

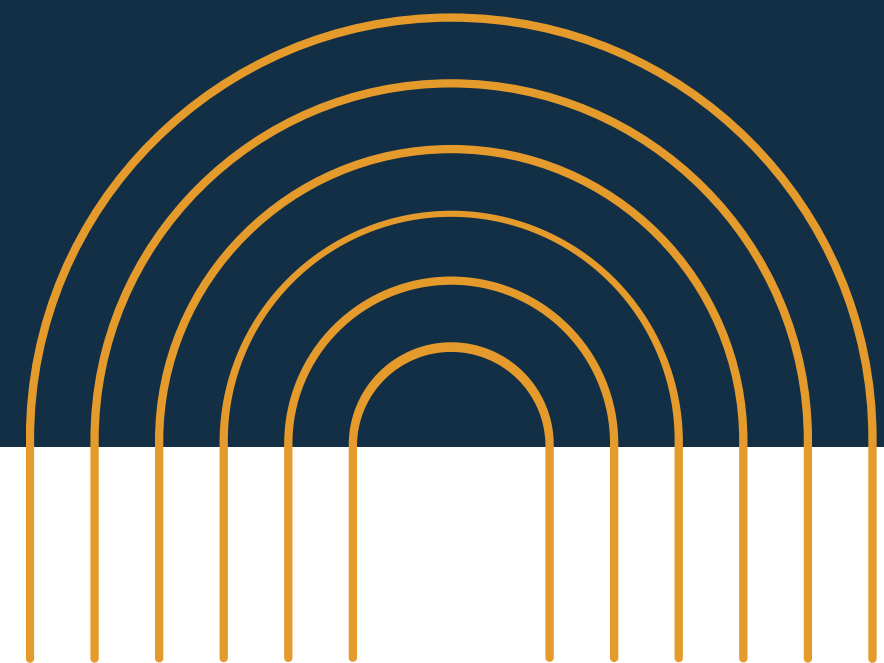


MENTOR
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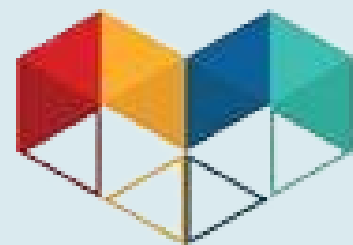
Jolynn Kenney:

Hope Ambassador & Executive Director

THE SCIENCE OF HOPE



*Happy National
Mentoring Month!*



MENTOR
WASHINGTON

Our Services.



MENTOR
WASHINGTON

- Training & Workshops
- Consulting & Technical Assistance
- Capacity Building
 - Pilot for Youth Experiencing Foster Care
- Research & Evaluation
- Advocacy & Education
- Recruitment of Mentors

#mentoringamplified

Why Mentoring?



- Recognized as evidence-based solution from OJJDP
- Reduce substance use
- Improve academics
- Expand career paths
- Improve mental health, decrease depressive symptoms

Hope





Hope is not
wishful thinking.





“Hope is the belief that the future will be better than today and you have the power to make it so.”

Dr. Chan Hellman



Benefits of Hope



Client Well-Being



- ☐ Goal Attainment
- ☐ Self-Regulation
- ☐ Social Connectedness

Employee Well-Being



- ☐ Secondary Traumatic Stress
- ☐ Improves Well-being

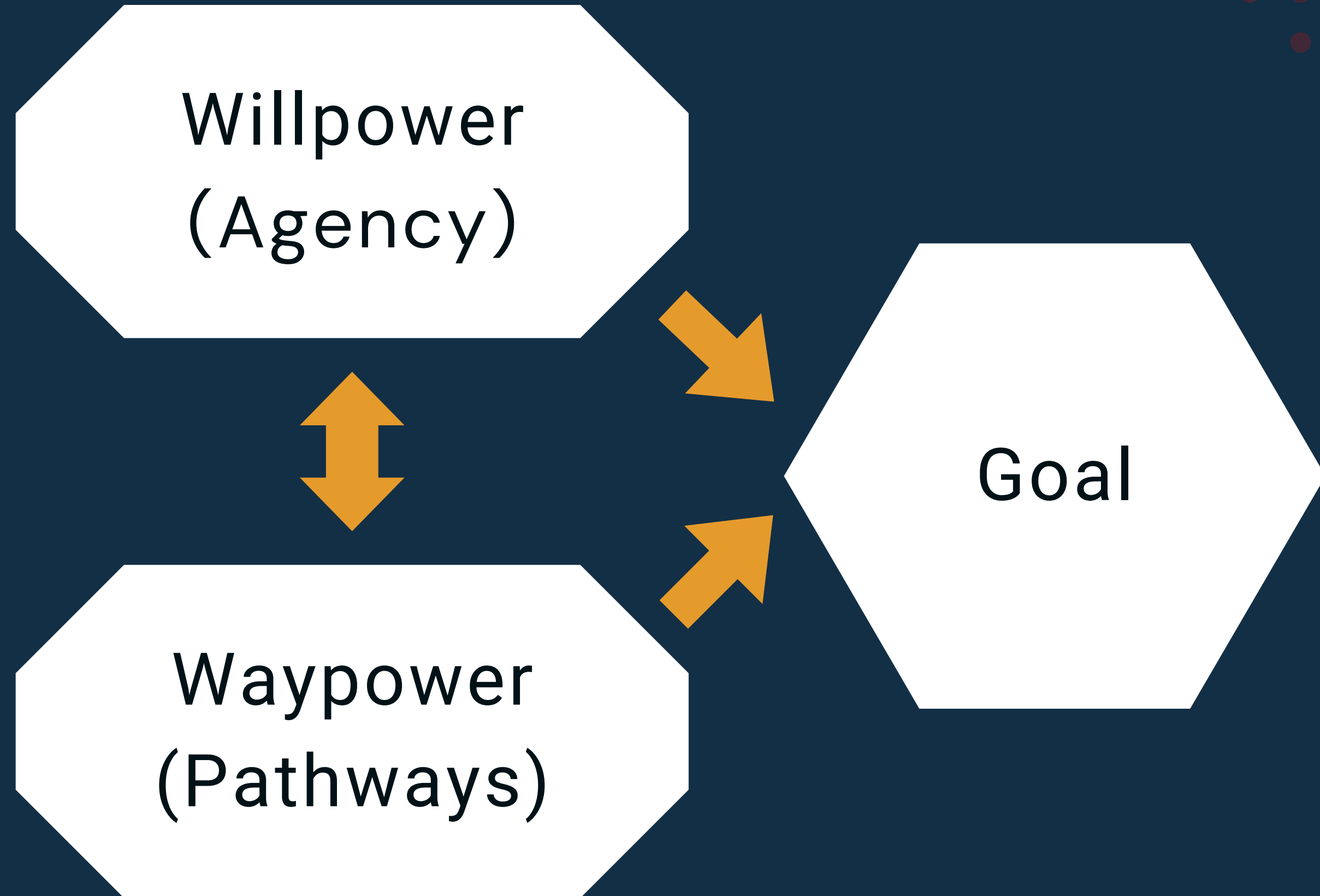
Organizational Well-Being



- ☐ Goal Attainment
- ☐ Lower Burnout
- ☐ Lower Turnover
- ☐ Job Satisfaction



HOPESCIENCE



Hope & Equity

- Goals are meaningful and often deeply personal.
- Pathways can vary. There is no one right way.
- Willpower is often found in community.

Hope

Anger

Urgency

Despair

Apathy

The loss of hope.



Hope

Create memories
of success

Viable Pathways

Goal Setting



Hope can be taught.



Individual & Collective Hope



Nurturing Hope

Introduce Hope	Introduce the concept of hope and its core components (not wishful thinking).
Goal Setting	Help develop personally relevant goals.
Pathways	List and discuss potential pathways toward goal achievement.
Willpower	Identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for reference.
Re-Goal	Remember – We have the ability to re-goal.

Relationships are a vessel of Hope.

Train mentors in Hope Theory and then...

- Use open-ended questions to help youth articulate THEIR goals, pathways, and perceived barriers.
 - “What’s one goal you’re most excited about right now? What steps can you take to move closer to it?”
- Create space for youth to reflect on past successes to reinforce their agency and strengths.
- Support their pathways and build their willpower.
- Celebrate milestones and wins!



Stay in touch!



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<https://mentorwashington.org/>



Newsletter!