

Camp HOPE America: Creating Pathways to HOPE for Children and Teens Exposed to Trauma

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CREATING PATHWAYS TO HOPE

"In America, we raise our criminals at home"

Casey Gwinn, Esq.

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We Know What Grows in Our Communities



Ronald Wayne Frye, age 31, killed his landlord over a rent dispute...in North Carolina in 1993

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Ronald Wayne Frye, Age 9 October 1968

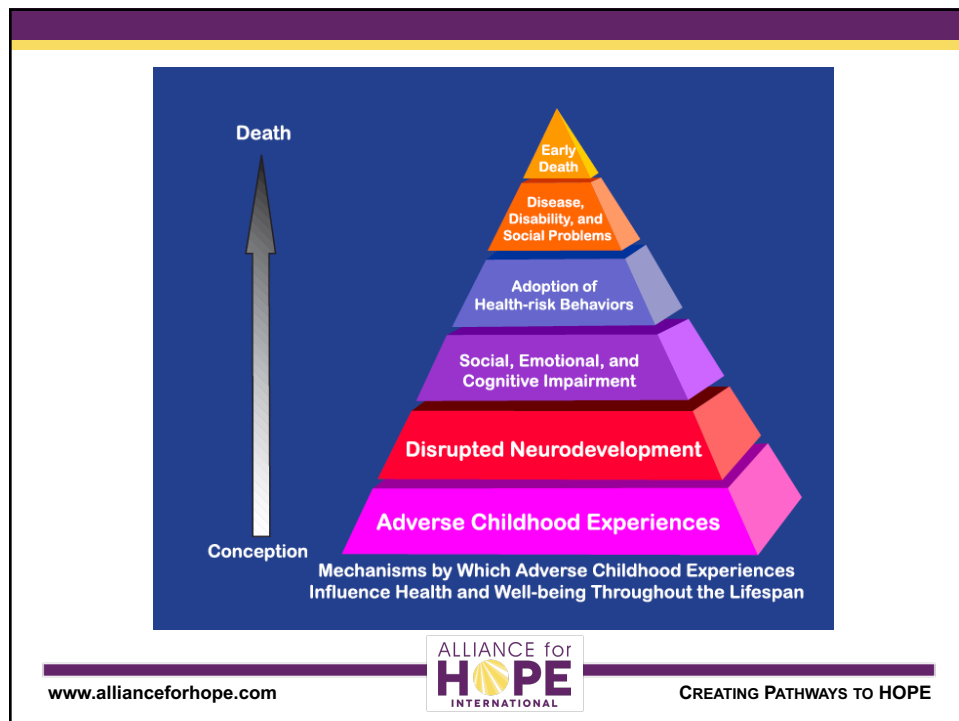


Executed in North Carolina on August 31, 2001

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Adverse Childhood Experience Study (ACE)

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

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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
- Centers for Disease Control and Prevention. (n.d.) About ACE. Retrieved October 20, 2013 from <http://www.cdc.gov/ace/findings.htm>.

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ACE Scores with Child Abuse, Domestic Violence, and Sexual Assault Offenders

Table 1. Adverse Childhood Experiences (ACE) Questionnaire scores and comparison with normative sample

ACE score	Current sample (N = 151), %	Normative sample ^a (N = 7975), %	t
0	9.3	38.0	7.22 ^b
1	13.2	26.0	3.50 ^b
2	13.9	15.9	0.67
3	15.2	9.5	2.39 ^b
4+	48.3	12.5	10.80 ^b

^aNormative sample from the Centers for Disease Control and Prevention^c based on 1998 male data from Fallot et al.^d

^bp < 0.0001.

Table 2. Number of Adverse Childhood Experiences (ACE) by offender type

Number of ACE	Offense category, no. (%)			
	Child abusers	Domestic violence offenders	Sexual offenders	Stalkers
0	4 (11.4)	8 (17.8)	2 (3.3)	0 (0)
1	7 (20.0)	5 (11.1)	7 (11.5)	1 (10.0)
2	7 (20.0)	7 (15.6)	5 (8.2)	2 (20.0)
3	9 (25.7)	7 (15.6)	5 (8.2)	2 (20.0)
4	8 (22.9)	18 (40.0)	42 (66.9)	5 (50.0)
Total	35 (23.2)	45 (29.8)	61 (40.4)	10 (8.6)

results of meta-analytic research, which found that adult male sexual offenders were more than 5 times as likely to have had histories of sexual abuse in their childhoods, compared with a nonsexual (but criminal) comparison group.⁶

measured by the ACE Questionnaire, can be linked to antisocial behavior in a criminal population.

Methods

The sample was composed of 151 adult

Average ACE Score:
5.5

James A Reavis, PsyD; Jan Looman, PhD; Kristina A Franco; Briana Rojas Perm J 2013 Spring;17(2):44-48

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Latest Research on the Children of Domestic Violence Homes


Children in 75% families ended up becoming victims as adults
Children in 78.6% families ended up becoming perpetrators as adults
(2013)

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The Science of Hope

Hope is a cognitive process requiring the capacity to develop pathways toward a desirable goal and the ability to direct and sustain mental energy toward those paths.


HOPE = Will Power + Way Power

With Hope


Hope improves coping skills, buffers against stress, predicts achievement, enhances positive relationships, and promotes healthy adaptive behaviors and resiliency.

Without Hope

Difficulty in developing pathways, feel discouraged about achieving goals, experience negative emotions, focused on potential of failure.




The Loss of Hope
Repeated unsuccessful goal pursuits
↓
Hopelessness



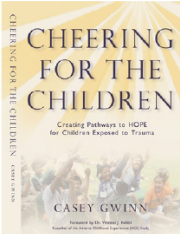
Chan Hellman, Ph.D.

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Cheering for the Children




Every child needs a cheerleader and a pathway to hope. A new book by author Casey Gwinn focuses on the diverse needs of children exposed to child abuse and domestic violence.

Purchase now at
www.familyjusticecenter.com



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Attachment Disorder Verbal Abuse
 Emotional Abuse Physical Abuse
 Witnessing Domestic Violence Sexual Abuse
 Divorce Neglect Drug and Alcohol Abuse
 Mental Illness of a Parent Acute Stress
 Incarcerated Family Member Chronic Stress
 Neurological Changes ADHD ADD PTSD
 Alcohol and Drug Abuse Smoking
 Risky sexual behavior Adolescent Pregnancy
 Sexual Assault Criminal Behavior
 Depression Heart Disease Violence Against Women
 COPD Bi-Polar Disorder Liver Disease Diabetes
 Suicidality Shortened Life Span

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KINDNESS LISTENING ACCEPTANCE
 LONG-TERM COMMITMENT AFFECTION
 UNCONDITIONAL LOVE ENCOURAGEMENT
 AFFIRMATION PRAISE FOR WHO YOU ARE
 LOGICAL CONSEQUENCES EXPRESSIONS OF HIGH VALUE
 PICTURING SPECIAL FUTURE OPPORTUNITIES TO OVERCOME FEAR
 OPPORTUNITIES TO OVERCOME ALL NEGATIVE SELF TALK
 BELIEF IN OTHERS BELIEF IN YOURSELF BELIEF IN YOUR DREAMS
 SENSE OF CONTROL SELF-EXPRESSION SENSE OF CHOICE
 PHYSICAL COMPETENCE MENTAL COMPETENCE
 ABILITY TO WORK IN A TEAM COMMUNICATION SKILLS
 ABILITY TO RESOLVE CONFLICT ABILITY TO BE A LEADER
 APPROPRIATE TOUCH APPRECIATION OF NATURE

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Always WE Always GIVE Always HOPE



With Kindness

With Affirmation

With Encouragement

Out of Our Own Reservoir of HOPE, Kindness, Self-Worth, and Courage...

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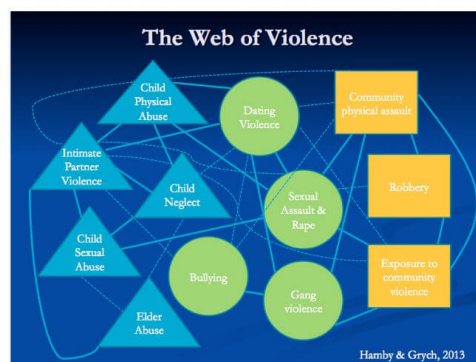
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The Complexity of Polyvictimization

Understanding Polyvictimization in the work of Camp HOPE America



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

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

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Training Institute on Strangulation Prevention

The most comprehensive program of its kind in the country...with the goal of homicide prevention at its core...

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Camp HOPE America

Giving Children Their Childhood
Back



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Camp HOPE America 2015

Average ACE Score
5.5

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Alex

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Alex on the Klamath River



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Average ACE Score: 5.5



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HOPE THEORY

- We are driven by our goals:
 - To the extent we can establish clear strategies (pathways) to achieving the goal and are willing to direct mental energy (agency) toward pursuing these pathways, we are experiencing hope. (Snyder, 2002).
- Agency and Pathway Thinking Are Both Required

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ACE Scores and Hope Scores

- In the presence of an adverse childhood experience:
 - The relationship between hope and well-being becomes much stronger.
 - This is especially pronounced for will power and well-being.
- Highlights the importance of nurturing hope in the lived experience of trauma.

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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).
 - ⦿ Predicts goal attainment.
 - ⦿ Protects against burnout.
 - ⦿ Reduces the intensity of physical suffering.
 - ⦿ Predicts substance abstinence.
 - ⦿ Predicts lower recidivism.
 - ⦿ Improves well-being.
- ⦿ High hope individuals flourish within their environment.

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The Science of Hope



Why Hope Matters

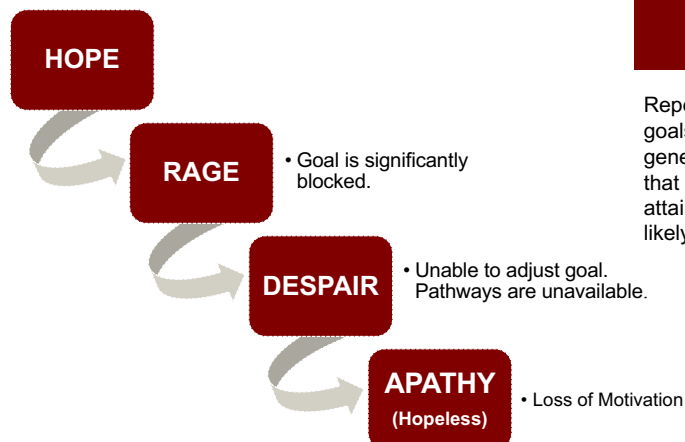
- Low hope individuals recognize their deficiency in pathways and agency.
 - Lack sense of long term goals.
 - Feel blocked from their goals.
 - Approach goals with negative emotion and focus on failure.
- Individuals with low hope:
 - Higher negative affect
 - Higher likelihood of quitting goal pursuits.
 - Higher anxiety and depression.
 - Lower self-esteem.
 - Lower problem solving skills.
 - Higher likelihood of externalizing negative behaviors.

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THE SCIENCE OF HOPE



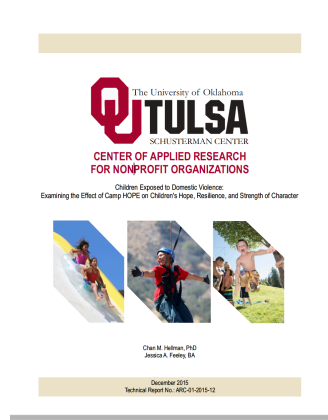
Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”

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OU Research Report - 2015



Camp HOPE as an Intervention for Children Exposed to Domestic Violence: A Program Evaluation of Hope, and Strength of Character

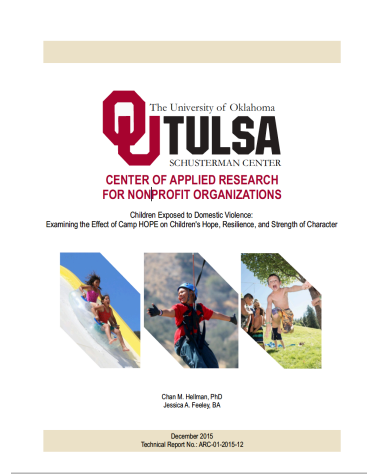
Hellman, C.M. & Gwinn, C. Child Adolescent Social Work Journal (2016).
doi:10.1007/s10560-016-0460-

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OU Research Report - 2015



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Children's Hope Scale 2015

FIGURE 1.
Children's Hope Index.

Hope

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

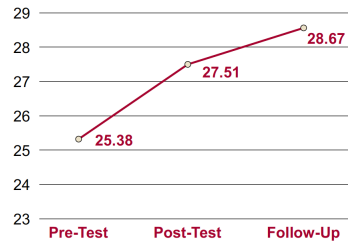


FIGURE 1 presents the total mean scale scores for the Children's Hope Scale. As seen in the graph, hope scores increased from pre-camp test and post-camp test and again at the follow-up assessment. A repeated measures ANOVA showed that this increase in hope was statistically significant [$F(2, 172) = 9.22; p < .05; \eta^2 = .10$]. 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).

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Resiliency Scores in 2015

Children's Resiliency Score

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

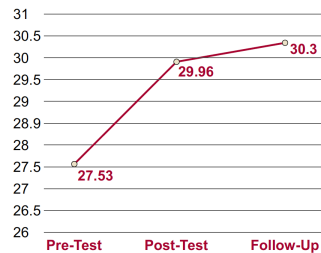


FIGURE 8 presents the total mean scale scores for the Children's Resiliency Scale. As seen in the graph, Resiliency Scores increased from pre-camp test to post-camp test and again slightly at the follow-up assessment. Repeated measures ANOVA showed that this increase in Resiliency was statistically significant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

Center of Applied Research for Nonprofit Organizations

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The Verizon-funded Pathways to HOPE Project



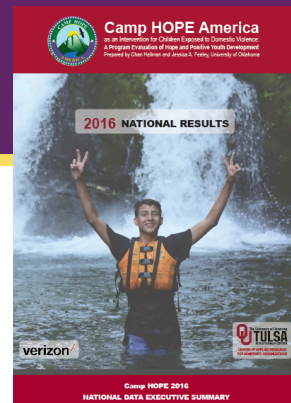
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Camp HOPE America – 2016 National Results

Camp HOPE America – California, Oregon, Texas, and Oklahoma

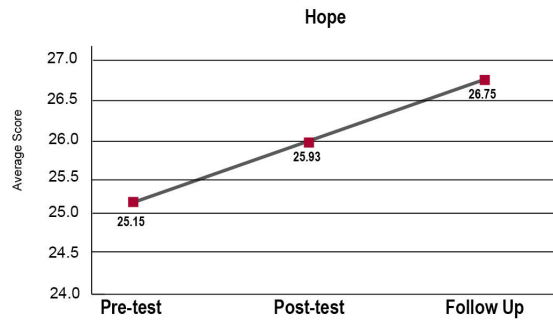


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HOPE Scores 2016 -- National



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

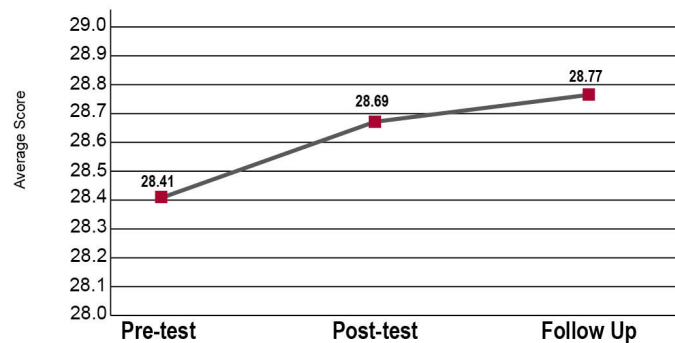
Graph 1 presents the total mean scale scores for the Children's Hope Scale.

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Resiliency Scores 2016 - National



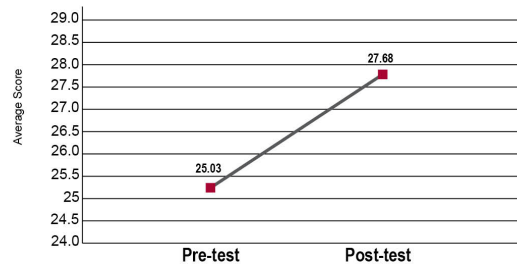
Graph 8 presents the total mean scale scores for the Children's Resiliency Scale.

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Observable HOPE 2016 - National



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

Graph 9 demonstrates the change in Hope observed by the camp counselors.

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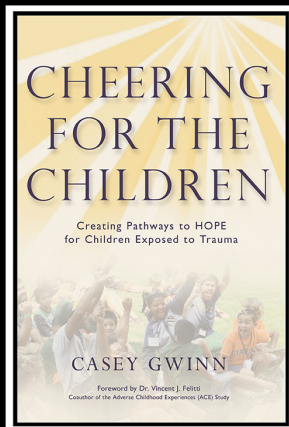
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A special thank you to everyone
who supported
Camp HOPE America



Learn more about the impacts of
childhood trauma in
Casey Gwinn's new book
"Cheering for the Children"

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