

Science of Hope Community of Practice

MARCH 2025

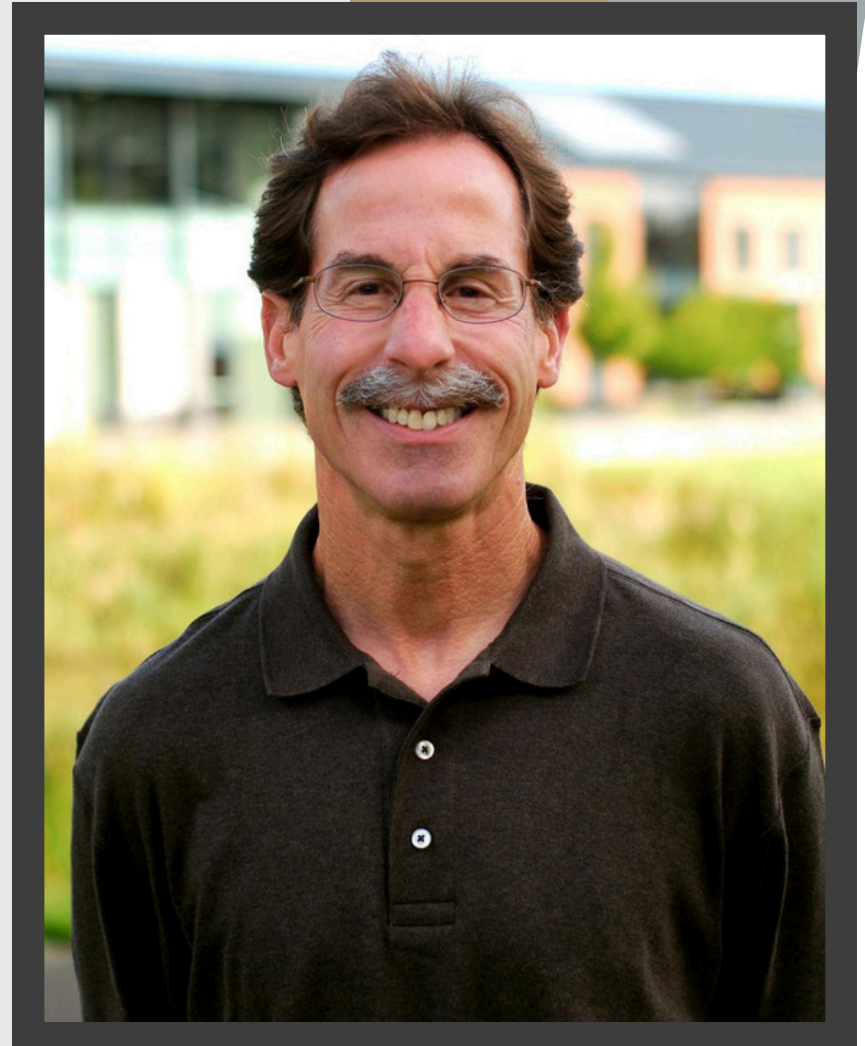
This month, we will hear from Jerry Goodstein, a Certified ADHD Life Coach. Jerry specializes in coaching at-risk youth with ADHD, including those in the juvenile justice system. Drawing from over 30 years in higher education, he integrates Dr. Chan Hellman's HOPE model into his work with youth, expanding it to emphasize support and persistence. Partnering with organizations in S.W. Washington, he works to address the high rates of undiagnosed and untreated ADHD among justice-involved youth.

"Building Hope: ADHD Coaching for Justice-Involved Youth"

This presentation explores how the HOPE model, as developed by Dr. Chan Hellman and colleagues, is being integrated into ADHD coaching for at-risk youth in S.W. Washington. It expands the traditional HOPE framework—agency (willpower) and pathways (waypower)—to also include support (wepower) and persistence (staypower) as key elements in goal achievement. The session will highlight how these concepts are applied in coaching, with real-world examples demonstrating their impact on youth facing challenges in school, at home, and in their communities.



**Wednesday,
March 12, 2025
12-1 PM**



Dr. Jerry Goodstein
Professor Emeritus - Washington State
University

Founder - Where You Are ADHD Coaching



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FOR MORE INFORMATION
Sarah.Burns@courts.wa.gov



Website:
[FYJP Science of Hope](https://www.fyjp.org/science-of-hope)