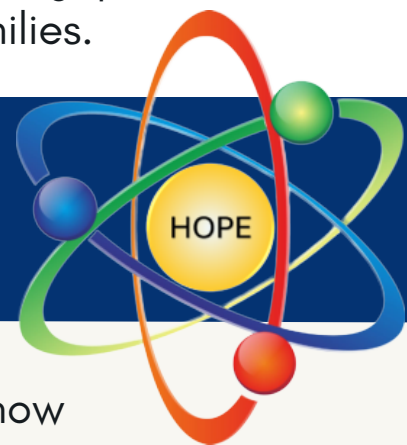


HOPE SCIENCE IN CHILD DEPENDENCY CASES



Hope science can be a powerful tool in child dependency courts. By integrating hope-based practices, courts can help families envision positive futures, identify realistic pathways to stability, and develop the confidence to overcome adversity. Judicial officers can also utilize these principles to help create courtroom environments that encourage civility among professionals and healing within families.

What is Hope Science?



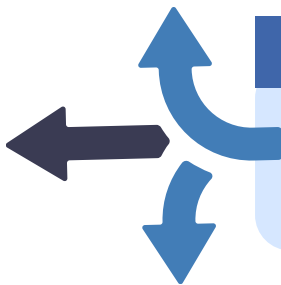
The “science of hope” is a field of study that focuses on how fostering hope can lead to improved mental, emotional, and physical well-being. It’s based on research showing that hope is more than just an emotion. Hope Science is a measurable and teachable mindset that can help people set goals, find ways to achieve them, and maintain the motivation to reach those goals, even in the face of challenges

Elements of Hope Science



GOALS

Setting clear, achievable goals that give people something to work toward.



PATHWAYS

Identifying various strategies or routes to achieve those goals.



WILLPOWER (“agency”)

Building the personal belief that you have the power and ability to achieve your goals.

“In a dependency case, where emotions run high and stakes are critical, hope offers a path to helping individuals focus on positive change and the possibility of a better outcome for themselves and their children.”



RESOURCES

- [Family & Youth Justice Programs - Hope Science](#)
- [Hope Navigator Network](#)
- [Statewide Hope Community of Practice](#)
- [Hope Rising Washington](#)