

# INCREASING WELLBEING WITH THE SCIENCE OF HOPE

Judicial Community of Practice  
February 19, 2025

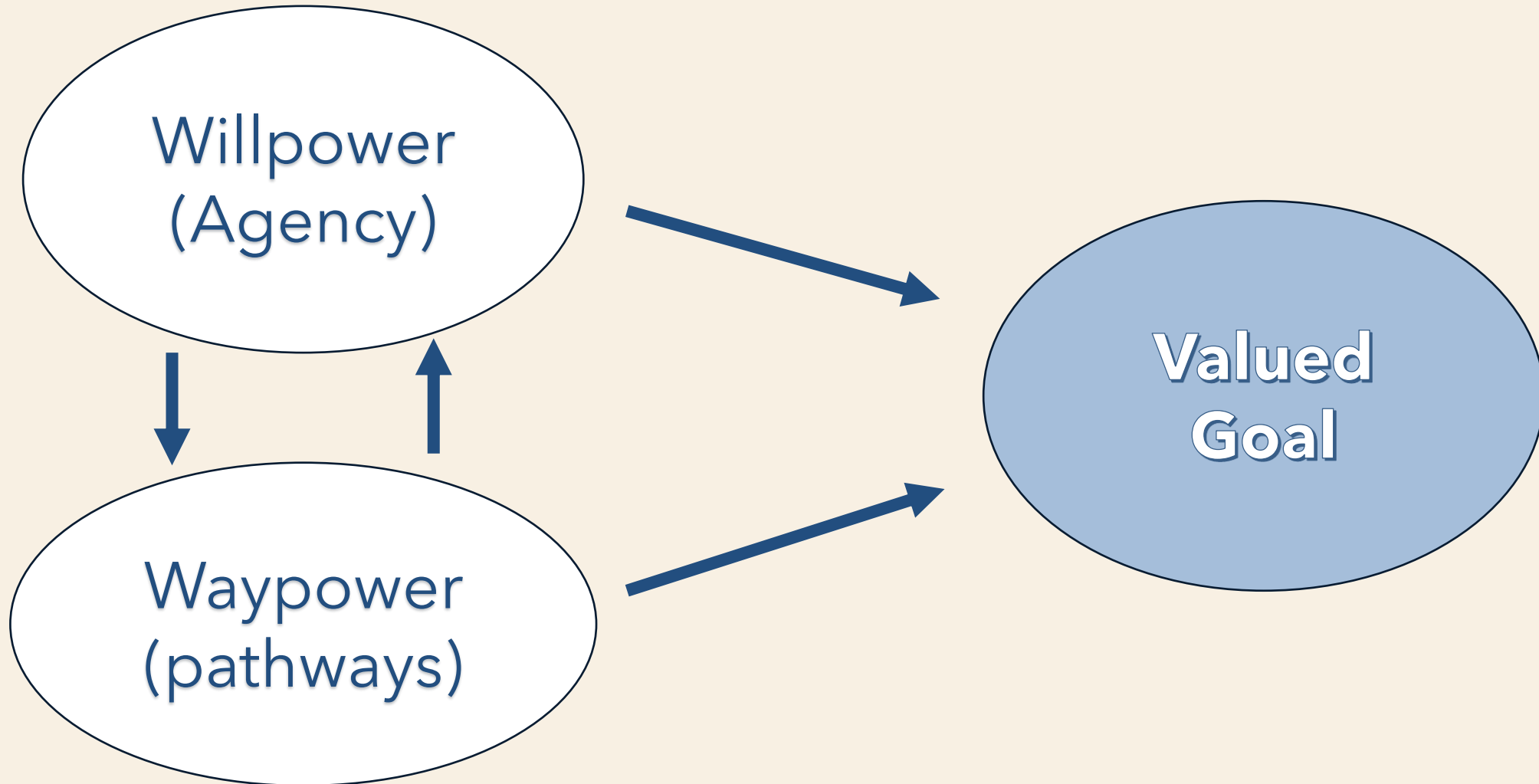




# **WHAT IS HOPE, ACCORDING TO THE SCIENCE?**

**HOPE IS THE BELIEF THAT YOUR  
FUTURE WILL BE BETTER THAN  
TODAY AND YOU HAVE THE POWER  
TO MAKE IT SO.**

# TENETS OF HOPE



# THE SIMPLICITY OF HOPE

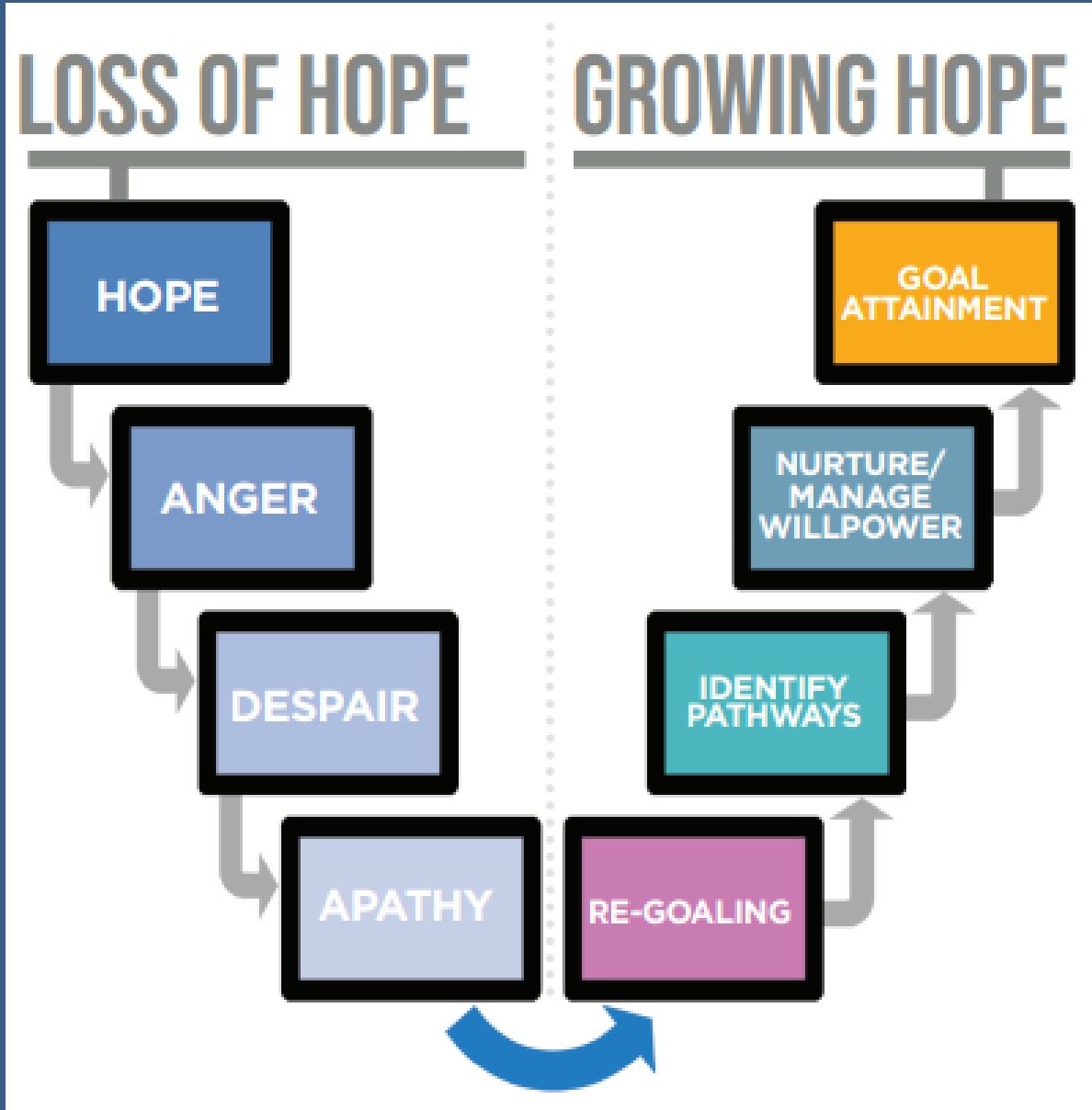


Goal setting is the cornerstone of hope

Pathways refers to the ability to identify routes towards goals

Willpower is the ability to sustain motivation to move along these pathways

# HOPE IS A PROCESS



# BUILDING HOPE INTO OUR WORK

## Spokane County Dependency Court

### Vision

A HOPE centered court system that is equitable, inclusive, and trauma responsive in strengthening the well-being of families, court professionals, and the community it serves.

### Mission

Our dependency court system is an inclusive community that partners with families and professionals to encourage hope, healing, and well-being.



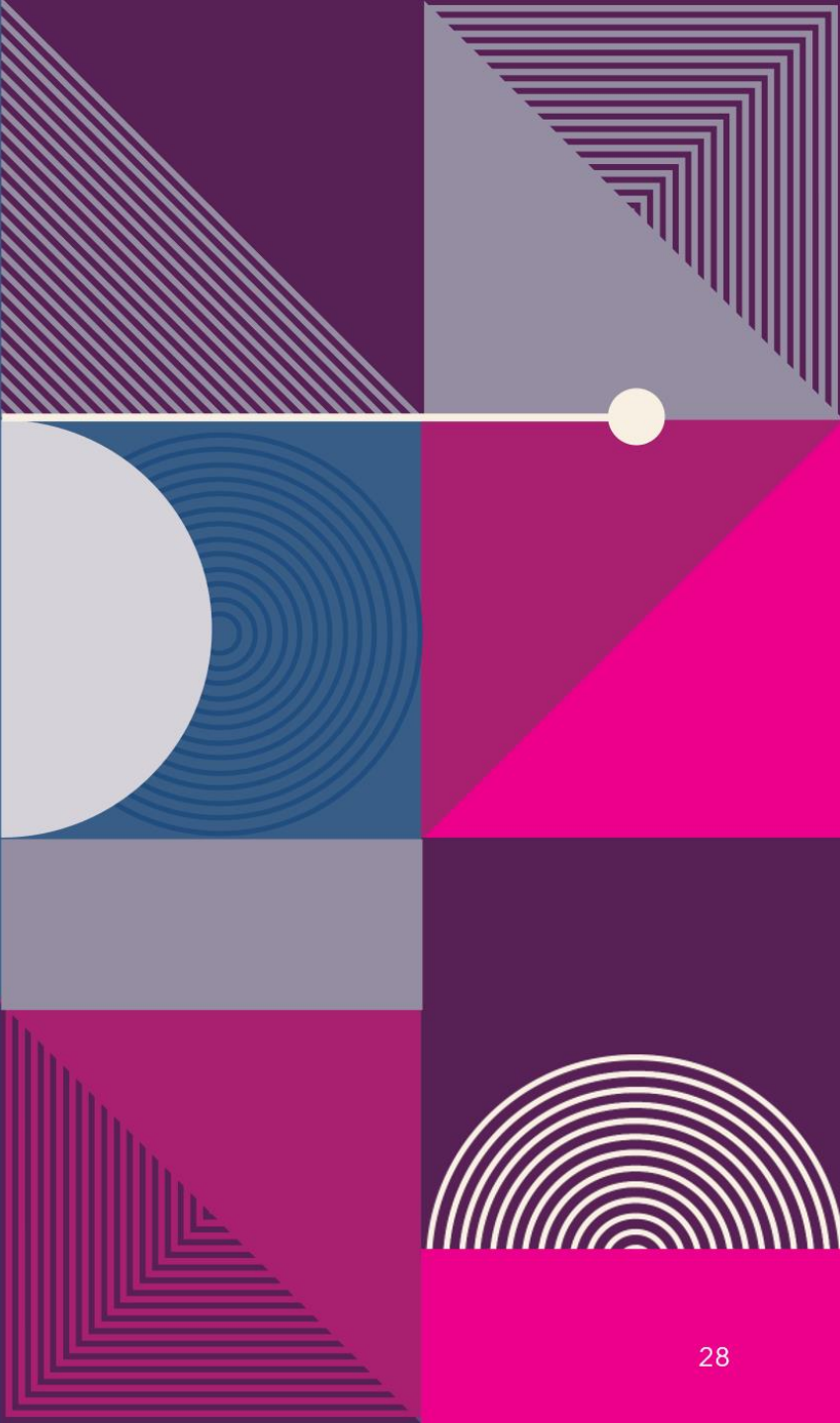
**GOALS** *How we help families determine their goals*  
Boundaries • Curiosity • Individualized • Integrity • Listening to Understand • Support • Transparency • Sustainable

**PATHWAYS** *How we create pathways for families to reach their goals*  
Accessible • Achievable • Anti-bias • Collaboration • Communication • Predictability • Self-Care • Teaming • Trauma Informed • Trauma Responsive

**WILLPOWER** *How we help families achieve their goals and build HOPE*  
Compassion • Celebrate Success • Generosity • Grace • Minimize Trauma



# NURTURING HOPE IN OUR HOMES





# RESOURCES

- <https://www.wacita.org/hope/>
- <https://hoperisingoklahoma.org/>
- <https://hopescore.com/>





# THANK YOU

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