.

Stephen Paddock (ACE Score of 7)



27% of Military Members Have ACE Score of 4

<http://jamanetwork.com/journals/jamapsychiatry/fullarticle/1890091>

Consider a Few Comparisons

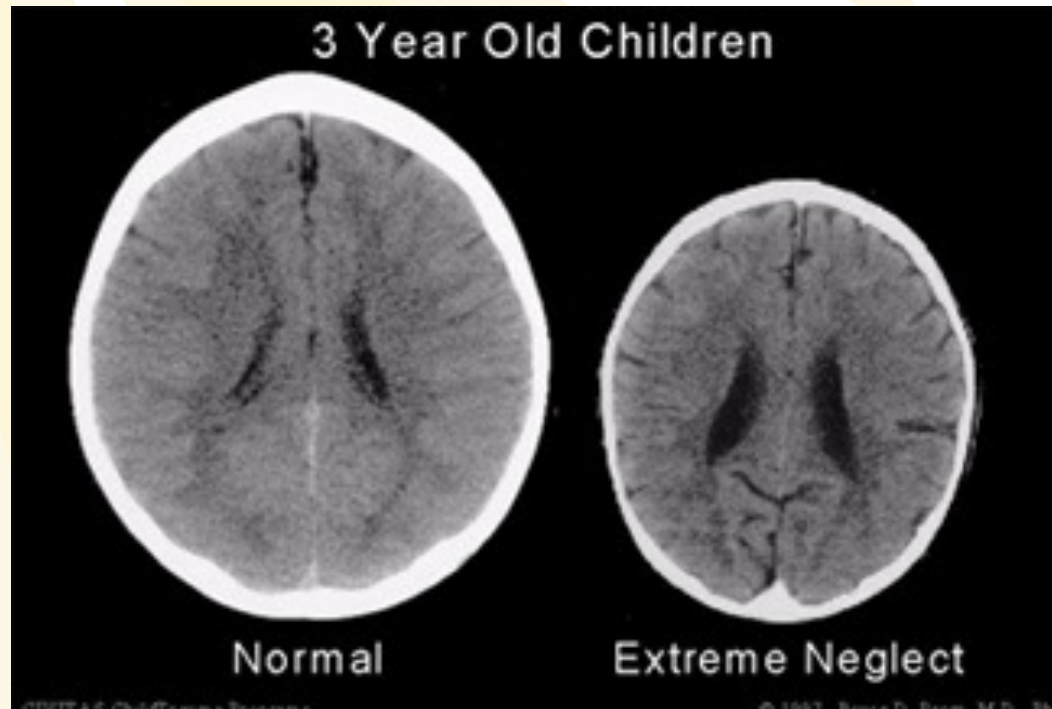
CDC National Data	1.61
Children Exposed to DV	4.40
Family Justice Center Survivors	3.30
Juvenile Offenders	4.29
Foster Children	5.68

ACE-Related Correlations

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death (miscarriage or pregnancy)
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Autoimmune disease
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Criminality
- Educational underachievement

<http://www.cdc.gov/ace/findings.htm>.

The Impact of Childhood Trauma



Finding Your Own ACE Score

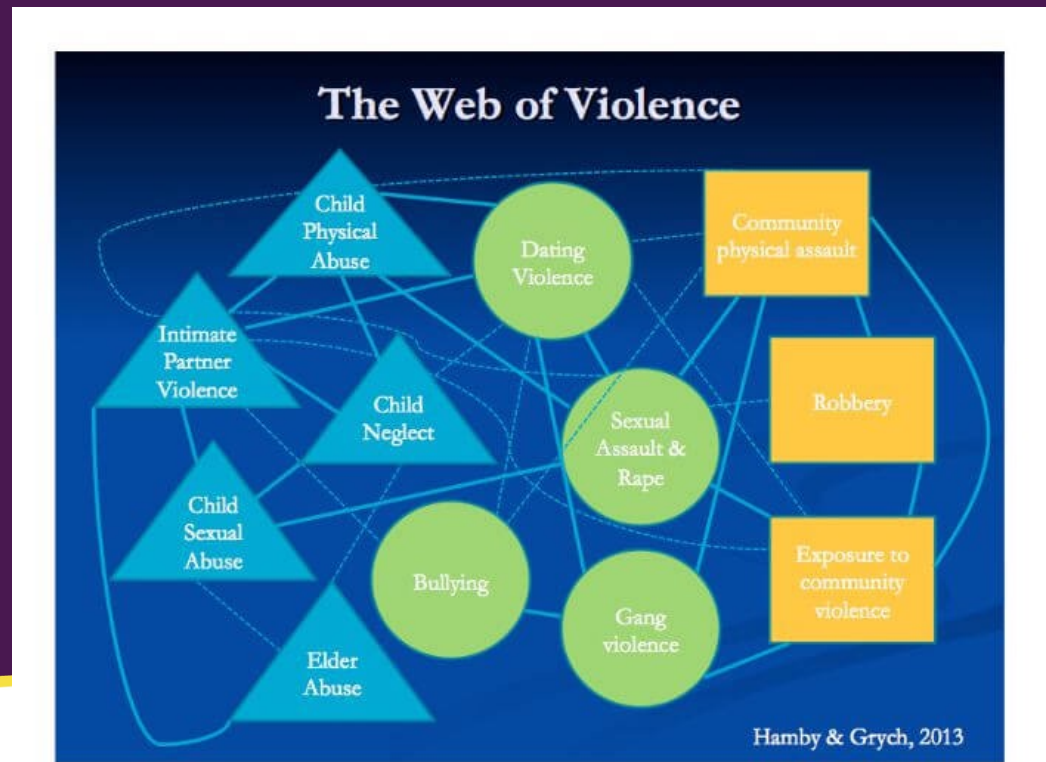
While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often...
Swear at you, insult you put you down, or humiliate you?
OR Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you?
OR Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least five years older than you ever...
Touch or fondle you or have you touch their body in a sexual way?
OR Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes No If yes enter 1 _____
4. Did you often or very often feel that...
No one in your family loved you or thought you were important or special?
OR Your family didn't look out for each other, feel close to each other,
or support each other?
Yes No If yes enter 1 _____
5. Did you often or very often feel that...
You didn't have enough to eat, had to wear dirty clothes,
and had no one to protect you? **OR**
Your parents were too drunk or high to take care of you or take you
to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents ever separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped,
or had something thrown at her? **OR**
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit
with something hard? **OR**
Ever repeatedly hit for at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or
who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill,
or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now, add up your "Yes" answers. This is your ACE score.

Polyvictimization Makes It All More Complicated...

Understanding Polyvictimization is Crucial to do effective trauma-informed work...



Our Language – Childhood Trauma (ACES) + Polyvictimization + Force Multipliers = Complex Trauma

Force Multipliers: Historic Oppression; Poverty;
Racism; Pornography; Community Violence;
Bullying; etc.



**A high ACE Score is not a
destiny...and neither is adult
victimization because...**



Hope heals trauma...



2,000 Published Studies on the Science of HOPE

“In every published study of hope, every single one, hope is the single best predictor of well-being compared to any other measures of trauma recovery. This finding is consistently corroborated with other published studies from top universities showing that hope is the best predictor for a life well-lived.”

Casey Gwinn & Chan Hellman

Hope Rising: How the Science of HOPE

Can Change Your Life

"A roadmap toward different, and better, lives."

—GAVIN DE BECKER

New York Times Best Selling Author of The Gift of Fear



HOPE Rising

*How the
Science of HOPE
Can Change
Your Life*

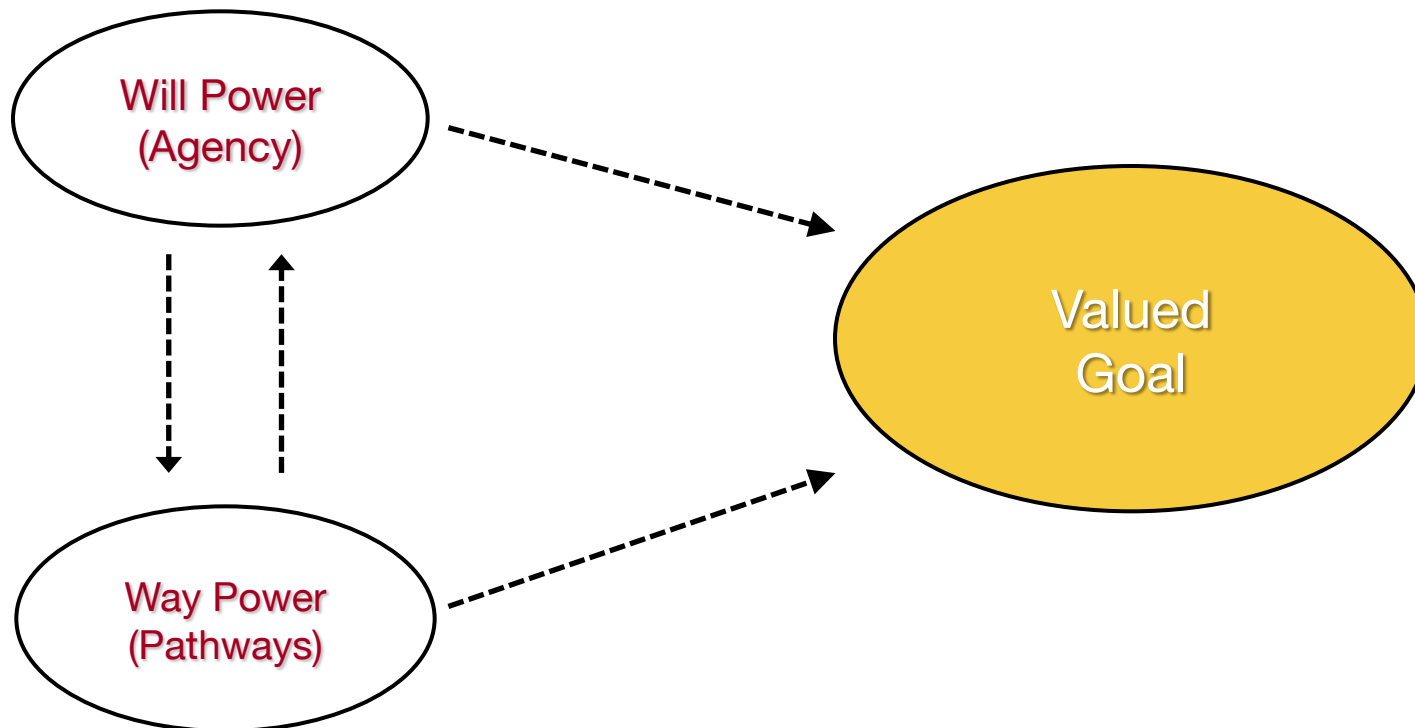
Casey Gwinn, J.D. &
Chan Hellman, Ph.D.



“Hope is the belief that your future can be brighter than your past and that you play a role in making it happen.”

Casey Gwinn & Chan Hellman in
*Hope Rising: How the Science of
HOPE Can Change Your Life*
(2018)

The Science of HOPE



...agency without pathways is a wish!

THE SCIENCE OF HOPE



Why Hope Matters

- Snyder's hope measures have been cited over 2,000 times in scholarly journals.
- Empirical evidence supports that high hope matters!
 - Improved pro-social behaviors.
 - Increased ability to self-regulate.
 - Serves as a coping resource (e.g., cancer, HIV, spinal cord injury, trauma).
 - Predicts goal attainment.
 - Protects against burnout and vicarious trauma
 - Reduces the intensity of physical suffering.
 - Predicts substance abstinence
 - Predicts lower recidivism and lower levels of violence
 - Improves well-being.
- High hope individuals flourish within their environment.
- Hope Scores are more predictive of college success than SAT Scores
- Children can be taught hope in the public school system and rising Hope Scores improve grades, behavior, and performance

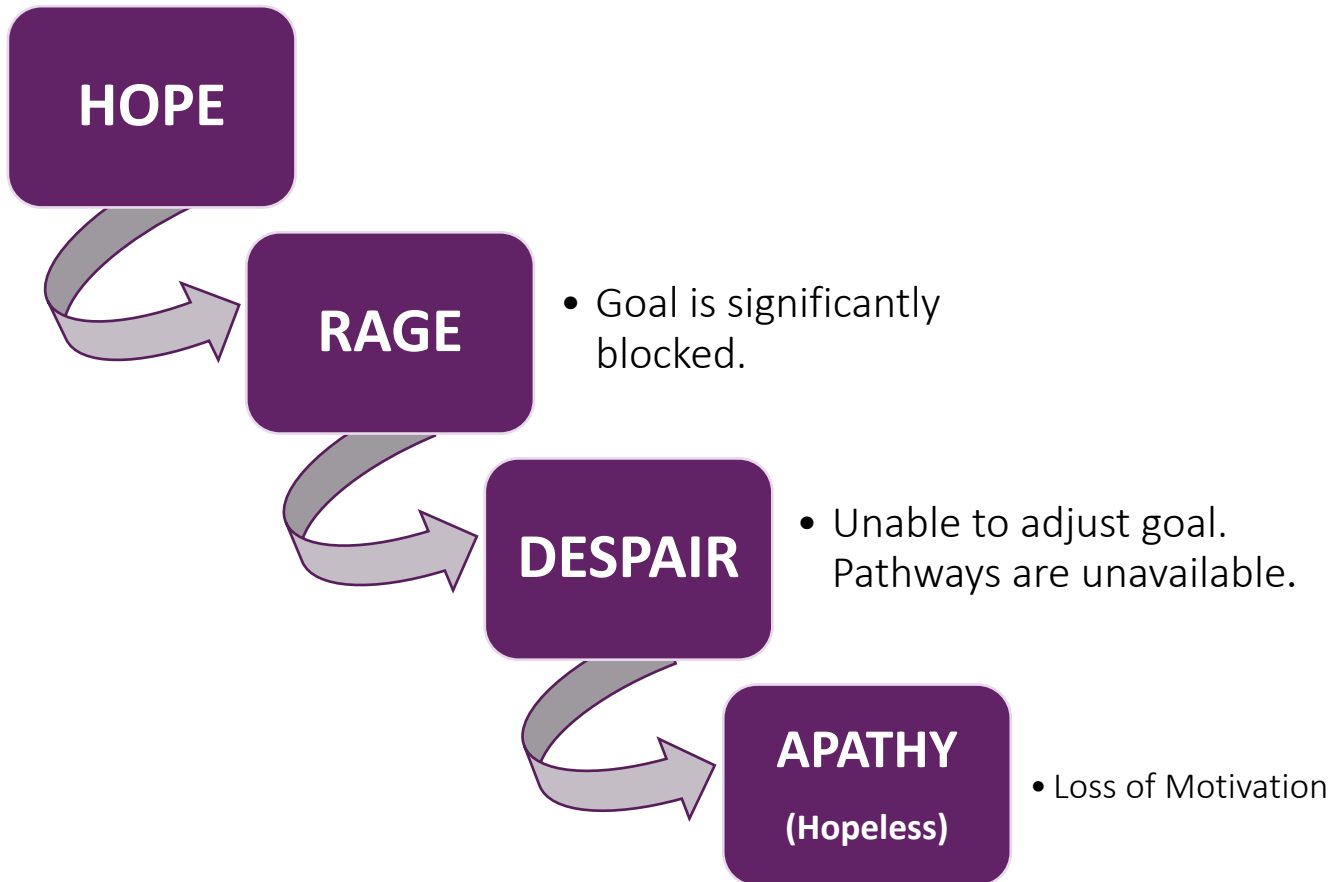
The Science of Hope



Why Hope Matters

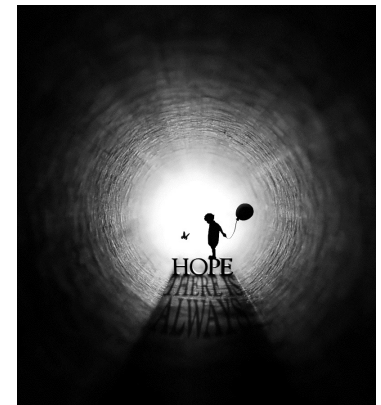
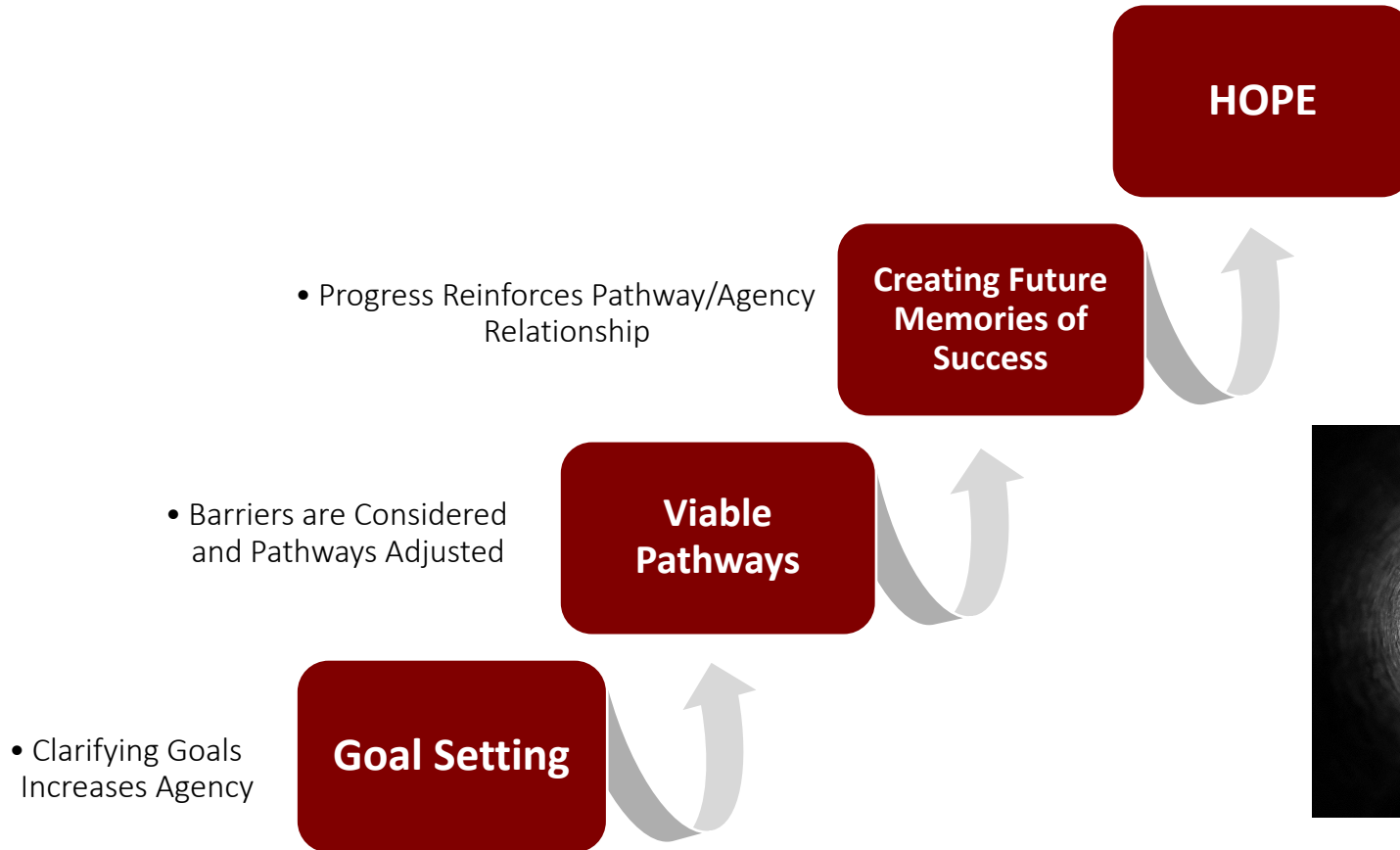
- ⦿ Lower hope individuals often do not recognize their deficiency in pathways and agency.
 - ⦿ Lack sense of long term goals.
 - ⦿ Feel blocked from their goals.
 - ⦿ Approach goals with negative emotion and focus on failure.
- ⦿ Individuals with low hope:
 - ⦿ Higher negative affect
 - ⦿ Higher likelihood of quitting goal pursuits.
 - ⦿ Higher anxiety and depression.
 - ⦿ Lower self-esteem.
 - ⦿ Lower problem solving skills.
 - ⦿ Higher likelihood of externalizing negative behaviors.

The HOPE Continuum



Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”

NURTURING HOPE

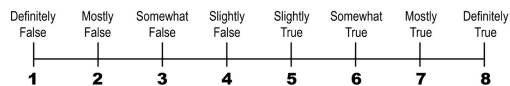




HOPE is measurable, malleable, and cultivatable...

THE ADULT HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I can think of many ways to get out of a jam.
- ___ 2. I energetically pursue my goals.
- ___ 3. There are lots of ways around any problem.
- ___ 4. I can think of many ways to get the things in life that are most important to me.
- ___ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 6. My past experiences have prepared me well for my future.
- ___ 7. I've been pretty successful in life.
- ___ 8. I meet the goals that I set for myself.

Notes: The **Agency** subscale score is the sum of items 2, 6, 7 & 8; the **Pathways** subscale score is the sum of items 1, 3, 4 & 5. **Hope** is the sum of the four **Pathways** and four **Agency** items. Scores can range from a low of 8 to a high of 64.

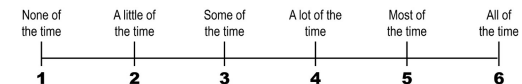
Agency Score ___ (Add items 2, 6, 7, and 8)

Pathways Score ___ (Add items 1, 3, 4, and 5)

Total Hope Score ___ (Agency Score + Pathways Score)

THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I think I am doing pretty well.
- ___ 2. I can think of many ways to get the things in life that are most important to me.
- ___ 3. I am doing just as well as other kids my age.
- ___ 4. When I have a problem, I can come up with lots of ways to solve it.
- ___ 5. I think the things that I have done in the past will help me in the future.
- ___ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score ___ (Add items 1, 3 and 5)

Pathways Score ___ (Add items 2, 4, and 6)

Total Hope Score ___ (Agency Score + Pathways Score)



Camp HOPE America



**Started in San Diego in 2003 as
part of the San Diego FJC...**

Camp HOPE San Diego (2003 -2008) – Lake Sutherland (Ramona)



Camp HOPE – The Early Years



Camp HOPE California 2013



www.facebook.com/camphopecalifornia
www.camphopecalifornia.com

Camp HOPE America



Camp HOPE California
Lopez Lake - July 2016



Camp HOPE California
Kidder Creek - July 2016





**In 2021, Camp HOPE America will
operate in 21 states and will
operate in 25 states in 2025...**

Average ACE Score: 5.5





Camp HOPE America - Oregon



A Pathway to Hope and Healing



FIGURE 1.
Children's Hope Index.

Hope

Hope reflects the individual's capacity to develop pathways and dedicate agency toward desirable goals.

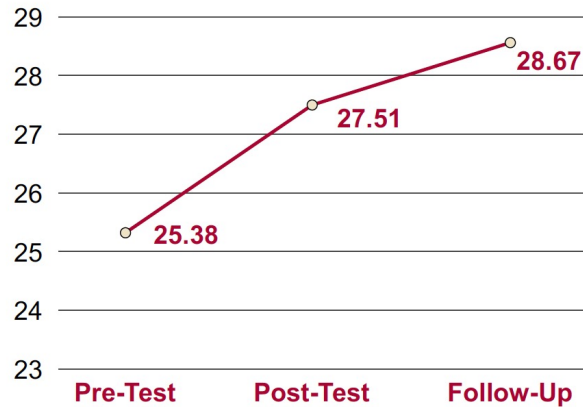


FIGURE 1 presents the total mean scale scores for the Children's Hope Scale. As seen in the graph, hope scores increased from pre-camp test and post-camp test and again at the follow-up assessment. A repeated measures ANOVA showed that this increase in hope was statistically significant [$F(2, 172) = 9.22$; $p < .05$; $\eta^2 = .10$]. Moreover, the partial eta square reflects a moderate degree of change. Offer to stress and serve as an important indicator of personal well-being (Park & Peterson, 2009).



Children's Resiliency Score

Resiliency refers to believing in yourself, believing in others, and believing in your dreams.

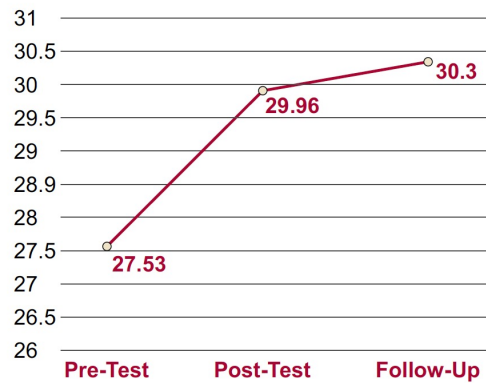
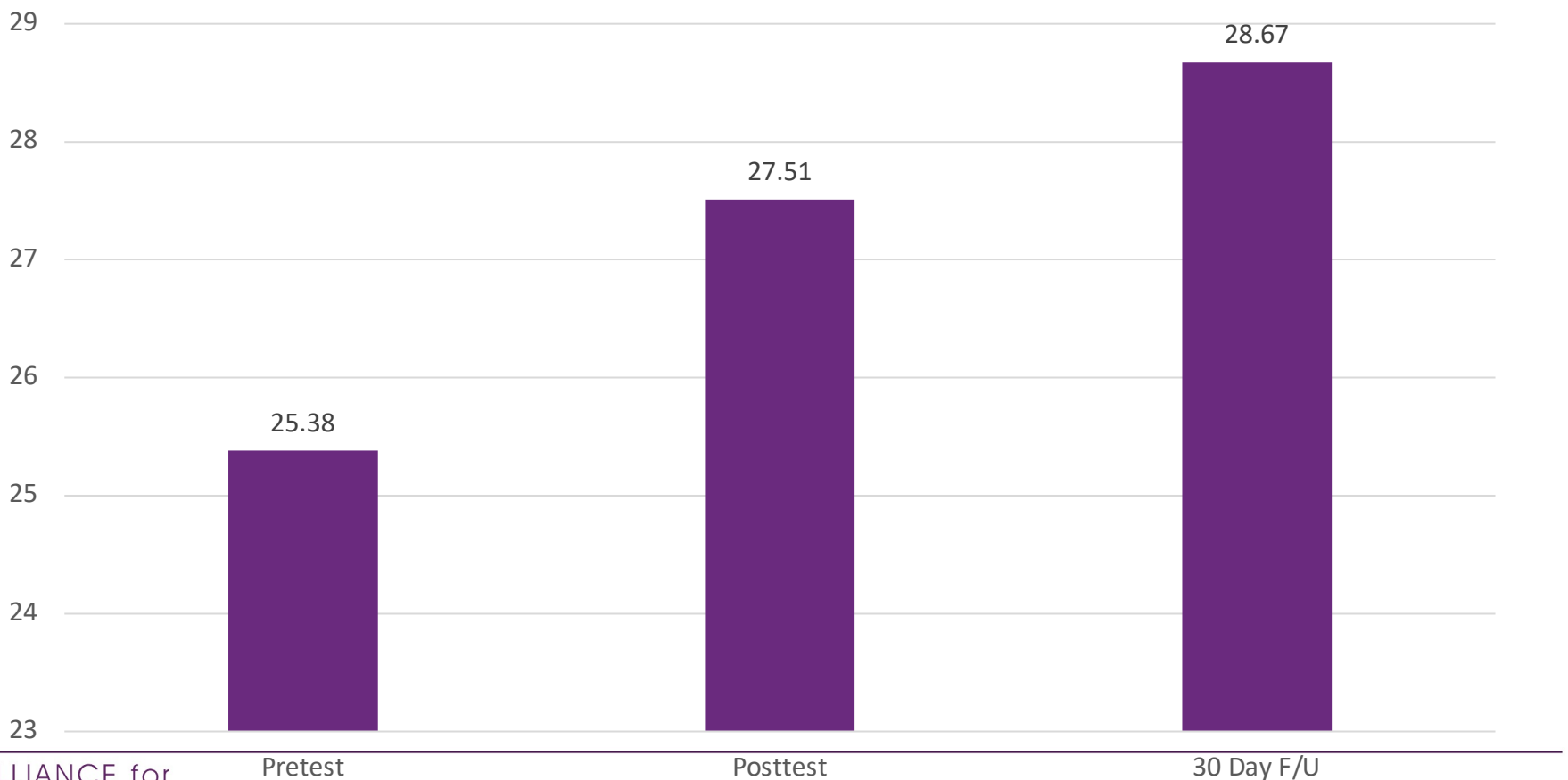


FIGURE 8 presents the total mean scale scores for the Children's Resiliency Scale. As seen in the graph, Resiliency Scores increased from pre-camp test to post-camp test and again slightly at the follow-up assessment. Repeated measures ANOVA showed that this increase in Resiliency was statistically significant [$F(2,162) = 14.29; p < .05; \eta^2 = .15$]. Moreover, the partial eta square reflects a moderate degree of change.



THE POWER OF HOPE in Camp HOPE America

Changes In Hope in High ACE Score Children/Teens





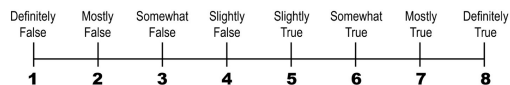
**Our calling in our work with youth
and in our own lives must be
trauma informed and hope
centered work...**



HOPE is measurable, malleable, and cultivatable...

THE ADULT HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.



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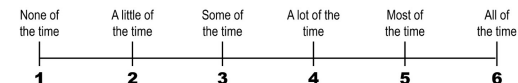
Agency Score ___ (Add items 2, 6, 7, and 8)

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Agency Score ___ (Add items 1, 3 and 5)

Pathways Score ___ (Add items 2, 4, and 6)

Total Hope Score ___ (Agency Score + Pathways Score)



Hope Scores should be measured in every workplace in America annually...

2016: Hope Score Average of 54.06

2017: Hope Score Average 57.25

2018: Hope Score Average 56.10

2020: Hope Score Average 56.41

Our average ACE Score on our team is 4.4. Hope Scores above 40 put you in the hopeful category. Scores above 48 bump you to a higher level of hope. Scores of 56 or higher make you a high hope person. Everyone on our team was 48 or above. 70% of the staff had high hope...

There are no limits to our work
around the power and science of
hope

Hope and Education



Hope

Hope-Guidance-Social and Emotional Learning

HOPE

RESTORED

