

Hope Inspired Recovery

Applying the science of hope to
inspire positive change



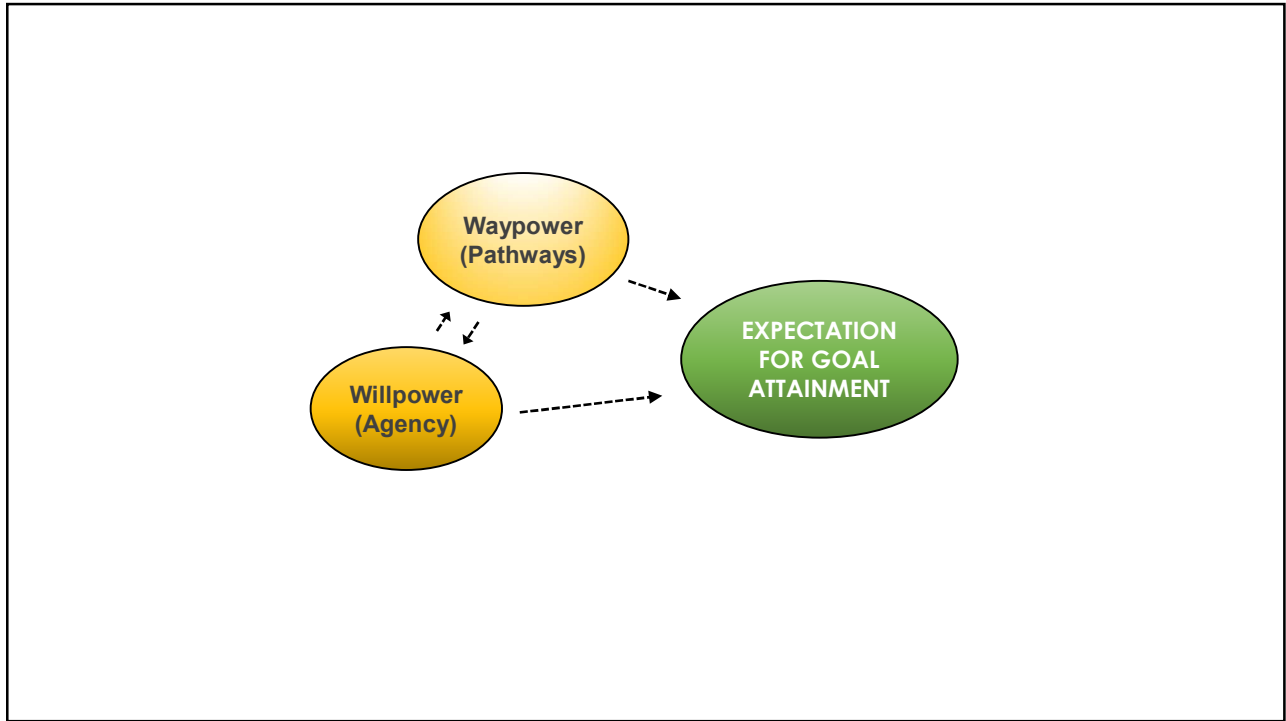
Jon Tunheim
Thurston County Prosecuting Attorney

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What does it mean to be
hopeful?

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Hope is a way
of thinking...

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The Power of Hope

Work

Lower unplanned absences (4x)
 Higher productivity (1 day/week)
 Adaptable to organizational change
 Reach goals more often and sooner
 Resilience to burnout, vicarious trauma and
 compassion fatigue

Education

Higher academic performance
 Best predictor of success in college

Health

Increased health
 Higher pain tolerance
 Lower depression
 Longer Lifespan

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The Power of Hope

Recovery

- High hope addicts are **less** likely to seek treatment
- Hopeful thinking is associated with adaptive coping and greater adjustment under stress
- Hope is strongly associated with abstinence
- Those with low hope when entering treatment are at higher risk to relapse
- Those who are convinced they can achieve sobriety have higher agency toward abstinence
- Pathway thinking provides skills to generate strategies to avoid relapse
- Increasing hope, particularly agency, may be beneficial to recovery outcomes for those experiencing anxiety or depression during their recovery

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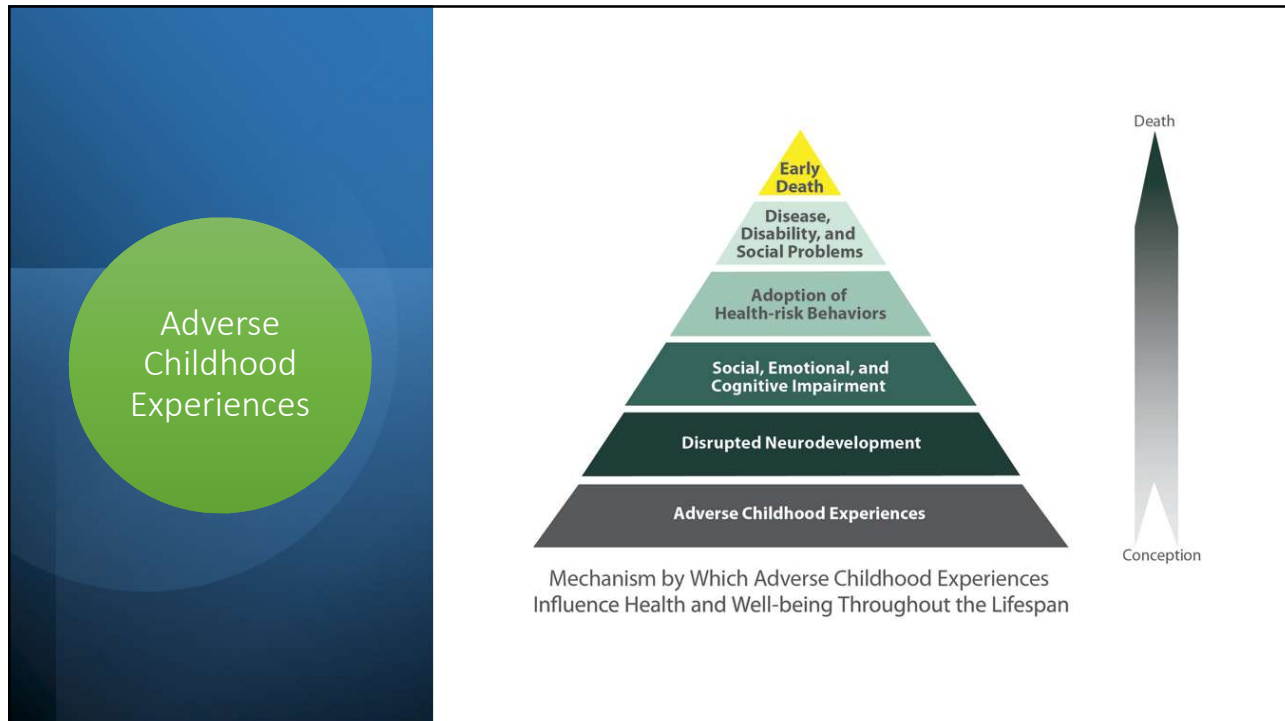
Measuring Hope

Adult Hope Scale – developed by Dr. Rick Snyder

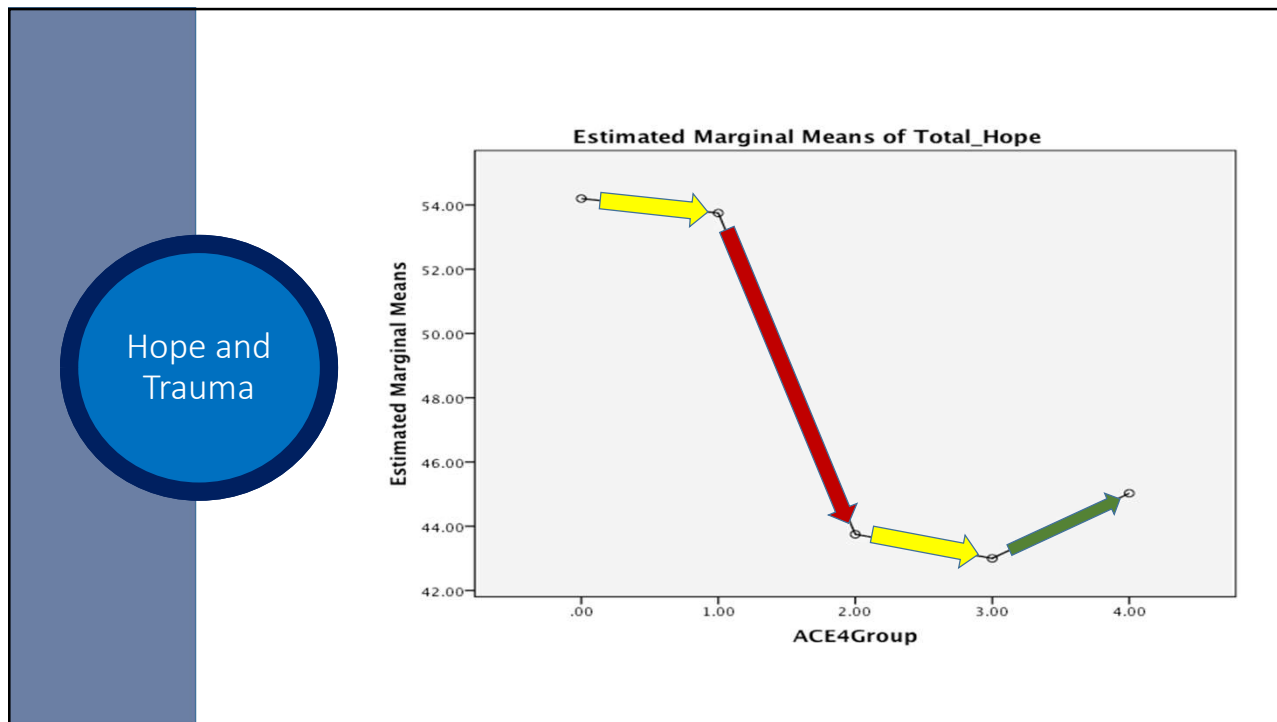
Collective Hope Scale – developed by Dr. Chan Hellman



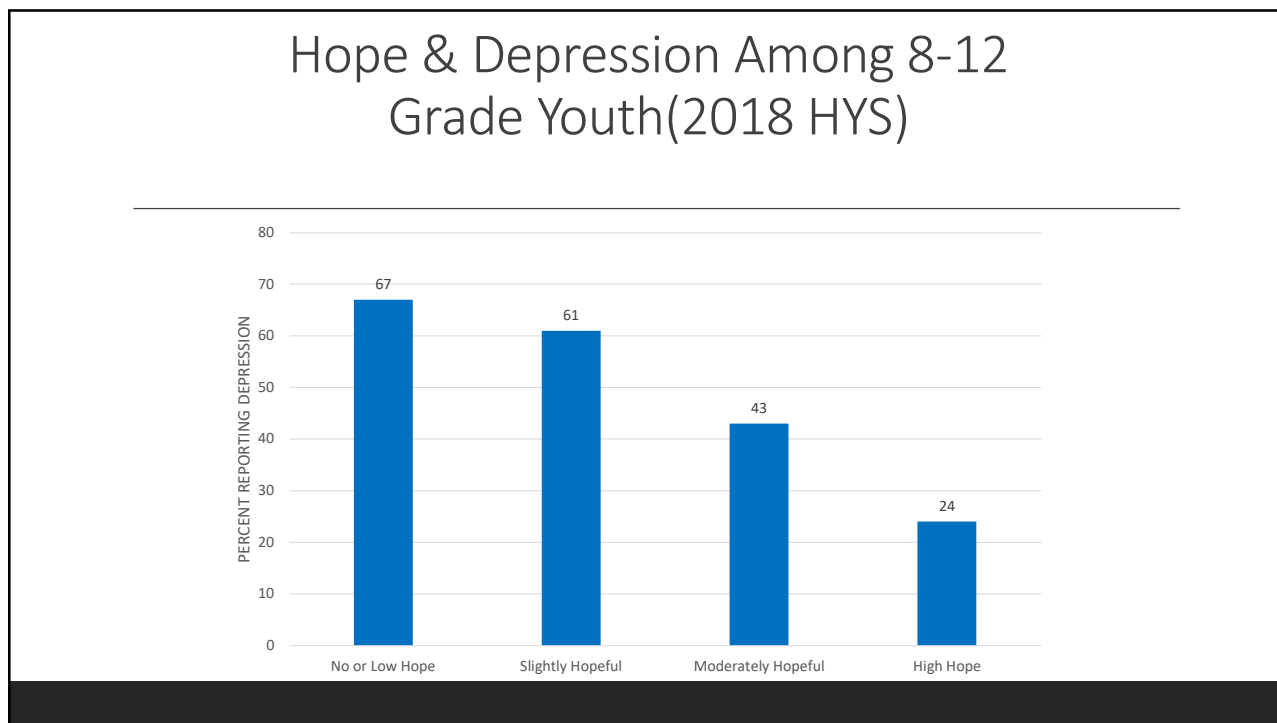
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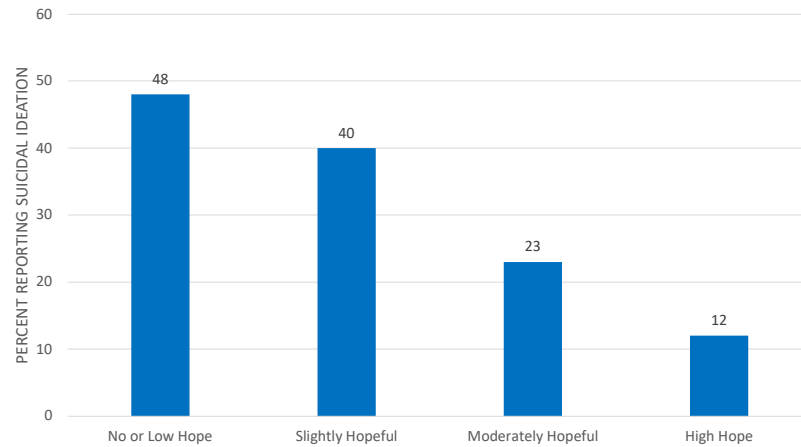


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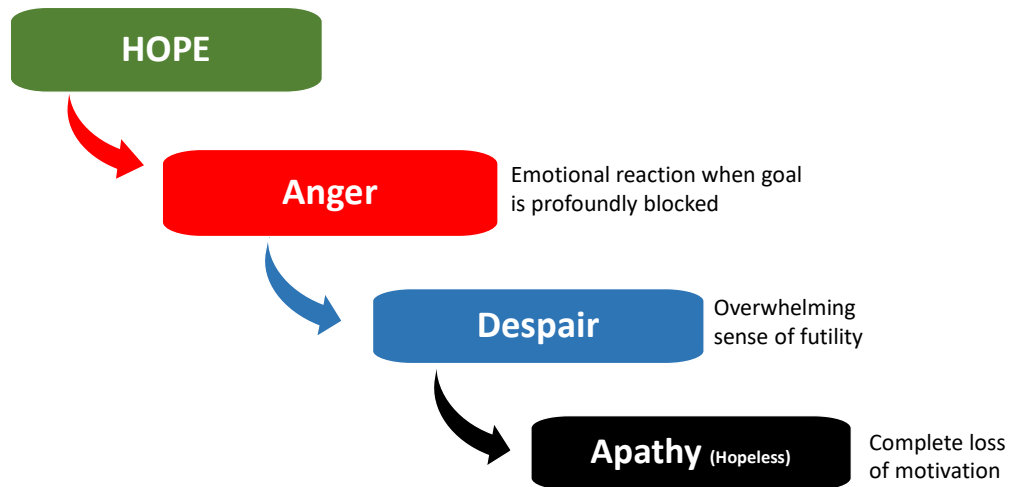
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Hope & Suicidal Ideation Among 8-12 Grade Youth(2018 HYS)

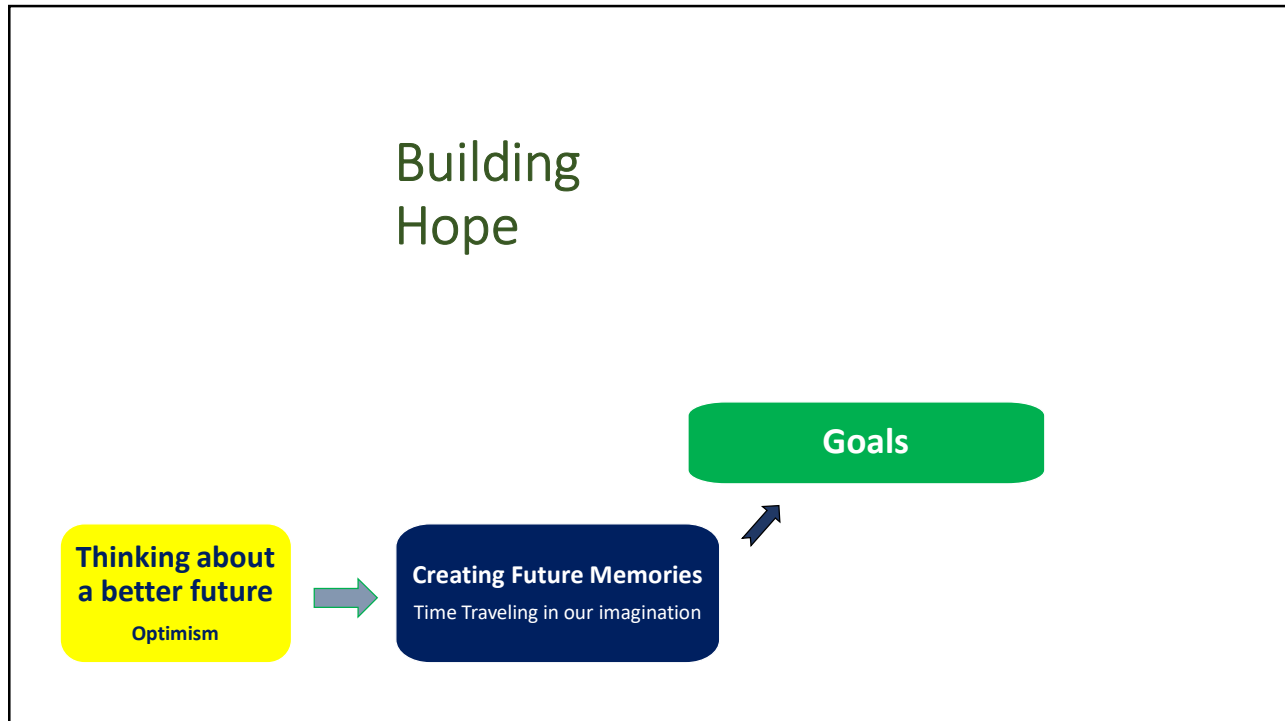


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Hopelessness



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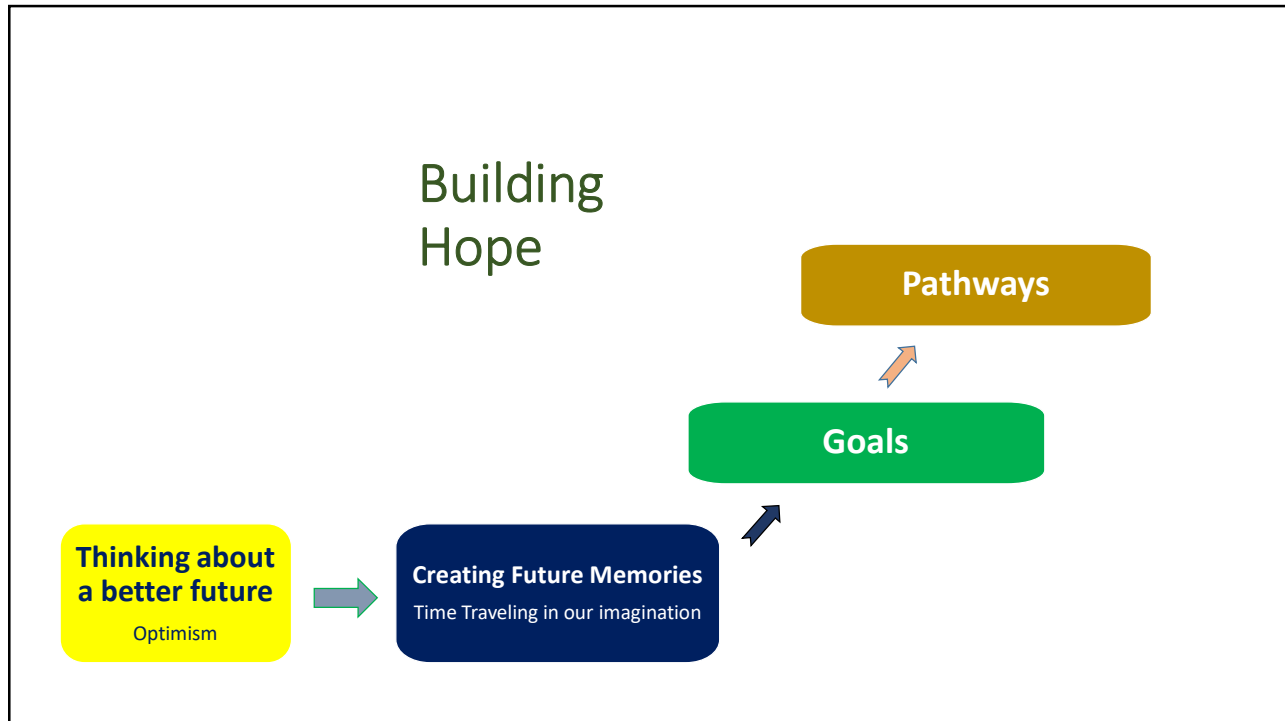
Goals

"Begin with the end in mind"
-Stephen Covey

Goals are most motivating when they are both desirable and achievable.

- Avoidance v. Achievement
- Proximate v. Distal
- Infinite Goals (Vision)

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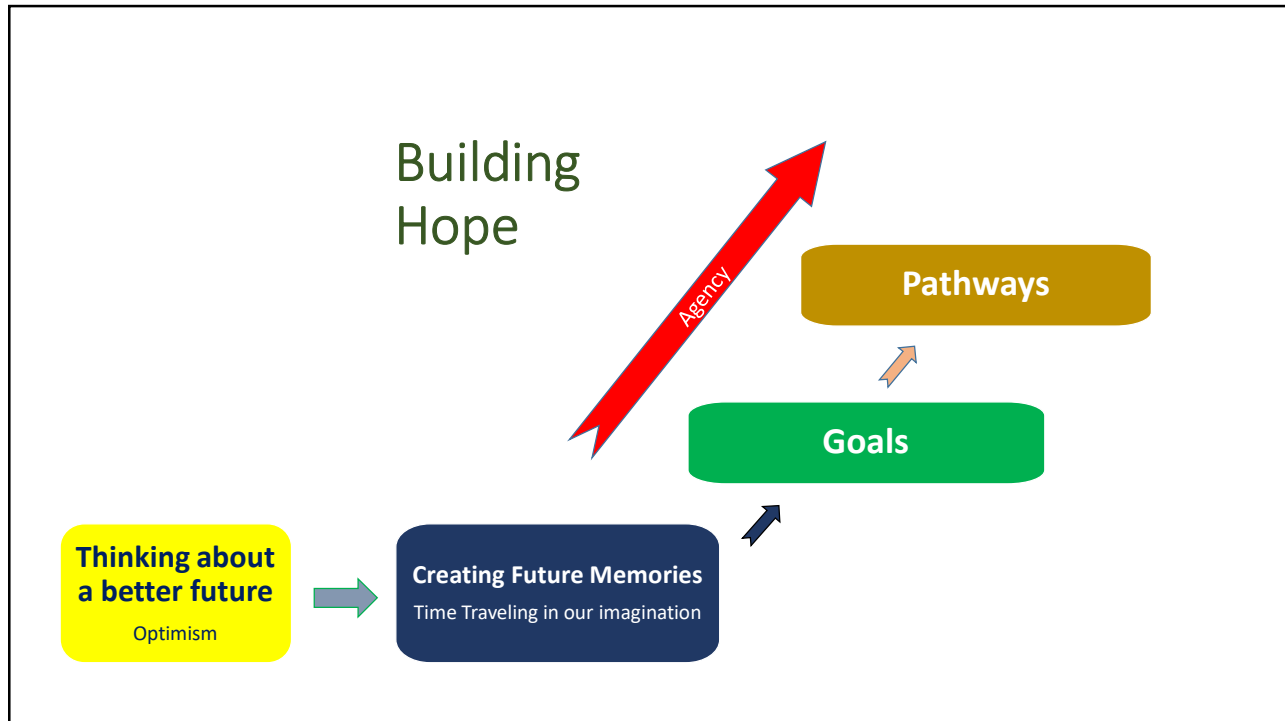


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Pathways

- Determine sub-goals
- Brainstorm pathways/strategies to connect sub-goals
- Identify barriers that currently exist or may arise
- Brainstorm solutions to barriers
- Select pathway which provides the highest likelihood of success

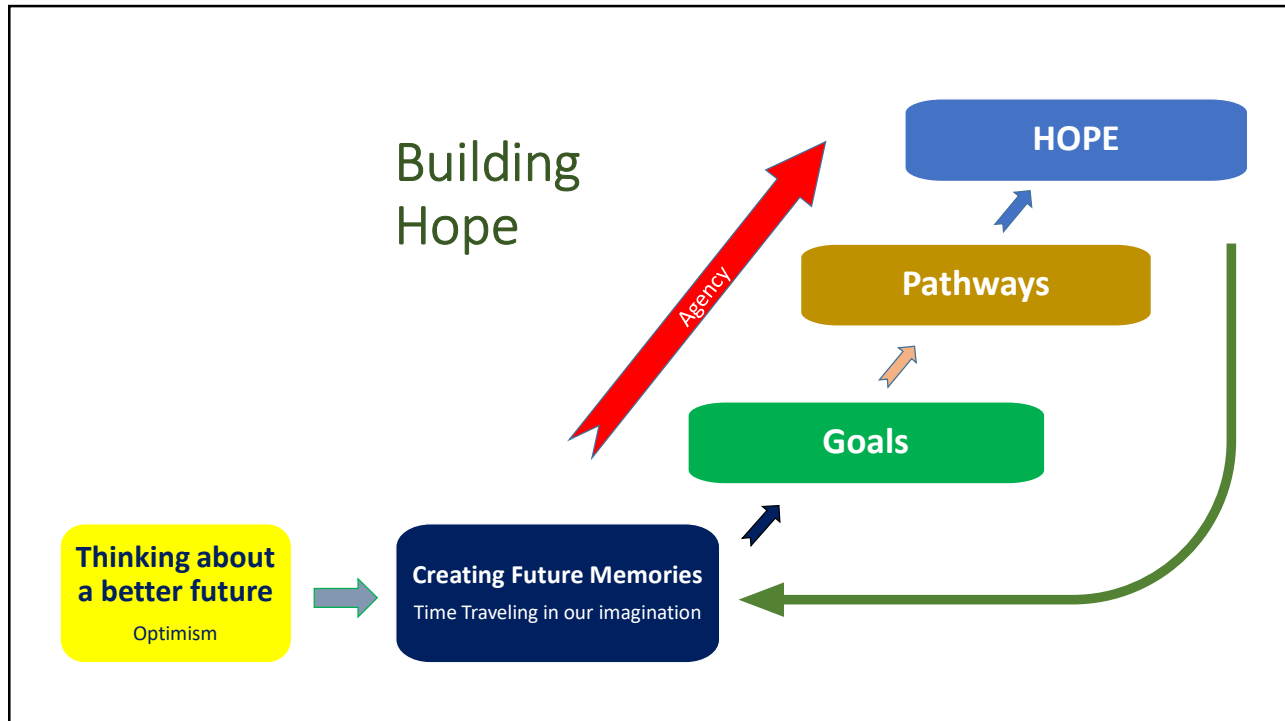
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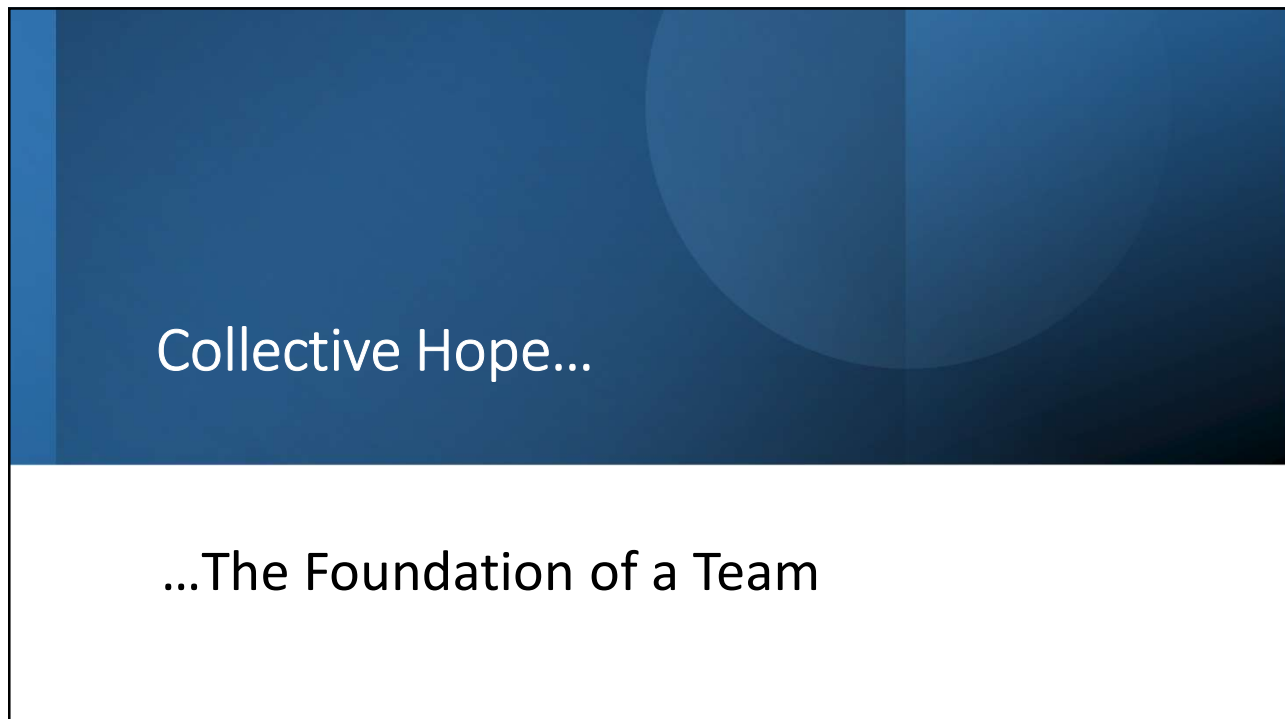
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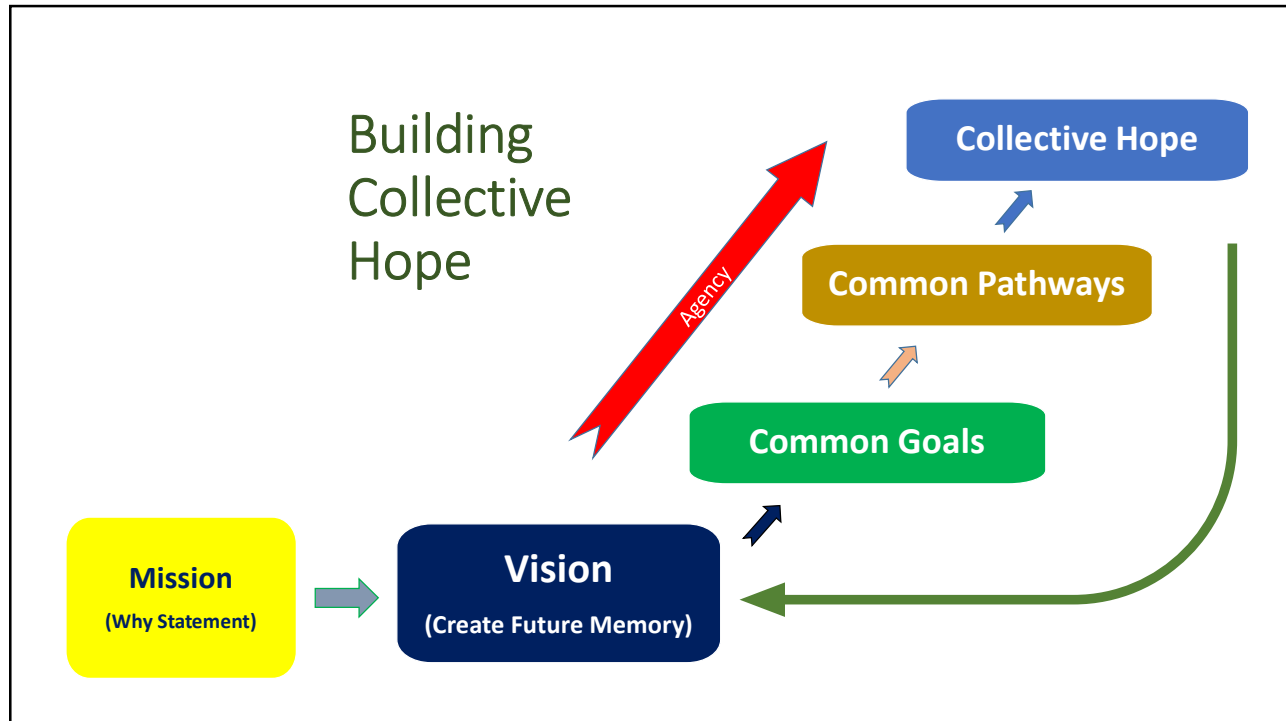
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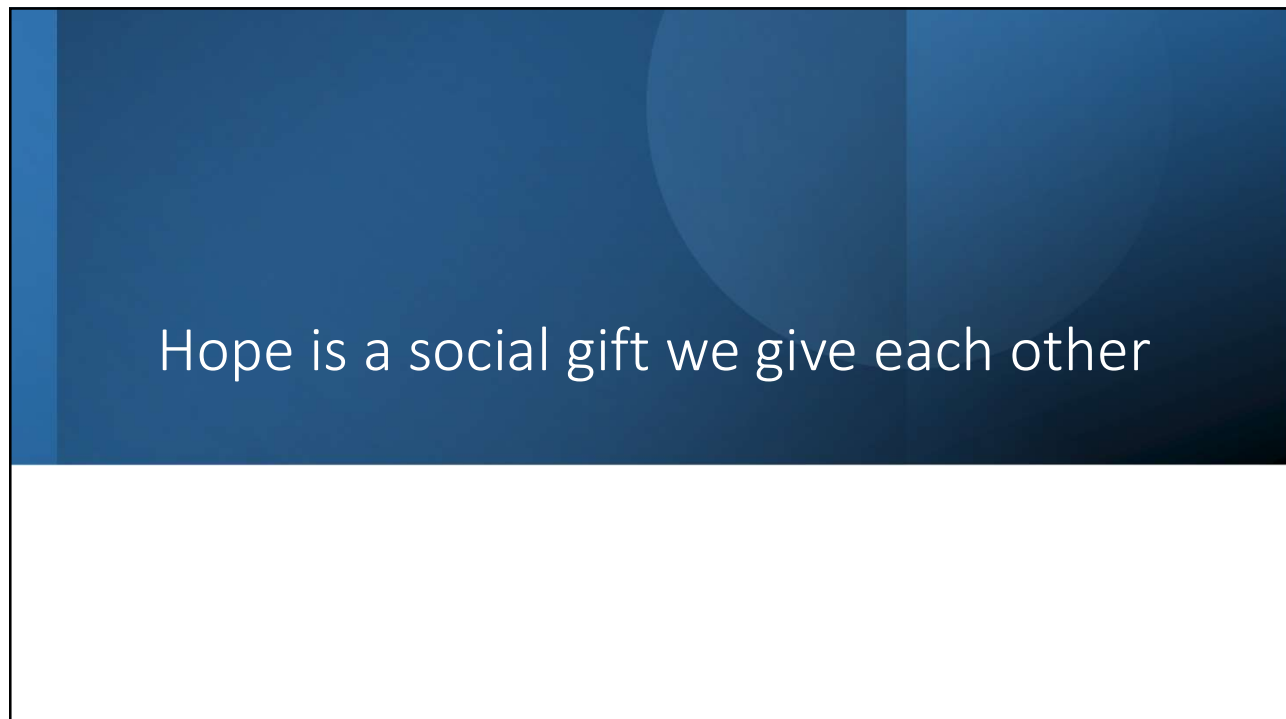
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Hope Inspired Leadership



- Servant Based
- Culture Focused
- Hope Centered

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What people want most from their leaders:



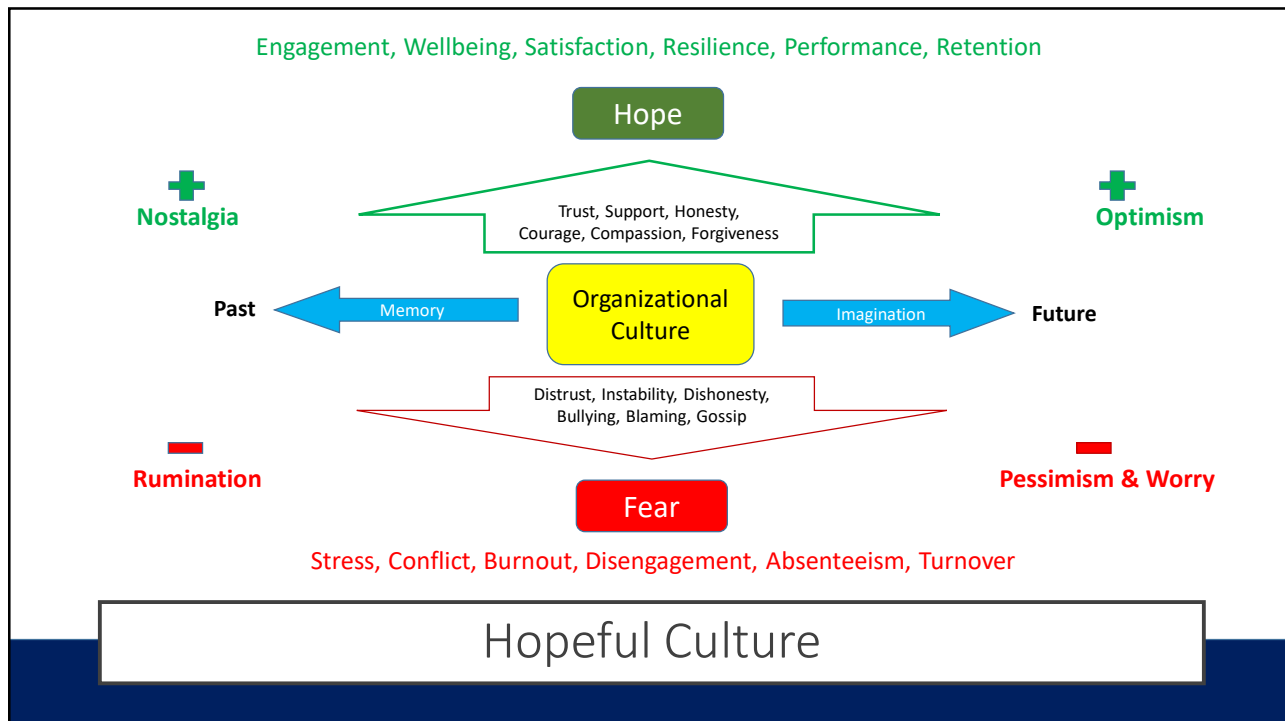
- Compassion
- Trust
- Stability
- Hope

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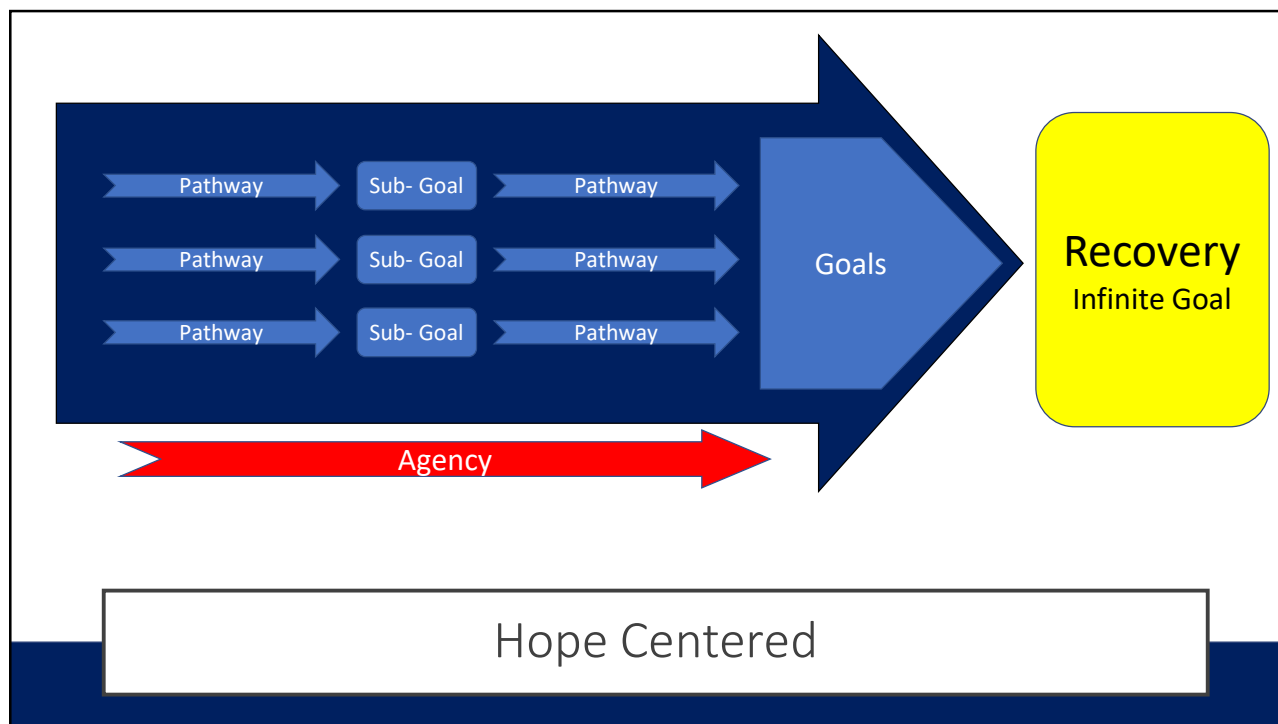
Servant Leadership

- Leadership through influence
- Influence through relationship
- Support individual and collective hope
- Celebrate achievements

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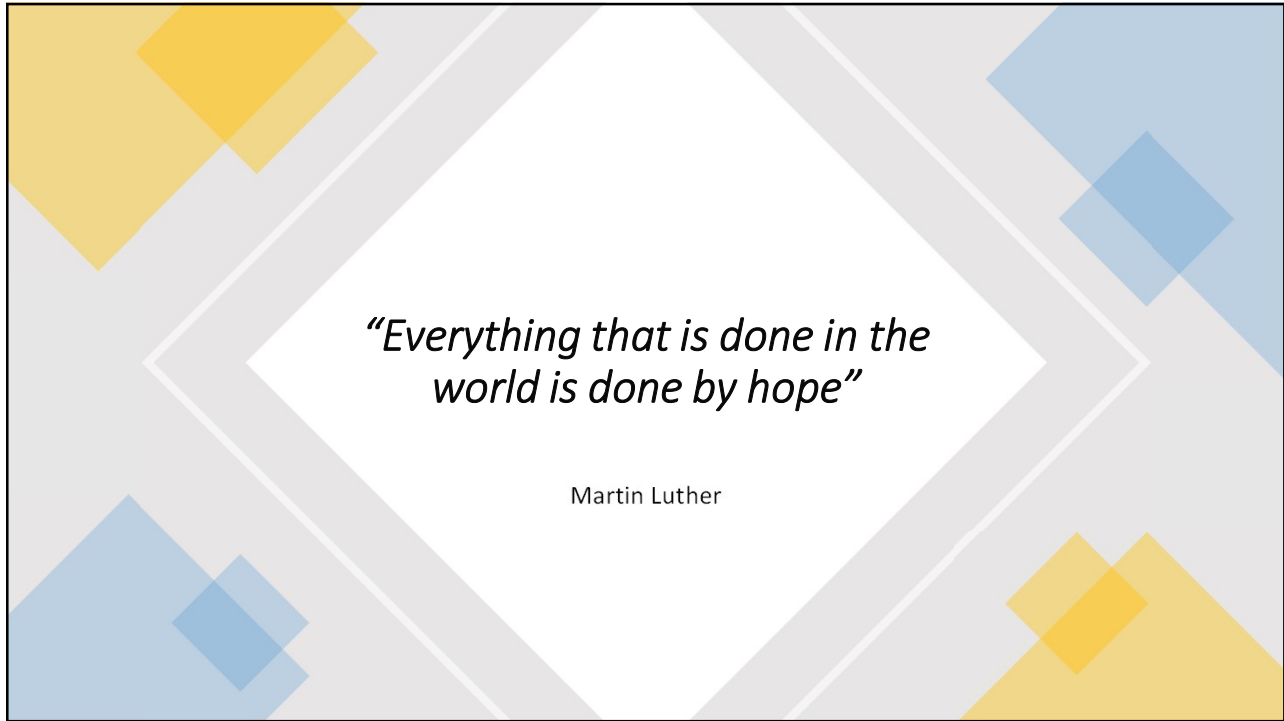
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Applying Hope in Therapeutic Courts

- Train Staff
- Use the language and framework
- Teach Hope to participants
- Build/Maintain Hope skills
- Watch out for hopelessness
- Celebrate achievements

The badge is circular with a gold border. The outer ring contains the text 'JON TUNHEIM' at the top and 'PROSECUTING ATTORNEY' at the bottom, separated by two stars. The inner circle has a blue background with a yellow sun rising over mountains. Below the sun is a path leading to a person walking. The words 'HOPE', 'PATHWAYS', 'GOALS', and 'WILLPOWER' are arranged around the path.

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Contact Information
Jon Tunheim , Thurston County Prosecuting Attorney
Email: jon.tunheim@co.thurston.wa.us
Phone: (360) 786-5540

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