

Best Practice Standards Through a Hope Lens

Applying the Science of Hope in
Treatment Court Best Practices



Jon Tunheim
Thurston County Prosecuting Attorney

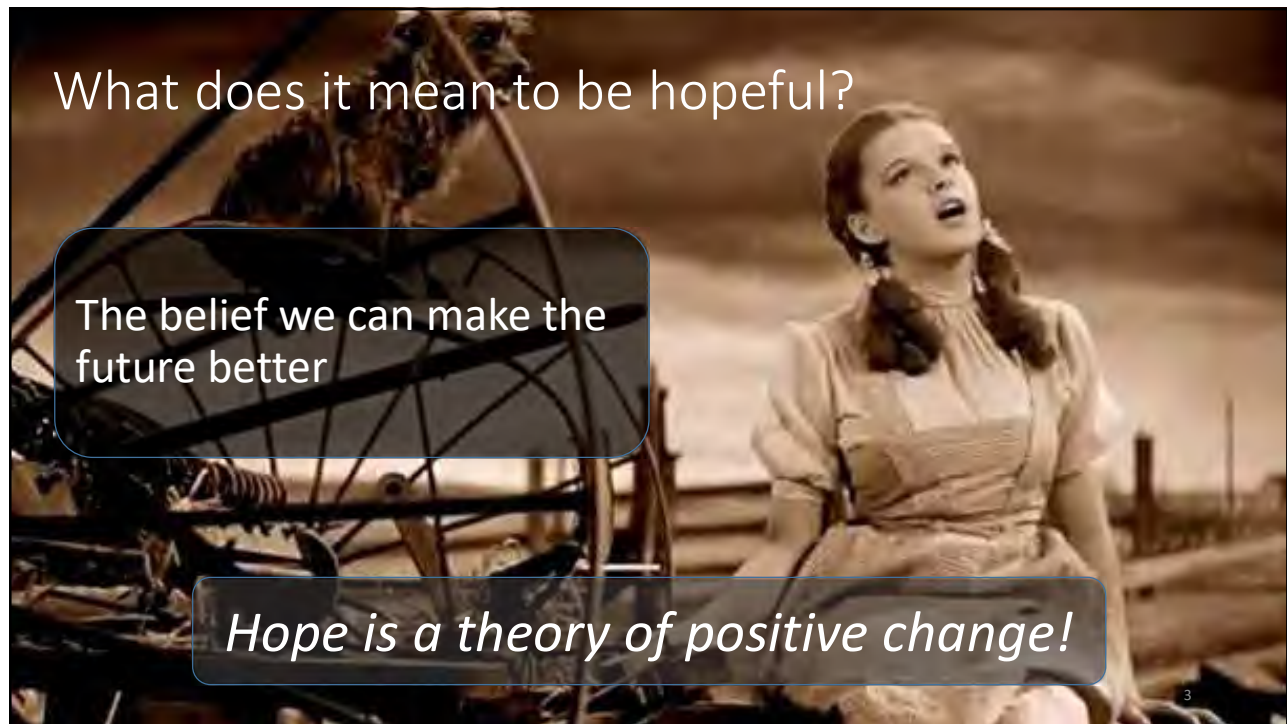
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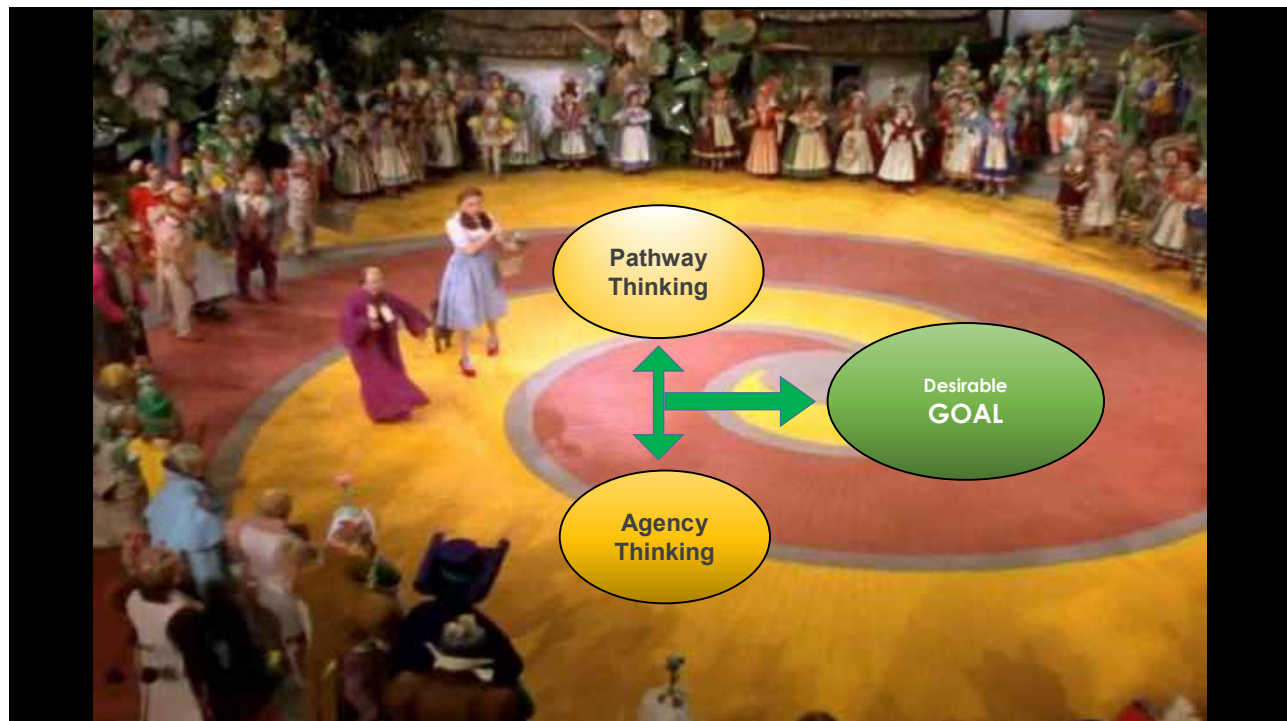
Applying the Science of Hope in
Treatment Court Best Practices

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GOALS
PATHWAYS
AGENCY


Hope is a way
of thinking...



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*"Hope is a verb with its
sleeves rolled up"*
- David Orr

Hope is the bridge from
optimism to action



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Measuring Hope

Adult Hope Scale – developed
by Dr. Rick Snyder

Collective Hope Scale –
developed by Dr. Chan Hellman



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Markers

The words we use are clues to our hope

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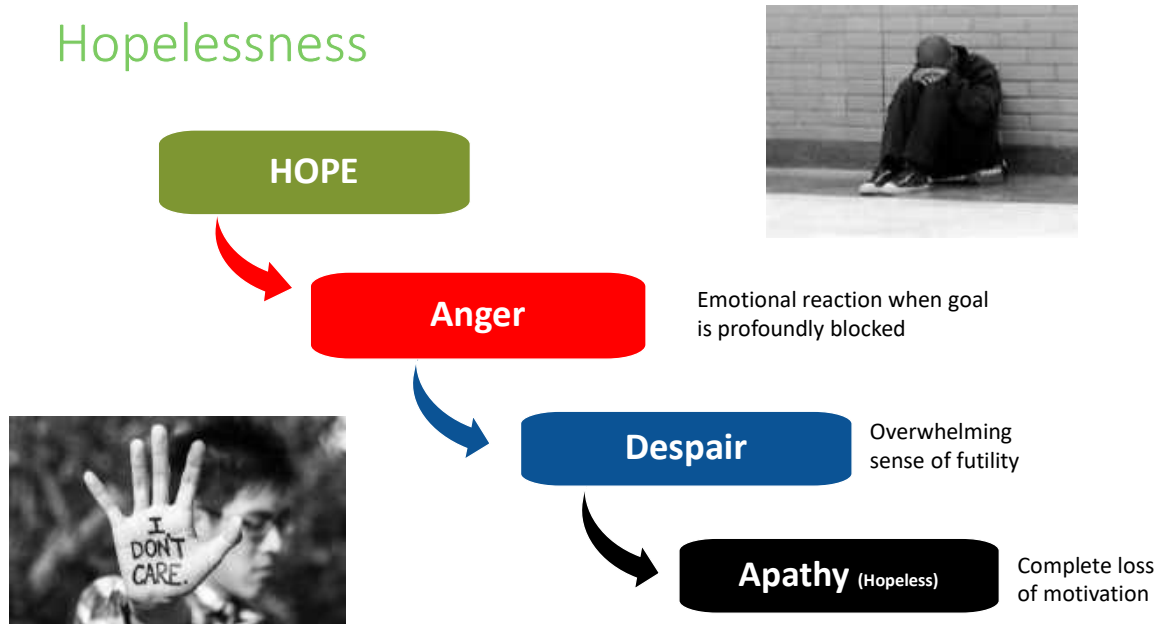
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Hopelessness

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Hopelessness



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Goals

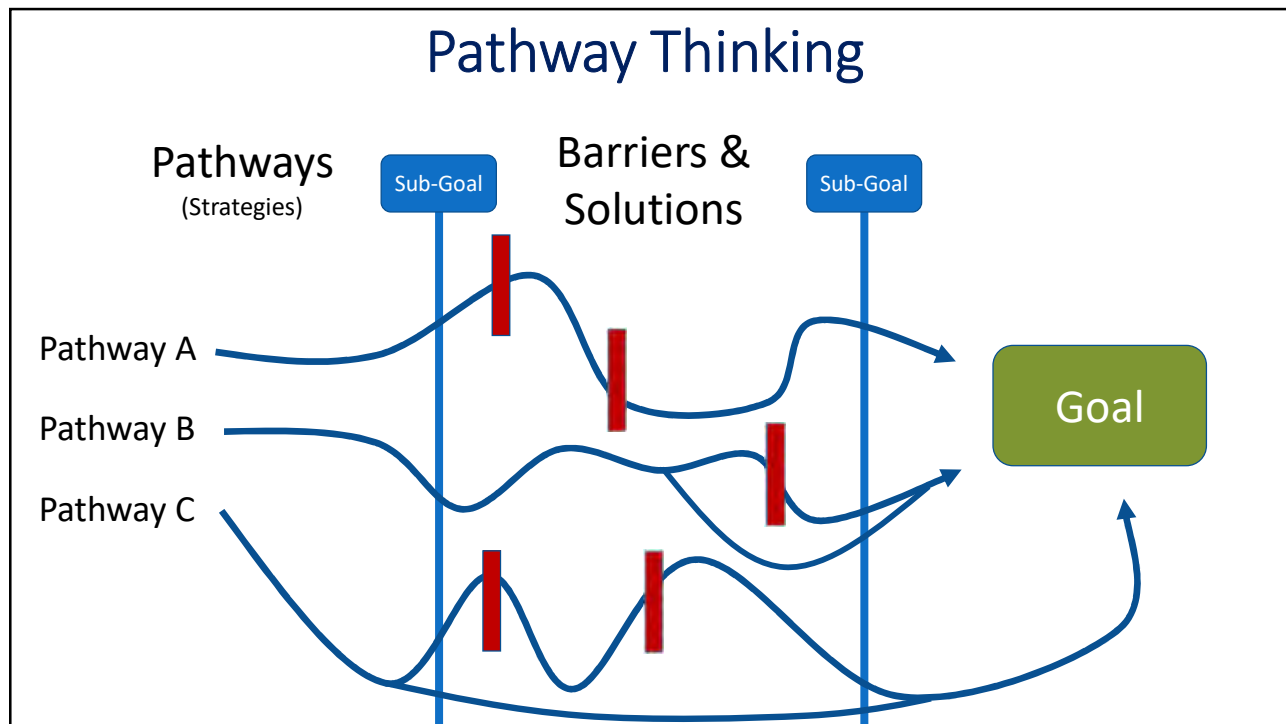
- Desirable AND achievable
- Avoidance v. Achievement
- Proximal v. Distal
- Infinite Goals (Vision)

"The moment I had a goal bigger than staying out of jail, everything shifted."

— Treatment court alumnus



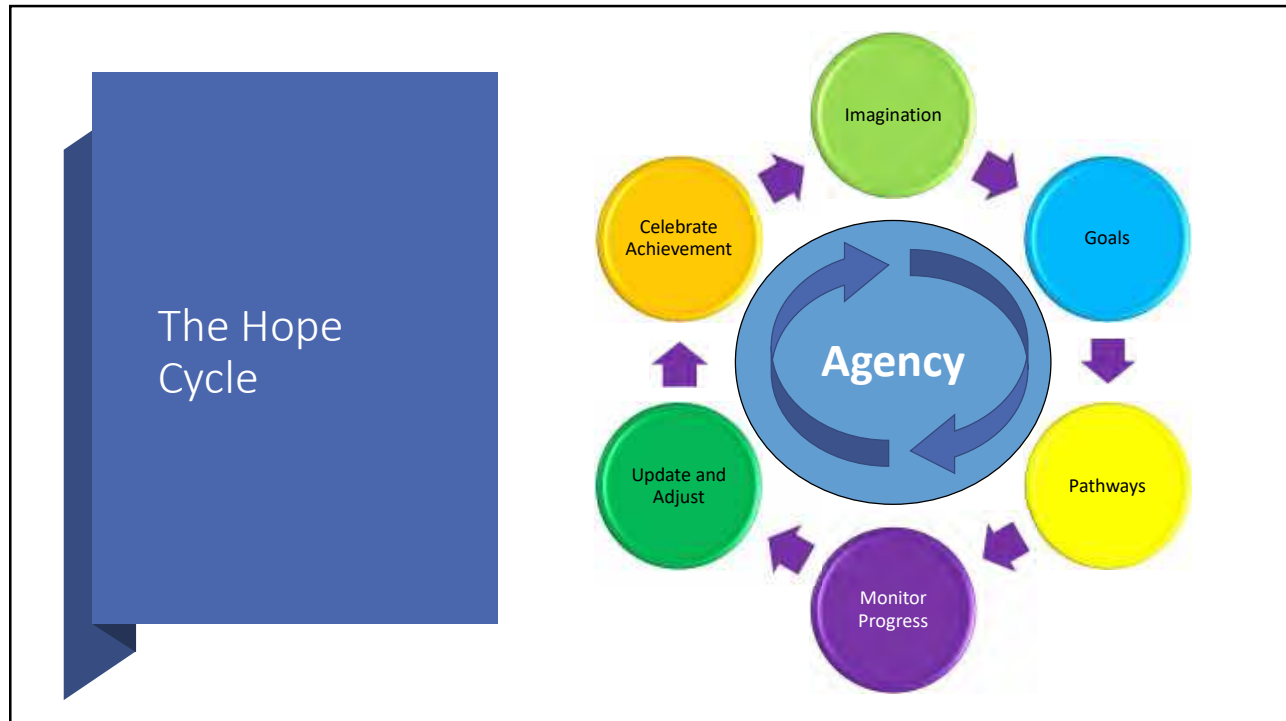
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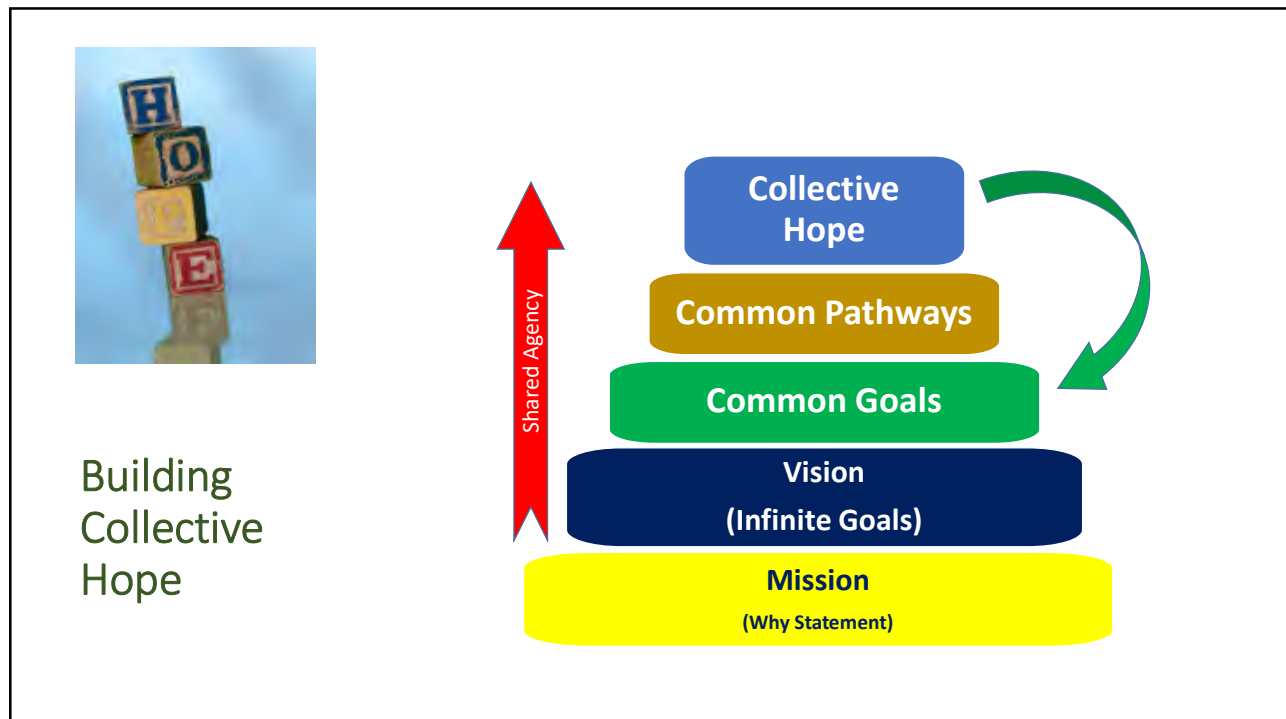
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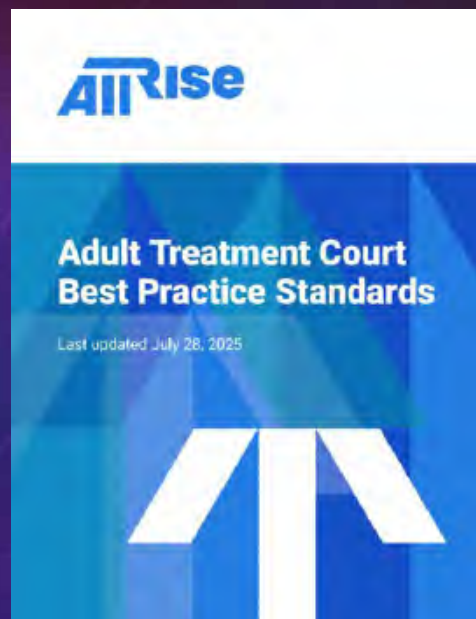
Hope Inspired Treatment Court

Individual and
collective hope
in participants

Individual and
collective hope
in the team

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Best Practices Through a Hope Lens



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Best Practice

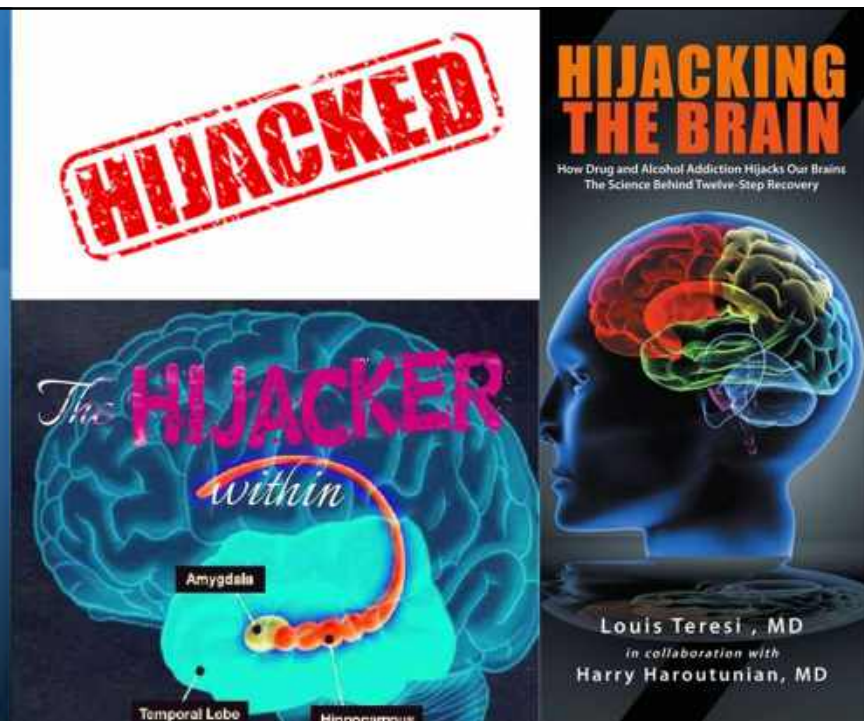
Target Population

The treatment court serves high-risk and high-need individuals. These are individuals who are:

- At significant risk for committing a new crime or failing to complete less intensive dispositions like probation, and
- Have a moderate to severe substance use disorder that includes a substantial inability to reduce or control their substance use, persistent substance cravings, withdrawal symptoms, and/or a pattern of recurrent substance use binge episodes (i.e., use often substantially exceeds the person's intentions or expectations)

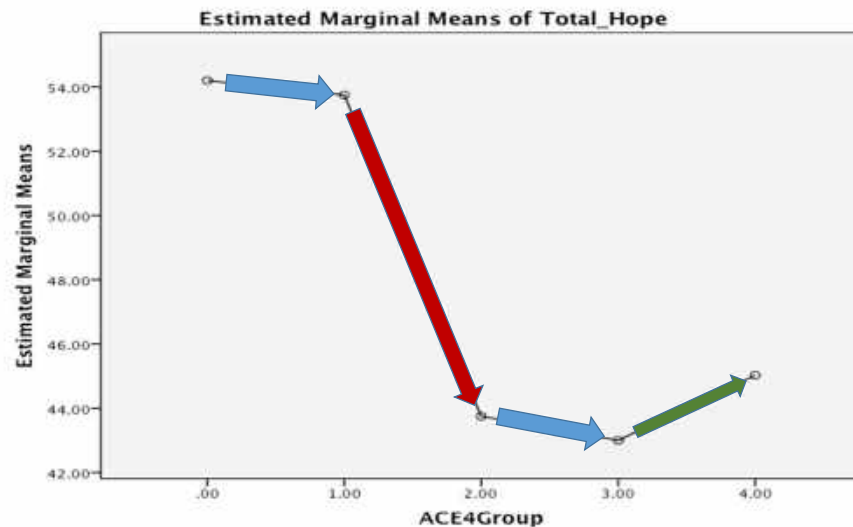
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Addiction is the hijacking of hope



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Hope and Trauma



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Best Practice

Role and Responsibility of the Judge

The treatment court judge stays abreast of current law and research on best practices in treatment courts and ***carefully considers the professional observations and recommendations of other team members*** when developing and implementing program policies and procedures. The judge develops a ***collaborative working alliance with participants to support their recovery*** while holding them accountable for abiding by program conditions and attending treatment and other indicated services.

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Defining Hope Inspired Leadership

Behaviors and actions used to inspire, guide and align the collective effort of people with a shared intent to achieve common goals.



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Principles of Hope Inspired Leadership

Servant
Based

Hope
Centered

Culture
Focused



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Hope Centered Servant Leadership

- Adopt Hope as a personal philosophy
- Be a Hope agent
- Inspire belief in a better future
- Pay attention to Hope markers
- Make Hope a valued trait
- Build and maintain hopeful culture
 - Individual Hope
 - Collective Hope



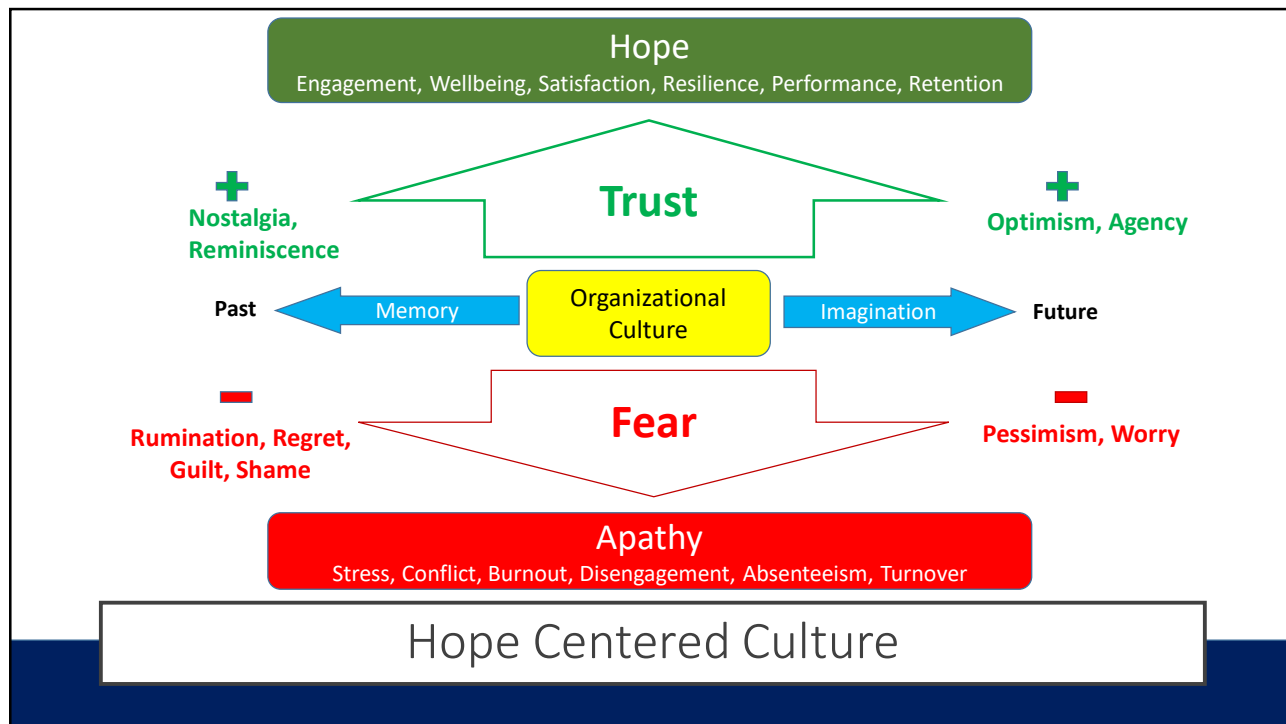
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Best Practice

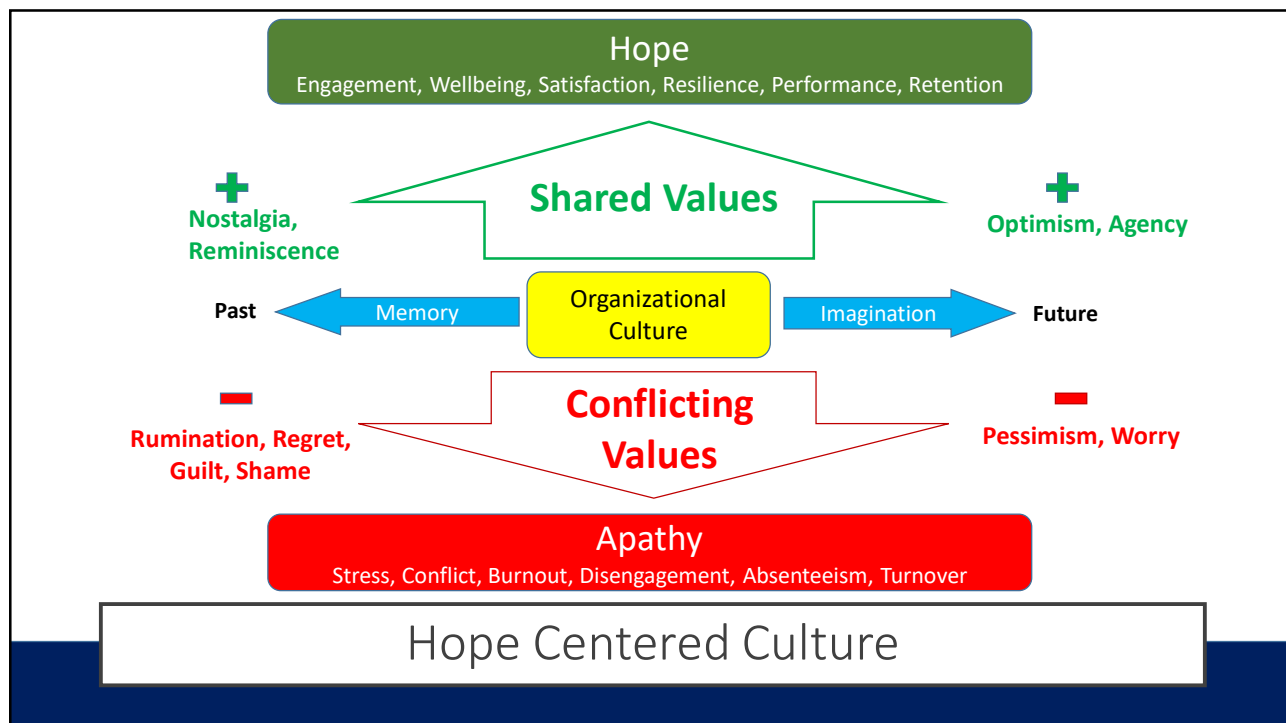
Multi- Disciplinary Team

A dedicated multidisciplinary team of professionals brings together the expertise, resources, and legal authority required to improve outcomes for high-risk and high-need treatment court participants. ***Team members coordinate their roles and responsibilities to achieve mutually agreed upon goals, practice within the bounds of their expertise and ethical obligations, share pertinent and appropriate information, and avoid crossing boundaries and interfering with the work of other professionals.*** Reliable and sustained backing from governing leadership and community stakeholders ensures that team members can sustain their commitments to the program and meet participants' and the community's needs.

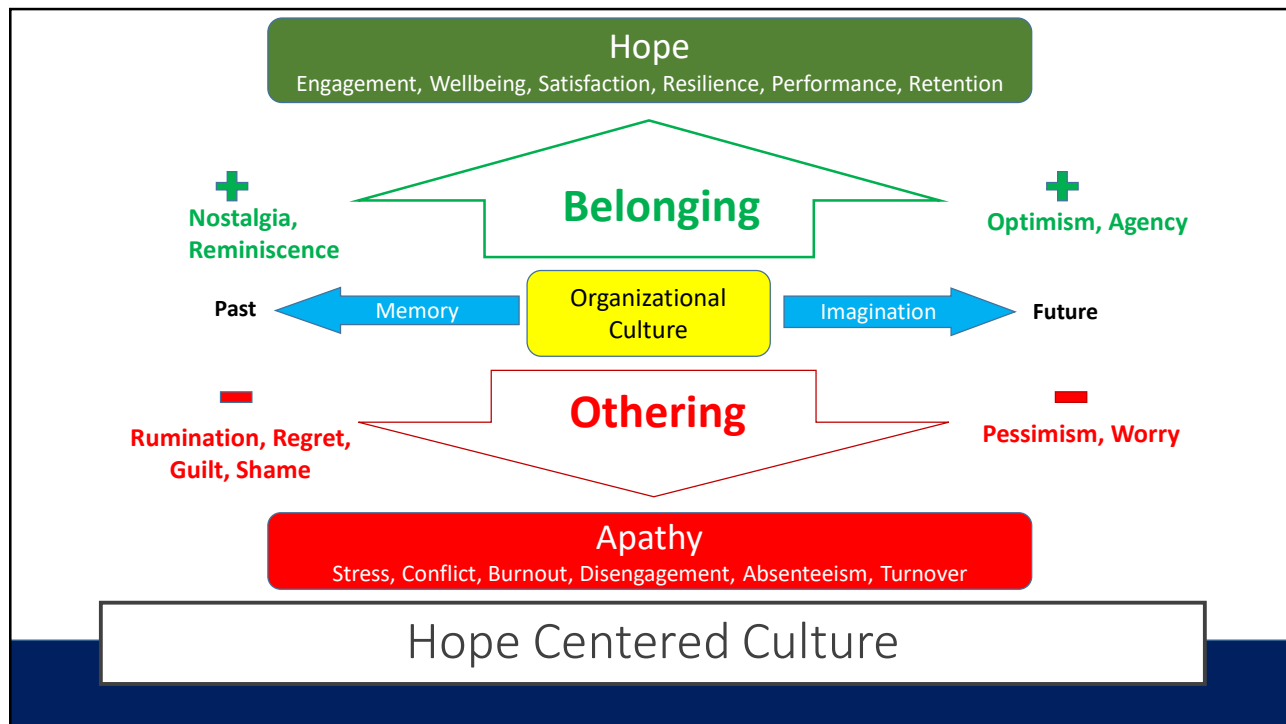
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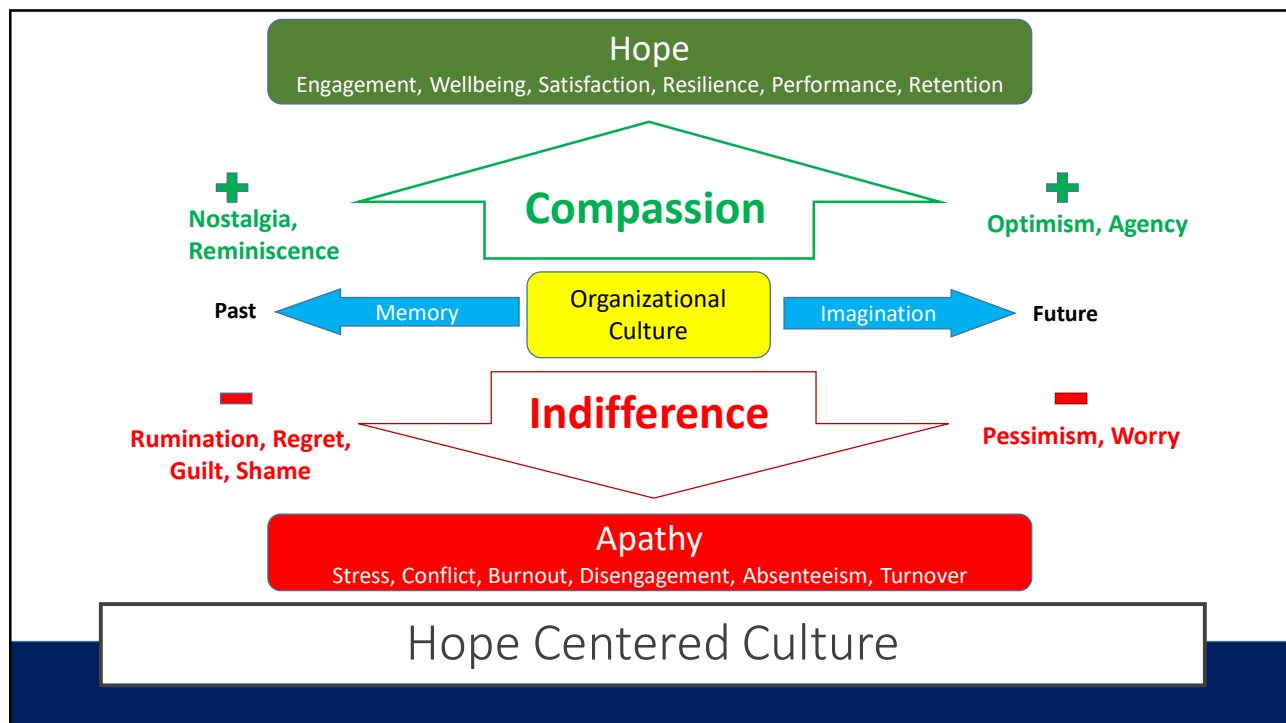
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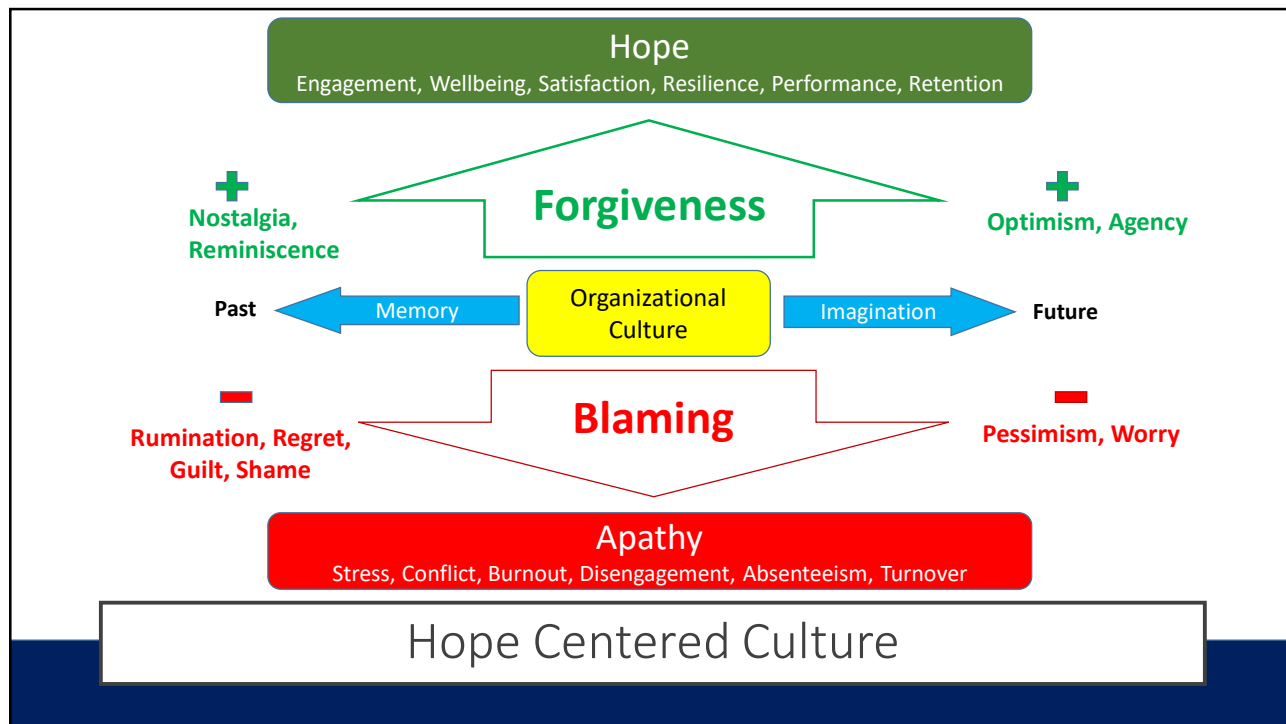
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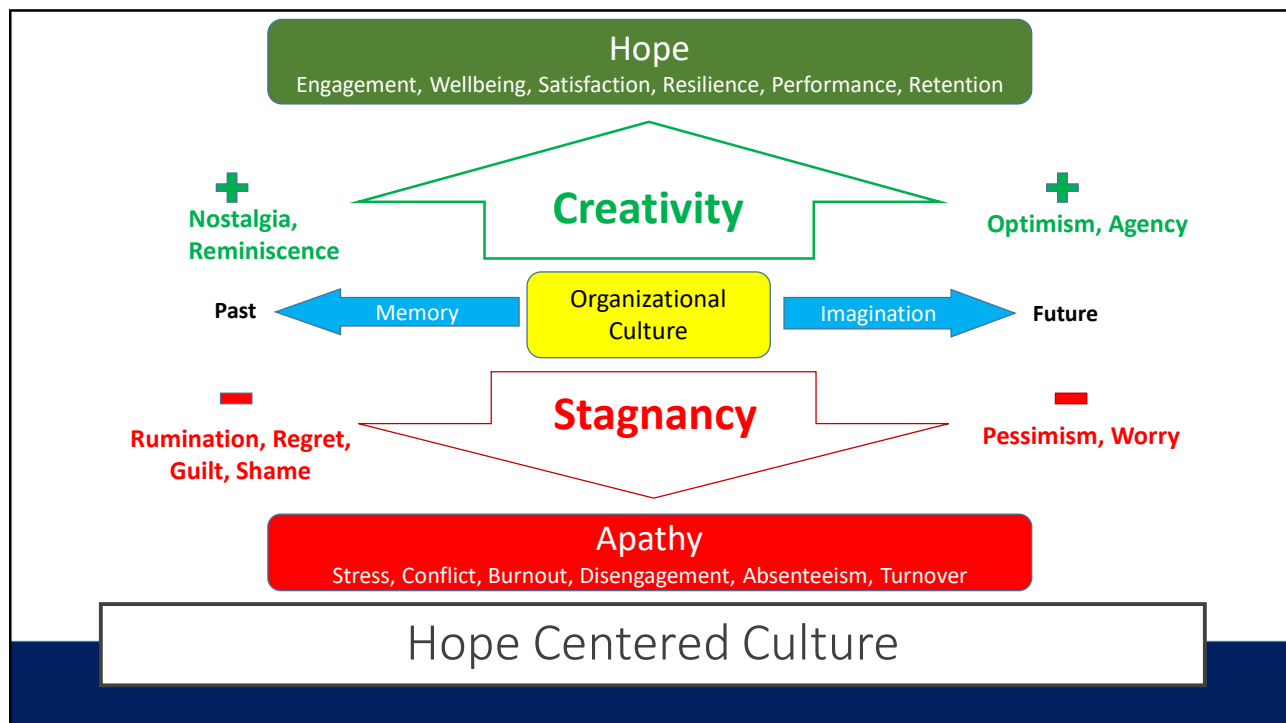
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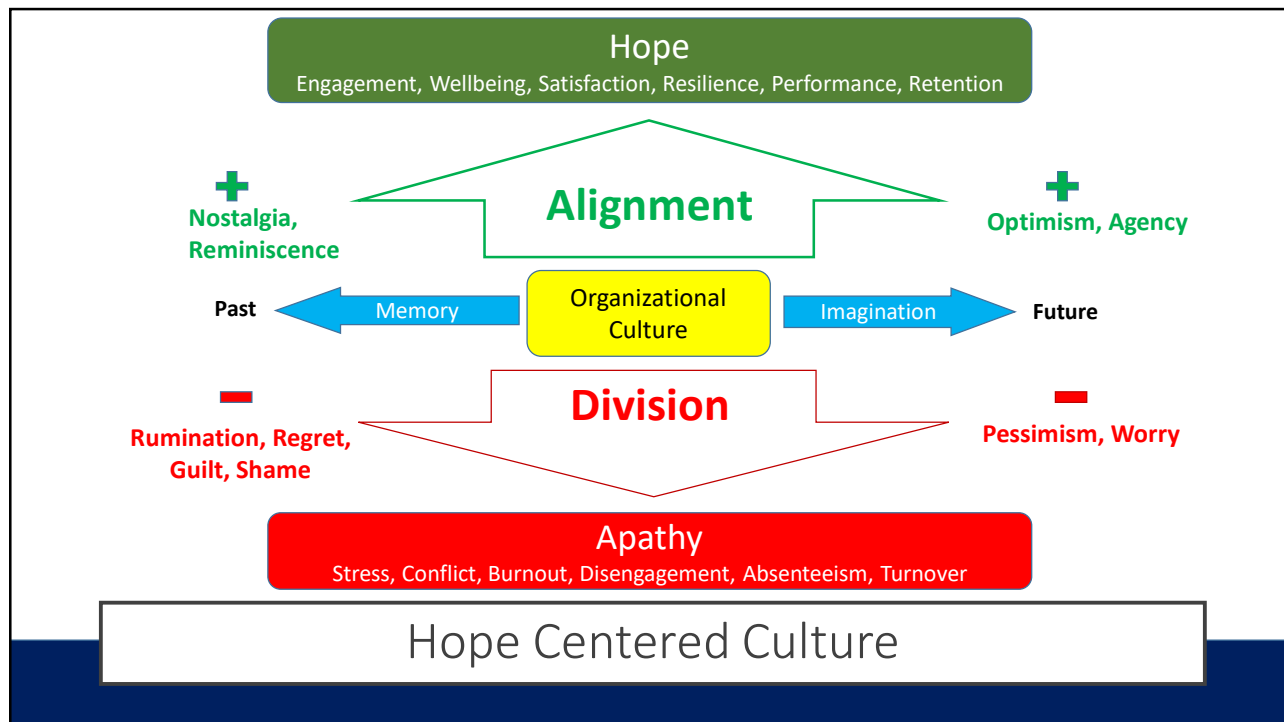
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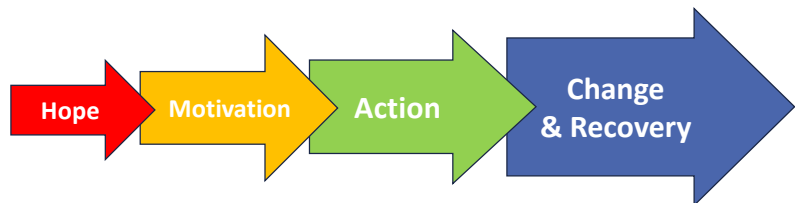


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<p>Best Practice</p> <p>Treatment & Recovery Management</p>	<p>Treatment court participants receive evidence-based treatment for substance use, mental health, trauma, and co-occurring disorders from qualified treatment professionals <i>that is acceptable to the participants</i> and sufficient to meet their validly assessed treatment needs. Recovery management interventions that connect participants with recovery support services and peer recovery networks in their community are core components of the treatment court regimen <i>and are delivered when participants are motivated for and prepared to benefit from the interventions.</i></p>
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Recovery
starts with
hope



*"The court believed in me before I believed in myself.
That gave me hope I didn't know I still had."*

— Former treatment court graduate

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Hope in Treatment

- Improved adaptive coping skills and greater adjustment under stress
- Those in recovery often cite "hope for a better life" as a foundational motivator for maintaining abstinence
- Pathway thinking provides skills to generate strategies to avoid resuming use.
- Increased retention and engagement in treatment
- Significant Predictor of sustained abstinence during SUD recovery and post-treatment (Agency)
- Lower risk of recidivism
- Lower rates of re-incarceration

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Recovery Process through a hope lens



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Building Hope in Therapeutic Courts

- Teach everyone Hope Theory
- Use Hope language and framework
- Motivational Interviewing
- Make Hope a cultural focus
- Watch out for hopelessness
- Setbacks are not failures
- Reinforce incremental progress
- Celebrate achievements



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Best Practice

Complementary Services and Recovery Capital

Treatment court participants receive desired evidence-based services from qualified treatment, public health, social service, or rehabilitation professionals that safeguard their health and welfare, ***help them to achieve their chosen life goals, sustain indefinite recovery, and enhance their quality of life.*** Trained evaluators assess participants' skills, resources, and other recovery capital, and work collaboratively with them in deciding what complementary services are needed to help them remain safe and healthy, reach their achievable goals, and optimize their long-term adaptive functioning.

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Best Practice

Community Supervision

Treatment court staff performing community supervision monitor participants using a balanced approach that addresses participants' needs while ensuring compliance with court orders and protecting public safety....

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Community Supervision

- Supervision can either support hope or extinguish hope
- Pathway centered - “[R]espond to health-risk behaviors and infractions by providing needed support and guidance, modeling alternative prosocial behaviors, and expressing appropriate disapproval, without being harsh or punitive”
- Pathway response promotes agency
- Trauma informed response reduces risk of triggering, rumination and loss of agency

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Best Practice

Incentives, Sanctions & Service Adjustments

Incentives and sanctions are delivered to **enhance adherence to program goals and conditions that participants can achieve and sustain for a reasonable time**, whereas **service adjustments are delivered to help participants achieve goals that are too difficult for them to accomplish currently**. Decisions relating to setting program goals and choosing safe and effective responses are based on input from qualified treatment professionals, social service providers, supervision officers, and other team members with pertinent knowledge and experience.

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Incentives, Sanctions & Service Adjustments

- Long term goal motivation requires goals that are **desired by the participant** and that they **believe are achievable**
- Setting and achieving proximal goals first rebuilds participant agency
- Sanctions leverage the motivation of avoidance goals (avoid the sanction) but reduce agency
- Incentives leverage the motivation of achievement goals and increase agency
- Service Adjustments provide pathways to achieve participant treatment goals and increase agency
- As agency builds - distal goals seem more achievable and continue to build hope
- Recovery is an infinite (managed) goal

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Best Practice

Drug and Alcohol Testing

Drug and alcohol testing provides an accurate, timely, and comprehensive assessment of substance use throughout participants' enrollment in treatment court.

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Drug and Alcohol Testing

Testing is the pathway to achieve the avoidance goal of (1) not using and (2) not being sanctioned

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Best Practice

Program Monitoring, Evaluation, and Improvement

The treatment court continually monitors its adherence to best practices, evaluates its outcomes, and implements and assesses needed modifications to improve its practices and outcomes....

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Program Monitoring, Evaluation, and Improvement

This best practice provides an excellence goal to treatment courts along with pathways to achieve that goal.

- Monitor best practices
- Outcomes are evaluated for all participants
- Recidivism

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Contact Information

Jon Tunheim , Thurston County Prosecuting Attorney

Email: jon.tunheim@co.thurston.wa.us

Phone: (360) 786-5540

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Questions?

