



## California Family Justice Initiative - Implement HOPE Theory in Your Center

Alliance for HOPE International invites your Center to participate in an exciting initiative that will help you better measure outcomes in your Center. To this end, the Alliance is hosting a series of webinars that focus on HOPE Theory. We have partnered with the University of Oklahoma to bring this valuable training and tool to your community.

We invite you and your leadership team to join us for this 3-part webinar series. This series will prepare sites for the Directors Pre-Conference on Evaluation and Impact in April 2016, where we will further discuss evaluation and impact in Family Justice Centers.

### **Webinar #1: Introduction to the Blue Shield Project - January 26, 2016 at 10 am PT** **Presented by: Casey Gwinn and Gael Strack**

#### **Objectives:**

- Understand the CFJI HOPE Theory Project
- Discuss the framework for the implementation of this initiative
- Discuss Evaluation as twofold:
  - Organizational Processes: including policies, procedures, and intake
  - Survivor Outcomes: Engagement, VOICES Committees, and long term case management
- Explain Survivor Defined Success outcome measurements.

### **Webinar #2: Introduction of Hope Theory - February 26, 2016 at 10 am PT** **Presented by: Chan Hellman and Casey Gwinn**

#### **Objectives:**

- Understand Hope Theory
- Discuss its history
- Discuss the literature around Hope Theory and its outcomes

### **Webinar #3: Implementing Survivor Defined Success and Hope Theory into Family Justice Centers - March 25, 2016 at 10 am PT**

**Presented by: Casey Gwinn and Chan Hellman**

#### **Objectives:**

- Examine implementation in Family Justice Centers
  - Methodology
  - Benefits and Challenges
  - Things to consider
- Next steps

*If you have any questions please contact Michael Burke toll free: (888) 511-3522 or by email at [michael@allianceforhope.com](mailto:michael@allianceforhope.com)*

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# Webinar #3: The Methodology of Hope Theory

California Family Justice Initiative  
Presenters – Casey Gwinn, Esq., and  
Dr. Chan Hellman

# Alliance for HOPE Team



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## Our Guest



Chan Hellman, Ph.D.

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Contact  
Natalia  
ASAP!!!



ALLIANCE for  
**HOPE**  
INTERNATIONAL



April 12-14, 2016  
Paradise Point Hotel and Spa  
16th Annual International Family Justice Conference

# THE METHODOLOGY OF HOPE RESEARCH

***Chan M. Hellman, PhD***

***University of Oklahoma***

***Associate Dean – College of Arts & Sciences***

***Professor – Department of Human Relations***

***Director – Center of Applied Research for Nonprofit Organizations***

# Topics Covered

- Hope Theory Briefly Revisited.
- Benefits of Hope Research.
- Ethical Considerations.
- Pre-test Post-test Design.
- Measuring Hope.
- Sampling and Data Storage.
- Communicating with the Researcher.

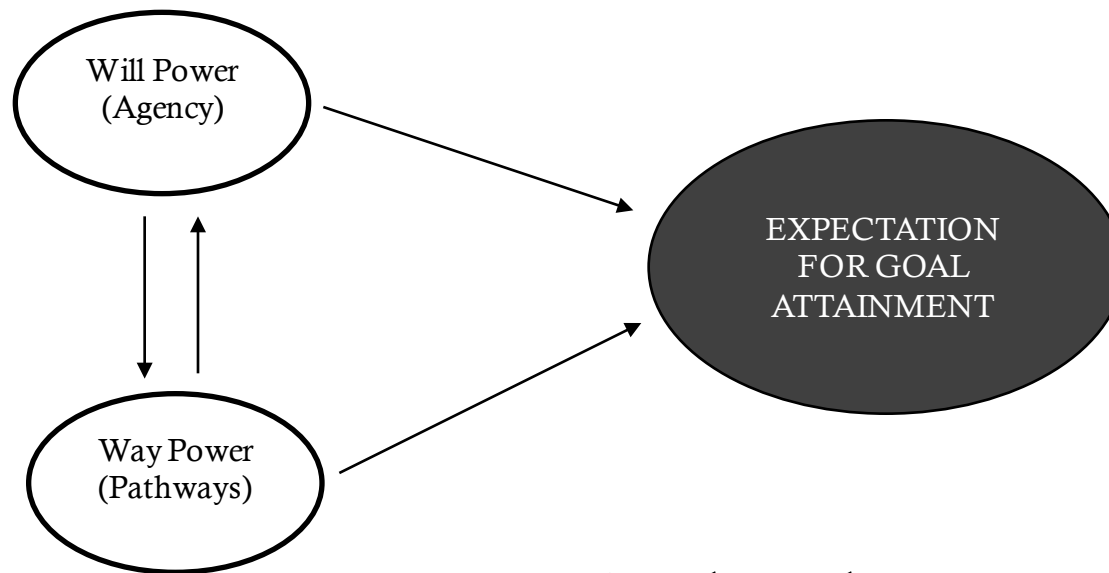


# HOPE THEORY...Briefly.



- Hope is a motivational theory based upon the capacity to create viable pathways to achieve a desirable goal and the capacity to direct and maintain mental energy (agency) to these pursuits.
- Hope = Pathways + Agency.
- High hope individuals often imagine multiple pathways that are crucial when encountering barriers.
- Hope is predictive of physical, psychological, and social well-being.

# HOPE THEORY



Both pathways and agency are required for hope...agency without pathways is more likely a wish!

# BENEFITS OF HOPE RESEARCH



- Hope reflects a well established psychological theory that is easy to understand and communicate.
  - Goals, Pathways, Agency.
- Hope is a top psychological strength serving as a coping resource. Hope can be improved.
- **A Common Language for Collective Impact.**
  - FJCs are pathways of hope (Common Language).
  - Hope evidence can be used for social advocacy toward system level change (Collective Impact).

# THE SCIENCE OF HOPE

## Ethical Considerations



- ❧ Research should be conducted in a way that protects the survivor and is respectful.
- ❧ Voluntary Participation:
  - ❧ Safety and wellbeing always take priority over data collection.
  - ❧ Coercion is in the eye of the survivor.
- ❧ Confidential vs. Anonymous Data:
  - ❧ Confidential: Responses can be linked to the survivor.
  - ❧ Anonymous: Responses cannot be linked to the survivor.
- ❧ Informed Consent: Provide sufficient information so survivor can make informed choice.
  - ❧ Purpose of the research.
  - ❧ Risks/Benefits of participation.
  - ❧ Voluntary participation with no consequence of withdrawal or “opting out.”

# The Science of Hope



- The purpose of the research is to assess the change in hope among survivors seeking services through FJC for domestic violence.
- This is about how your Family Justice Center impacts change in hope (**outcome**) **not** how many survivors you impact in a given time frame (**output**).

# THE SCIENCE OF HOPE



## Types of Experimental Design

- Randomized
- Pre-Test & Post-Test Design
- Post-Test Only

Resources for additional information:

<http://www.socialresearchmethods.net/kb/destypes.php>

# THE SCIENCE OF HOPE



## Research Design Considerations

- **Randomized Experimental Design is Not Appropriate.**
  - Only design that allows for test of cause and effect.
  - Subjects are randomly assigned to a treatment or control group.
- **Pre-test Post-test design will be preferred** over a retrospective (post-test only).
  - Pre-test data must be linked (matched) to post-test data.
- Common Identifier must be used (e.g., Case ID).

# THE SCIENCE OF HOPE



## Research Design Considerations

- Pre-test hope survey collected during the intake process is preferred.
- Post-test hope survey collected toward the end of services.
- **Survivor Defined Success:** Can survivor defined goals be matched to the hope data?
  - Do changes in hope predict the attainment of survivor defined goals?

# THE SCIENCE OF HOPE



## Research Design Considerations

- Collecting the Data:
  - Self-Report vs. Interview.
  - English and Spanish versions available.
- The Importance of a Completed Hope Survey.
  - Cases with missing data are eliminated from important analysis.
  - Allows us to assess the score validity and reliability.

# THE SCIENCE OF HOPE



## ADULT HOPE SCALE

- ❧ 1. I can think of many ways to get out of a jam. (P)
- ❧ 2. I energetically pursue my goals. (A)
- ❧ 3. I feel tired most of the time. (F)
- ❧ 4. There are lots of ways around any problem. (P)
- ❧ 5. I am easily downed in an argument. (F)
- ❧ 6. I can think of many ways to get the things in life that are most important to me. (P)
- ❧ 7. I worry about my health. (F)
- ❧ 8. Even when others get discouraged, I know I can find a way to solve the problem. (P)
- ❧ 9. My past experiences have prepared me well for my future. (A)
- ❧ 10. I've been pretty successful in life. (A)
- ❧ 11. I usually find myself worrying about something. (F)
- ❧ 12. I meet the goals I set for myself. (A)

A = AGENCY ITEMS; P = PATHWAY ITEMS; F = FILLER ITEMS.

Snyder, C. R., Harris, D., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., Yoshinobu, L., Gibb, J., Langelle, C., & Harney, P. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.

# THE SCIENCE OF HOPE

## ADULT HOPE SCALE SPANISH VERSION

- ❧ 1. Puedo pensar en muchas salidas cuando me atasco. (P)
- ❧ 2. Persigo mis objetivos energicamente. (A)
- ❧ 3. Me siento cansado la mayor parte del tiempo.(F)
- ❧ 4. Hay muchas maneras de solucionar un problema. (P)
- ❧ 5. Me superan facilmente en una discusion. (F)
- ❧ 6. Puedo pensar en muchas formas de conseguir las cosas que en la vida son importantes para mi. (P)
- ❧ 7. Me preocupo por mi salud. (F)
- ❧ 8. Incluso cuando los demas se desaniman, yo se que puedo encontrar una forma de solucionar el problema. (P)
- ❧ 9. Mis experiencias pasadas me han preparado bien para mi futuro. (A)
- ❧ 10. He tenido bastante exito en la vida. (A)
- ❧ 11. Muchas veces me encuentro preocupado por algo. (F)
- ❧ 12. Consigo los objetivos que me propongo. (A)

A = AGENCY ITEMS; P = PATHWAY ITEMS; F = FILLER ITEMS.

Galiana, L., Oliver, A., Sancho, P., & Tomas, J. M. (2015). Dimensionality and validation of the dispositional hope scale in a Spanish sample. *Social Indicators Research*, 120, 297-308.

# THE SCIENCE OF HOPE



- Collecting the Hope Survey:
  - Deciding on an ID.
  - Protecting survivor's information.
  - Deciding when to collect the data.
- The Importance of Matched Pre-test and Post-test Hope Surveys.
  - The only way to assess change is having matched comparisons.
  - The number of matches are always smaller than the number of survivors who participate.
    - Pre-test but no Post-test.
    - Post-test but no Pre-test.

# THE SCIENCE OF HOPE



- Sampling Survivors to Participate in Hope Research.
  - Don't collect if in crisis.
  - Short-term services?
  - Balance between burden and meaningful data.
- The Importance of Sampling.
  - Surveys need to be collected from a sample representative of your clients.
- Number of participants impacts ability to generalize results to your FJC.

# THE SCIENCE OF HOPE



- Storing the Data – Importance of Match.
  - Electronic.
    - Excel spreadsheet for pre-test.
    - Excel spreadsheet for post-test.
    - Data entry *MUST* be consistent.
    - Set a time each week for data entry.
    - Establish WHO will enter data.
  - Pencil-and-paper.
    - One location for storage of completed surveys.
- Maximize Confidentiality.
- Minimize potential loss or deletion of responses.

# THE SCIENCE OF HOPE



- Communicating with Researcher.
  - If you have a question, call (don't wait).
  - Establish a consistent time to “check-in” during the data collection process.
  - It is common that more communication will take place at the beginning of project.
  - How should the researcher get the data and how often?
  - When should you expect to get a summary report of the data?
  - Remember, one of the things we will learn during the research process is the best way to collect data at your site.

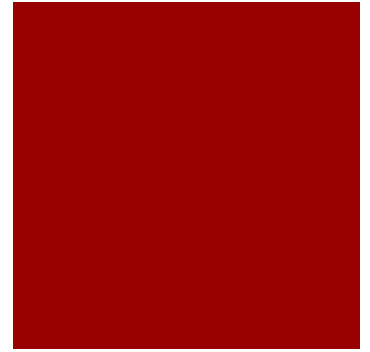
# THE SCIENCE OF HOPE



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# HOPE: A COMMON LANGUAGE FOR COLLECTIVE IMPACT



*POSITIVE  
STRENGTHS  
LIKE HOPE  
SERVE US BEST  
WHEN LIFE IS  
DIFFICULT*

# Questions or Comments?

# Thank You!

Alliance for HOPE International

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