Exploring the Role of Hope with Adjudicated Youth

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Chan Helman, Ph.D. and Stacy Phillips, DSW

Presenters

Stacy Phillips, MSW, DSW
Chan Helman, Ph.D.

Objectives

1. Better understand the adolescent brain and its impact on decision making, high-risk behavior, impulsivity, and a youth’s inability to anticipate consequences.
2. Understand ACEs/Polyvictimization and toxic stress.
3. Examine the Science of Hope, including theory, components, and measurements.
4. Recognize the importance of integrating hope-centered and strength-based approaches to assist with mitigating childhood trauma.
5. Demonstrate strategies to nurture hope.
What makes a child a criminal?

ROBERT PRUETT
Age 15

Robert Pruett
9/18/79 – 10/12/17
Death by lethal injection
“TRAUMA NOT TRANSFORMED BECOMES TRAUMA TRANSFERRED”

Raul Almazar
SAMHSA

The PROBLEM:

While most kids will grow out of delinquent behaviors as they grow up and mature, the entire juvenile justice system (including i.e. criminal courts, youth detention centers, and probation and parole) alters the natural process when we place a child in the system by further traumatizing them and creating criminals.

The juvenile justice system is structured off a positive adult system of care that doesn’t account for childhood trauma, the unique needs of adolescents, and utilizes archaic forms of punishment that cause more harm to a youth’s well-being.

What does science tell us about the adolescent brain?
We want to give every person hope. We must give hope, always hope.

Mother Theresa

Positive Stress
The body's normal and healthy stress response to a tense situation.
Example: First day of school or work.

Tolerable Stress
Activation of the body's stress response to a long lasting or severe situation.
Example: Loss of family member, but with supportive buffers in place.

Toxic Stress
Prolonged activation of the body's stress response to frequent, intense, stressful events.
Example: Witnessing domestic violence in the home, chronic neglect.

ACEs are Adverse Childhood Experiences
Juvenile Offenders in Florida 50% reported 4+ ACEs

Polyvictimization Framework

- Polyvictimization calls attention to "everyday trauma"
- - Sherry Hamby
Defining Polyvictimization

Polyvictimization: Describes the collective experiences of multiple types of violence, usually in multiple settings, and often at the hands of multiple perpetrators.

Let's look at Julia:
She is a 16-year-old girl who in the span of 12 months...

Has been bullied at school

Was sexually molested by her mom’s boyfriend

Has a boyfriend who has been verbally and emotionally abusive

Had her cell phone stolen

Watches a gang fight on her walk home from school

Has witnessed violence between her mom and her mom’s boyfriend

Trauma Informed and Hope Centered
**What is wrong with you?**

Client well-being is traditionally viewed as the reduction of problems

Depression, Truancy, Anger, Criminality Etc.

Growing Awareness of Adverse Childhood Experience has reframed the question to a more trauma informed:

**What Has Happened To You?**

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

**Simplicity of Hope**

- **Goals**: Cognitive endpoint of purposeful behavior.
  - Can be either short- or long-term in nature.
  - Must be valued (our goals are not always their goals).

- **Pathways**: Mental roadmaps to goal attainment.
  - Consider potential barriers with solutions.
  - Identify multiple pathways.

- **Agency (Willpower)**: Mental energy to your pathway pursuits.
  - Focus your attention and intention on goal pursuits.
  - Sustained motivation.
What is the opposite of hope?

THE LOSS OF HOPE

HOPE
• Goal is significantly blocked.

Anger
• Unable to adjust goal.
Pathways are unavailable.

DESPAIR
• Loss of motivation.

APATHY
• Loss of motivation.

The Application of Hope

Identified Goal

How will you manage your willpower?

Selected Pathway

Unmitigated trauma is hope ROBOZ!!!!
The Power of Hope

Hope is easily measured. Hope can be increased through intentional programming. Hope is a social gift.

Nurturing Hope In Adjudicated Youth

Progress Reinforces Pathway/Agency Relationship

• Visible Pathways and Agency

• Visible Pathways

• Clarifying Goals Increases Agency

NURTURING HOPE

Hope is easily measured. Hope can be increased through intentional programming. Hope is a social gift.
CAMP HOPE and ACE

Prevalence of Adverse Event by Type

<table>
<thead>
<tr>
<th>Event</th>
<th>Percent</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbal</td>
<td>49.8</td>
<td></td>
</tr>
<tr>
<td>Domestic暴力</td>
<td>77.9</td>
<td></td>
</tr>
<tr>
<td>Physical</td>
<td>38.6</td>
<td>41.2</td>
</tr>
<tr>
<td>Sexual</td>
<td>20.3</td>
<td>42.5</td>
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<tr>
<td>Neglect</td>
<td>47.1</td>
<td>38.5</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>20.3</td>
<td></td>
</tr>
<tr>
<td>Physical</td>
<td>17.9</td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td>47.1</td>
<td></td>
</tr>
<tr>
<td>Parent Incarceration</td>
<td>44.7</td>
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</table>

THE POWER OF HOPE

Changes In High ACE Children Hope

<table>
<thead>
<tr>
<th>Pretest</th>
<th>Posttest</th>
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</thead>
<tbody>
<tr>
<td>25.28</td>
<td>27.39</td>
</tr>
<tr>
<td>26.43</td>
<td>28.67</td>
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Strategies To Nurture Hope

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Description</th>
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<tbody>
<tr>
<td>Introduce Hope</td>
<td>Introduce the concept of hope and discuss its core components (distinguish wishful thinking and fantasy)</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>Help the Client develop personally relevant goals.</td>
</tr>
<tr>
<td>Pathways</td>
<td>List and discuss potential pathways the Client choose.</td>
</tr>
<tr>
<td>Willpower</td>
<td>Have Client identify/describe sources of motivation.</td>
</tr>
<tr>
<td>Problem Solve</td>
<td>Identify and list obstacles.</td>
</tr>
<tr>
<td>Create Hope Visual</td>
<td>Create a Visual Map accessible for the Client's reference.</td>
</tr>
<tr>
<td>Re-Goal</td>
<td>Remember – We have the ability to re-goal.</td>
</tr>
</tbody>
</table>
At the heart of change is our ability to understand the way things are and to imagine the way things could be.

The future will be better than today, and we have the power to make it so!

YOU HAVE BRAINS IN YOUR HEAD.
YOU HAVE FEET IN YOUR SHOES.
YOU CAN STEER YOURSELF ANY DIRECTION YOU CHOOSE.
CONTACT INFORMATION

• Stacy Phillips, DSW
  • Victim Justice Program Manager
  • Department of Justice/Office for Victims of Crime
  • Washington, DC
  • stacyphillips@usdoj.gov
  • (202) 615-0669

• Chan M. Hellman, PhD
  • Professor – Anne & Henry Zarrow School of Social Work
  • Director – Hope Research Center
  • University of Oklahoma – Tulsa
  • http://www.ou.edu/tulsa/hope
  • (918) 660-3484