

# OKSA HOPE FOR TOMORROW YOUTH ASSESSMENT



The *OKSA Hope for Tomorrow Youth Assessment* is a tool for youth to use to help them think about their current life, imagine their future, and to develop specific pathways to achieve meaningful goals. This assessment tool has been created using research on hope and well-being. Hope is the belief that the future will be better than today and that you have the power to make it so! It is a goal-directed way of thinking, and is a cognitive process that can be taught. Research shows that increasing hope is one of the best predictors of well being. The aim of this program is to intentionally work to increase the hopeful thinking of youth who are in foster care.

The Hope Assessment should be completed within 30 days of the youth's 14th birthday or within 30 days of the youth entering care after the age of 14. Each year, between the ages of 14 and 18 (or until exiting voluntary care after 18), a new Hope Assessment must be completed within 30 days of the youth's birthday. Completion of the Hope Assessment is the first step to ensure a youth is eligible to access OKSA Youth Development funds.

## COMPLETE THE HOPE ASSESSMENT

- Schedule a time to meet with the youth within 30 days of their 14th birthday or within 30 days of the youth entering care after their 14th birthday.
  - Participants should include, at minimum: the youth, the worker, and the current placement provider.
  - NOTE: While the youth is in care, until the age of 18, you will meet within 30 days of their birthday to complete a new Hope Assessment
- Prepare for the planning meeting with the youth.
  - Explain to the youth that you will be assisting with the completion of the Hope Assessment to help them think about current areas of their life, imagine their future lives, and consider goals that are meaningful to them.
  - Determine a location, date, and time for the meeting.
  - Prior to the meeting, print a copy of the Rights of Oklahoma Foster Youth form (04IL011E), and download an electronic copy of the Hope Assessment to your computer, or print a copy if necessary.
  - Access both forms on our OKSA website: [OKSA.ou.edu](http://OKSA.ou.edu) or by contacting the OKSA Helpline at 800-397-2945 or by email at [OKSA@ou.edu](mailto:OKSA@ou.edu).
- Meet with the youth and placement provider to complete both forms.
  - Review the Rights of Oklahoma Foster Youth form (04IL011E) with the youth and placement provider and obtain signatures.
  - Assist the youth in completing the Hope Assessment, including some brief exploration of potential goals they may have.
  - NOTE: If possible, have the youth fill out the form as you go through each item.
- Provide original copies of both documents to the youth.
  - Scan and save a copy of the Rights of Oklahoma Foster Youth, signed by the youth, placement provider, and appropriate OKDHS or tribal representative, to OnBase.
  - Email a completed copy of the Hope Assessment to our OKSA Helpline email ([OKSA@ou.edu](mailto:OKSA@ou.edu)). OKSA will document completion and save the results for you in OnBase.
  - In addition to the youth, others who should have copies of the Hope Assessment include the placement provider, workers, OKSA Specialists, and other supportive adults who will be assisting the youth with their transition to adulthood.
  - Remember, you can assist a youth with completing a new Hope Assessment at any time. This includes the full assessment, or just a single section you feel may be useful.
- Use the Hope Assessment to begin the *OKSA Hope for Tomorrow Goal Setting Plan* with the youth.

**If you need assistance, email [OKSA@ou.edu](mailto:OKSA@ou.edu).**  
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