

# The Impact of Hope Rising in... Child Welfare



## FACT

### **HOPE IS THE #1 PREDICTOR OF WELL-BEING FOR ADULTS INVOLVED IN CHILD WELFARE.**

#### **Child welfare workers, caregivers & other child welfare-based professionals who understand the science of hope are:**

- More likely to be effective at protecting & assisting children exposed to trauma
- More likely to cope & adapt with adversity and find pathways
- More likely to maintain motivation
- Less likely to experience burnout
- More equipped to help children develop their own capacity for hope

## FACT

### **CHILDREN WITH TRAUMATIC EXPERIENCES ARE MORE LIKELY TO THRIVE WHEN THEY HAVE HIGH HOPE.**

#### **For children who experience adversity, high hope:**

- Provides a protective factor that helps them cope
- Increases their capacity to find pathways & dedicate mental energy toward meeting goals
- Predicts higher educational proficiencies
- Decreases suicidal ideation and suicidality
- Has a positive correlation with optimism and self-control
- Can be cultivated through an empathetic, supportive relationship with an adult

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### **HOPE CAN BE TAUGHT!**

Numerous studies show that hope can be instilled and increased through simple interventions. **Hope Rising Oklahoma** equips child welfare workers to create safe, hopeful families and children and produce positive outcomes.

