

# Hope Through Strengths Clinic

AMPP Lab, University of Kansas

*Fundraising Campaign Description*

## The AMPP Lab and Hope Through Strengths Clinic at the University of Kansas

The Applied Masculinities and Positive Psychology (AMPP) Lab at the University of Kansas sits at the intersection of two important areas of mental health research: men's mental health and positive psychology. On the masculinities side, the lab investigates how the expectations society places on men shape their emotional lives, their relationships, and their willingness to seek help when they're struggling. On the positive psychology side, the lab explores how hope, personal strengths, and positive emotion can be practical tools for change, not just theoretical concepts. Together, these research streams share a common conviction: that understanding what helps people flourish is just as important as understanding what causes them to suffer.

That conviction is what gave rise to the Hope Through Strengths Clinic.

### Free Therapy, Real Results

The Hope Through Strengths Clinic provides free online therapy to adults across Kansas experiencing anxiety, depression, and general life stress. Rather than focusing solely on symptoms, the clinic's approach helps clients identify their strengths, build hope for the future, and cultivate the kind of positive emotion that research shows can drive lasting change.

Each client receives a structured 10-session protocol: one intake session, eight weekly therapy sessions, and a one-month follow-up. Sessions take place entirely via secure telehealth, removing barriers of distance, transportation, and cost for Kansans who might otherwise go without care.

The results speak for themselves. 70% of clients who complete the program show clinically significant improvement within eight weeks. Depression and anxiety scores drop out of the moderate range. Hope increases. And clients leave not just with relief from symptoms, but with increased wellbeing and a clearer sense of where they're headed and how to get there.

To date, the clinic has provided more than 3,000 hours of free therapy to over 400 individuals across 48 Kansas counties.

### Training the Next Generation

The clinic serves a dual purpose. Every therapist in the Hope Through Strengths Clinic is a master's or doctoral student in KU's Counseling Psychology program, working under the supervision of licensed psychologists. Each student carries a caseload of up to nine clients across spring and summer, gaining the kind of real-world clinical experience that shapes careers.

More than 80 clinicians have now trained through the Hope Through Strengths model. They leave not just with clinical hours, but with a strength-based framework they carry into their future clinical work.

## A Model Worth Spreading

What makes Hope Through Strengths distinctive is not just what it does, but how it's structured. The clinic operates as an integrated training model, where rigorous research, evidence-based treatment, and supervised clinical education happen simultaneously and reinforce each other. Students learn by doing. Clients receive care grounded in the latest science. And the outcomes data generated each semester feeds directly back into research that continues to refine the protocol.

This model is designed to travel. Any graduate training program in counseling or clinical psychology could adopt the Hope Through Strengths framework, pairing their students with community members in need while generating meaningful outcome data. At a time when demand for mental health services far outpaces the available workforce, training clinics like this one represent one of the most efficient and scalable solutions available. KU has demonstrated that it works. The hope is that other programs will follow.

## Your Support Makes It Possible

The clinic runs on a remarkably lean budget. Every dollar donated goes directly toward the secure telehealth and assessment platforms that make each session possible.

<b>\$25</b>	<b>One Client's Telehealth Access</b> Covers the secure telehealth platform that connects one client to their therapist for their full Hope Through Strengths experience.
<b>\$50</b>	<b>One Client's Journey</b> Funds all the assessment and clinical tools needed for one client's complete 10-session Hope Through Strengths experience, while helping train the next generation of therapists.
<b>\$150</b>	<b>Three Client Journeys</b> Funds three complete client journeys through one student clinician's spring caseload.
<b>\$250</b>	<b>Five Client Journeys</b> Expands access to free, evidence-based therapy for five Kansans who might otherwise go without care.

**\$450**

**A Student Clinician's Full Year**

Funds the tools for all nine client journeys one student clinician supports across spring and summer.

**\$4,500**

**Fund the Platform**

Covers the full annual cost of the secure telehealth and assessment platforms our 25 clinicians rely on for every session, keeping care free and accessible for Kansans.

**\$4,500**

**Fund the Assessments**

Covers 200 comprehensive personality assessments used at the start of treatment, helping our student clinicians understand each client's unique needs before their first therapy session.

**Donate Now**

To support the Hope Through Strengths Clinic, please visit:

[bit.ly/HopeThroughStrengths](https://bit.ly/HopeThroughStrengths)

**For More Information**

**AMPP Lab Website:**

<https://ampp.ku.edu/>

**KWCH 12 News Interview:**

[University of Kansas offers free online therapy to Kansas adults](#)