

2025

HOPE SUMMIT

HOPE-CENTERED. TRAUMA-INFORMED.
CHILD AND YOUTH-FOCUSED.

FACILITATED BY:

The 2025 Hope Summit, facilitated by Dr. Chan Hellman, Ph.D., one of the world's leading hope scholars and co-author of *Hope Rising: How the Science of Hope Can Change Your Life*, is a transformative experience designed to deepen understanding of hope as a powerful tool for overcoming adversity.

Based on Dr. Hellman's evidence-backed research, this summit explores his Hope Centered curriculum, equipping attendees with practical strategies to foster resilience and healing in children and families.

The Hope Summit is designed to be impactful for everyone, whether you've attended a previous CTI Conference or are completely new to these concepts. This powerful event will lay the foundation for understanding the science of hope and how it intersects with trauma-informed care, equipping attendees with evidence-based strategies to support and empower children and families in need.



Dr. Chan Hellman, Ph.D.

*Co-Author of "Hope Rising:
How The Science of Hope
Can Change Your Life"*

November 6, 2025
8:30 a.m. - 4:00 p.m.

Houston CityPlace Marriott at Springwoods Village
1200 Lake Plaza Dr, Spring, TX 77389

**For more information
about Dr. Hellman:**



Hope Centered

2025

HOPE SUMMIT

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2025 HOPE SUMMIT

LEADING WITH THE SCIENCE AND POWER OF HOPE AGENDA

Primary Outcomes:

- Participants will understand the Science of Hope
- Participants will gain a common language of Hope.
- Participants will understand the connection between hope and collective hope to well-being.

8:30 – 8:40 AM	Welcome & Invocation (Ann Marie Ronsman, President & CEO, Child Advocates of Montgomery County and Judge Wayne L. Mack)
8:40 – 9:30 AM	Making Montgomery County Hope-Centered and Trauma-Informed with the Foundations of TBRI® (Ann Marie Ronsman)
9:30 – 10:45 AM	Introduction to the Science and Power of Hope (Dr. Chan Hellman)
10:45 – 11:00 AM	Break
11:00 – 11:20 AM	Goal Setting Worksheet (Dr. Chan Hellman) - <i>Page 5</i>
11:20 – 11:45 AM	Hope Worksheet (Dr. Chan Hellman) - <i>Pages 6-7</i>
11:45 AM – Noon	Break (please exit the ballroom to allow hotel staff to set up for lunch)
Noon – 12:45 PM	Lunch
12:45 – 2:00 PM	Hope-Centered Organization, Collective Hope, and Leadership (Dr. Chan Hellman)
2:00 – 2:15 PM	Break
2:15 – 2:45 PM	Small Group Break-Out: (Dr. Angela Pharris)
2:45 – 2:55 PM	Share Out Small Group Discussions
2:55 – 3:30 PM	Next Steps: Visioning Priorities For Implementing Hope (Dr. Angela Pharris)
3:30 – 4:00 PM	Closing Remarks (Ann Marie Ronsman)





“HOPE ELEVATOR SPEECH”

Assume everyone hears the word hope and interprets it as wishful thinking!

As much as possible, use the phrase:

“THE SCIENCE OF HOPE”

- 1. DEFINE HOPE:** Hope is the belief the future can be better, and you have a role to play in pursuing that future.
- 2. CLARIFY THE SIMPLICITY:** Hope is based upon three simple concepts of Goals, Pathways, and Willpower. We all set and pursue goals every day. Hope is based upon our capacity to set and pursue the pathways toward the goals and dedicate the willpower to sustain those pathways pursuits.
- 3. HOPE IS MORE THAN WISHING:** Both pathways and willpower are required for hope. Wishing is having the desire (willpower) but not having the pathways. Wishing is passive toward the goals, hope is about taking action to pursue the future you desire.
- 4. HOPE IS ONE OF THE STRONGEST PREDICTORS OF WELL-BEING.**

NOTE:

Hope Centered and Trauma Informed®

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Hope Centered Goal Worksheet.

Below, write down three goals you set for yourself personally and/or professionally.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Adding Detail to Your Goals

Specifics:	Goal 1	Goal 2	Goal 3
Achievement vs. Avoidance:			
Degree of difficulty: Low Moderate High			
Stretch vs. Mastery:			
Time to completion:			
Degree of change involved:			
Support Networks:			
Potential Detractors:			
Beneficiaries:			
Other Details:			

Overall, how successful do you think you will be in pursuing these goals?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: _____ Goal 2: _____ Goal 3: _____



PathwaysWorksheet

The purpose of this worksheet is to assist you in establishing pathways and willpower toward your goal. When you have described one or more possible strategies to your goal, you are now on the pathway to rising and sustained hope.

1. What goal are you going to pursue? _____
2. How much do you desire this goal? None □□□□□□□ A great amount
3. List the possible pathways (strategies) you can use to achieve your goal. For example, if your goal is to become healthier, pathways might include: Nutrition, Exercise, etc.

Pathway 1: _____

Pathway 2: _____

Pathway 3: _____

4. Describe potential barriers for each pathway you listed.

Pathway 1 Barrier: _____

Pathway 2 Barrier: _____

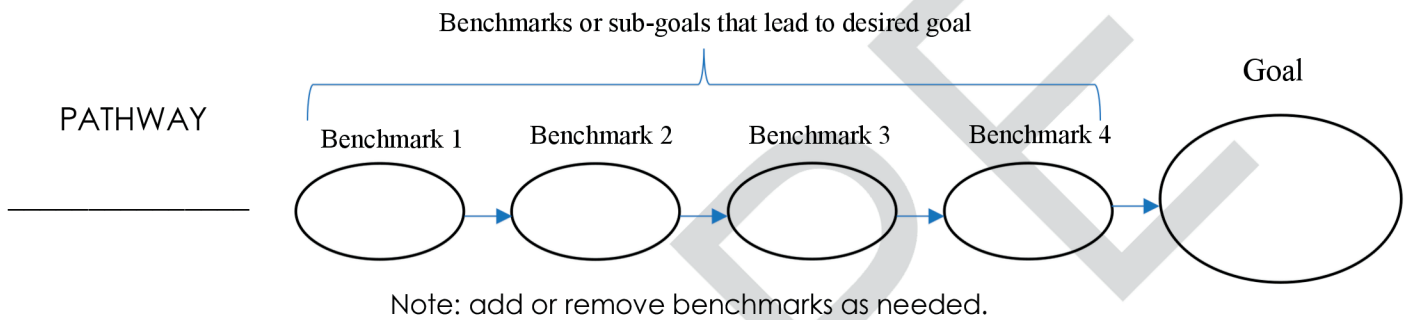
Pathway 3 Barrier: _____

5. Understanding that all pathways have barriers, choose the best pathway and describe how you can overcome the barriers to that pathway.

6. Imagine you have just achieved your goal:

- a. Describe how you will feel?
- b. What will be different?
- c. Will others be impacted by your achievement?

- Describe a time when you achieved a difficult goal by overcoming barriers. That is, what were the barriers and how did you overcome them and how did you feel?
- Thinking about your selected pathway, identify the benchmarks (steps along the pathway) that you need to achieve to attain the goal.



- Identify people and/or resources you need or can count on for support in pursuing this goal.
- Overall, how successful do you think you will be in pursuing this goal?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Things to consider:

If you begin to feel overwhelmed, you can focus your attention on one of the benchmarks (considered sub-goals). Just beginning the journey can have significant benefits to your well-being.

If barriers become too big, consider one of the other pathways you identified in steps 3 & 4 above.



Becoming A Certified Hope Centered Organization

Fidelity Indicators

Leadership Commitment

Leadership communicates a clear vision of hope as a core value informing policy, practices and culture.

Policy & Procedures

Policy changes reflect commitment to infusing hope as a core value promoting well-being in both customer and workforce.

Science Of Hope Integrity

Internal and external communication plan emphasizes the definition and core components of hope as a guiding principle where well-being is the outcome.

Sustaining Hope Efforts

Organization builds an external reputation for its commitment to hope. Employee recruitment, selection, and onboarding demonstrates hope as a core value.

Hope Is The Practice Model

Hope strategies are infused into program service delivery. Commitment to hope as a framework for client well-being.

Evaluation Activities Include Hope Metrics

Hope and collective hope represents a theory of change model to evaluate practice outcomes and workforce well-being.

HOPE IS THE CORE VALUE

As a core value, hope is the guiding principle serving as the foundation for decision-making, setting priorities, and shaping the overall direction of the organization.

Evidence of On-going Professional Development

The certified hope centered organization has included the multi-tiered training model with clear evidence of sustainability.

- Hope Ambassador
- Leadership
- Hope Awareness
- Hope Navigator[®]

Hope Centered Organizations Focus Their Attention and Intention on Nurturing Hope
www.chanhellman.com



HOPE AS OUR CORE VALUE

We believe that hope is the foundation of well-being—a framework that empowers individuals, strengthens communities, and fuels positive change. We are an organization of possibility, built on the belief that hope is not a wish—it is our strategy.

OUR FOUNDATION

- We believe hope is learned, practiced, and strengthened through action.
- We embrace adversity as an opportunity for growth, knowing that obstacles do not define us – our response to them does.
- We recognize that well-being is not just the absence of struggle, but the presence of purpose, connection, and growth.
- We honor the power of agency, equipping children, adults, and families with the confidence to shape their future.
- We strive to create a culture of hope that promotes workforce well-being, empowering each of us to live with meaning and purpose.

OUR COMMITMENT

- **We set meaningful goals**– aligning our actions with values that enhance well-being.
- **We create clear pathways**– removing barriers, fostering innovation, and ensuring strategies of growth and healing.
- **We strengthen agency**– empowering individuals with the tools, encouragement, and autonomy to thrive.
- **We foster supportive connections**– knowing that well-being flourishes in communities of care, belonging, and encouragement.

OUR IMPACT

We are builders of a future where hope is the foundation of well-being. In every endeavor, every relationship, and every decision, we choose to be a beacon of possibility. Together, we illuminate the path forward—one hopeful action at a time.

TRANSFORM YOUR ORGANIZATION THROUGH THE FRAMEWORK OF HOPE

For mission-driven organizations serving people affected by trauma, adversity, and toxic stress, the Hope-Centered and Trauma Informed[®] model provides a proven, research-backed framework to create culture change, reduce burnout, and improve long-term outcomes--both for clients and staff.

Why Choose Our Training?

- The Only CEBC Rated Science of Hope Curriculum.
- Expert-Led Workshops.
- 40+ Published Peer-Reviewed Studies.
- Improved Outcomes and Workforce Well-Being.



Hope-Centered and Trauma Informed[®]



Evidence Based Multi-Level Training Model:

Leader Training:

- Introduction to the science of hope and its impact on organizational outcomes and workforce well-being. Leaders establish hope as a core value and set priority areas for implementation.

Hope Ambassador:

- Project manager leading the organization's implementation strategies.

Hope Awareness Training:

- Staff are introduced to the science of hope and its impact on well-being. Staff develop hope centered goals and pathways toward goal attainment.

Hope Navigator[®] Training:

- Selected participants develop strategic implementation plans to infuse hope into programs, policy, and/or practice.

Join The Growing Network of Certified Hope-Centered Organizations

THOUSANDS OF RESEARCH STUDIES DEMONSTRATE HOPE AS ONE OF THE STRONGEST PREDICTORS OF WELL-BEING!



EMAIL

chanhellman@gmail.com



WEBSITE

www.chanhellman.com



REFERENCES AVAILABLE

Hope Training

Now Listed On The California Evidence Based Clearinghouse For Child Welfare Serving Organizations!

PROMISING RESEARCH EVIDENCE
HIGH RELEVANCE TO CHILDWELFARE



About The Hope Training

Hope Awareness Training was designed to foster hope by targeting cognitive, emotional, and behavioral components associated with goal-setting, agency thinking, and pathways to success. Rooted in positive psychology and trauma-informed care, Hope training provides a structured framework that can be delivered across human services, school, community, and behavioral health settings.

Highlights Of Hope Training



Increased goal-setting abilities and future orientation for children and families



Decreased symptoms of depression and hopelessness



Improved engagement, goal-attainment, self-regulation, and coping with stress



Decreased symptoms of burnout, secondary traumatic stress, and turnover among service providers



Scaleable to large capacity with training available on LMS self-paced platform or in person

Hope As A Framework For Action

The CEBC listing gives child welfare agencies, school systems, and behavioral health providers the confidence to implement Hope-Centered strategies knowing it meets high standards of evidence and effectiveness. The training aligns well with state and national priorities related to prevention, resilience-building, and reducing risk factors for mental health crises.

About The Clearinghouse

The CEBC is one of the nation's most respected repositories for evidence-based programs in child welfare. Its rigorous review process evaluates programs based on scientific evidence, relevance to child welfare populations, and implementation readiness.

For more information, or to view the CEBC listing, visit:
<https://www.cebc4cw.org/program/hope-enhancement-for-child-welfare/>

 **Hope-Centered and Trauma Informed[®]**

IMPACT OF HOPE NAVIGATOR TRAINING

Key Evaluation Results:

Participant Reactions To Training:

- Over 90% agreed or strongly agreed:
The training was valuable, relevant, and engaging.
- Over 95% agreed or strongly agreed:
Training can improve organizational culture.
Training can improve client outcomes.
Training can improve workforce well-being.
- 70% of participants (most with 5+ years of service) rated Hope Navigator training as the most valuable they have received from the organization.

Learning Obtained By Participants:

All metrics showed statistically significant improvements with large effect sizes (Cohen's $d > 1.18$):

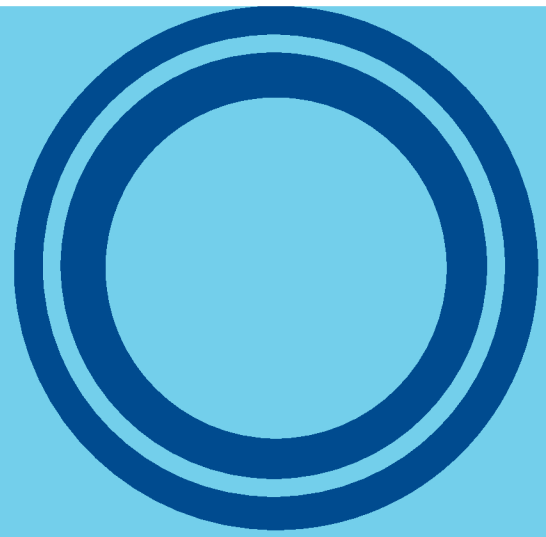
Learning Outcome	% Reporting Increase	Effect Size (Cohen's d)
Knowledge of Hope	92.70%	1.82
Confidence Using Hope Strategies	88.80%	1.75
Skill Level Applying Hope in Practice	90.00%	1.69
Program Effectiveness	76.50%	1.18

Project Implementation Outcomes:

- 90.6% reported their hope-centered project improved client outcomes.
- 88.4% reported their hope-centered project improved workforce morale.
- Over 80% reported successful implementation of their projects.

Key Evaluation Conclusions:

The five-year evaluation of over 200 participating Hope Navigators provides strong evidence of high impact and value—both in measurable outcomes and qualitative improvements to organizational culture, staff well-being, and client services.



Hope Navigator

A Hope Navigator is trained to design and implement hope-centered strategies within organizations, systems, or communities.

Hope Navigators learn strategies that both teach and nurture hope as a framework that drives well-being.

Return On Investment

Investing in Hope Navigator training produces a high ROI by:

- Strengthening staff retention, engagement, and well-being.
- Improving client motivation and service outcomes.
- Creating a unified, trauma-informed organizational culture.
- Providing a replicable, evidence-based framework for strategic change.

Hope Navigator training is not just a program—it is a culture shift that drives performance, protects people, and promotes thriving communities.

