



Introduction to HOPE

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HOPE®

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

TuftsMedicine
Tufts Medical Center

THE **JIB** FOUNDATION

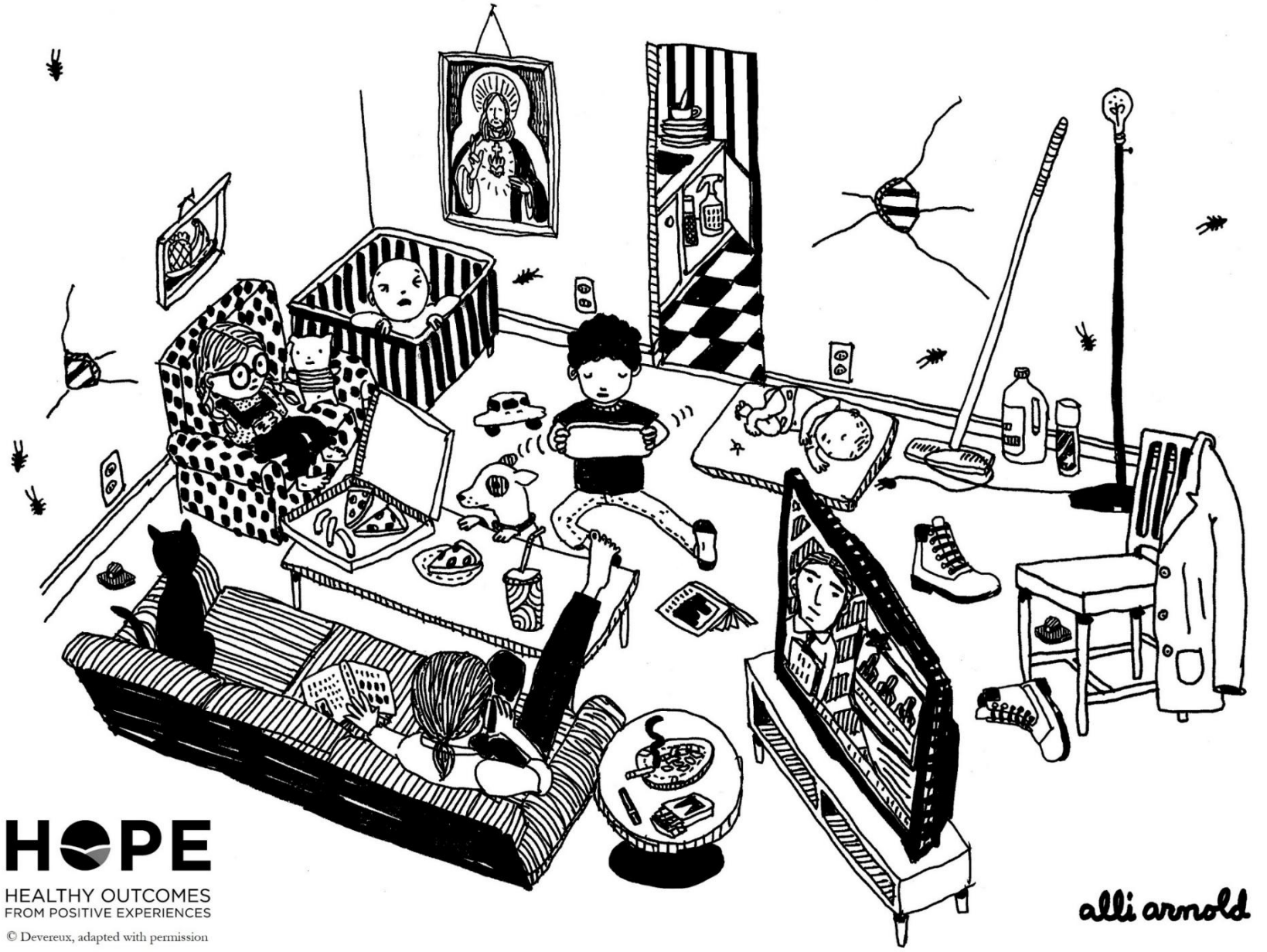


Agenda

- **Introduction** to HOPE
- Adverse Childhood Experiences (ACEs)
- Positive Childhood Experiences (PCEs)
- The **Four** Building Blocks of HOPE
- In **Your** Program



What do you notice first in this picture?



HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

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alli arnold



What was easier to see?

Risk or Protective Factors?

Type 1 Vs. Type 2 Thinking

Type 1 Thinking

- Fast, intuitive, unconscious thought
- Everyday activities
- Effortless
- Training and experience
- Scenario: Risk Factors



Type 1 Vs. Type 2 Thinking

Type 1 Thinking

- Fast, intuitive, unconscious thought
- Everyday activities
- Effortless
- Training and experience
- Scenario: Risk Factors



Type 2 Thinking

- Slow, calculating, conscious
- Solving a problem
- Takes more effort!
- Something novel
- Scenario: Protective Factors

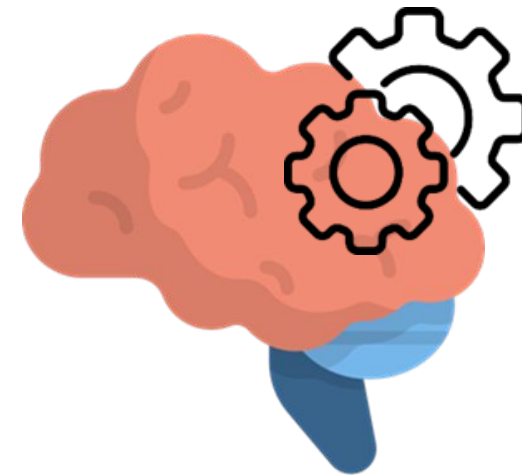
Type 1 Vs. Type 2 Thinking

Type 1 Thinking



Implicit Bias

Type 2 Thinking



Navigating Bias

Perspective Taking



Introduction to HOPE



A woman with dark hair and glasses is smiling warmly at a baby. The baby is holding two pencils, one orange and one blue. The woman is wearing a blue shirt. The background is softly blurred, suggesting an indoor setting.

Yet, we tend to focus on the negative

Addressing problems and deficits is vital, and it would be a mistake to overlook the positive experiences that prevent, mitigate, and support healing from childhood trauma.

HOPE SHIFTS THE NARRATIVE
Positive experiences affect health outcomes. People are defined by their strengths as well as the challenges they face.

Giving equal attention to the positive allows us to...

- Provide unbiased empathetic care
- Keep our actions free from unfair blame or judgement
- Build trust between patients, communities and practitioners
- Help families and communities use their strengths to increase well-being





How much do you already know about
Adverse Childhood Experiences?

ACEs

Abuse & Neglect

Physical abuse

Sexual abuse

Emotional abuse

Physical neglect

Emotional neglect

5

Household Challenges

Substance use disorder

Parental separation

Mental illness

Domestic violence

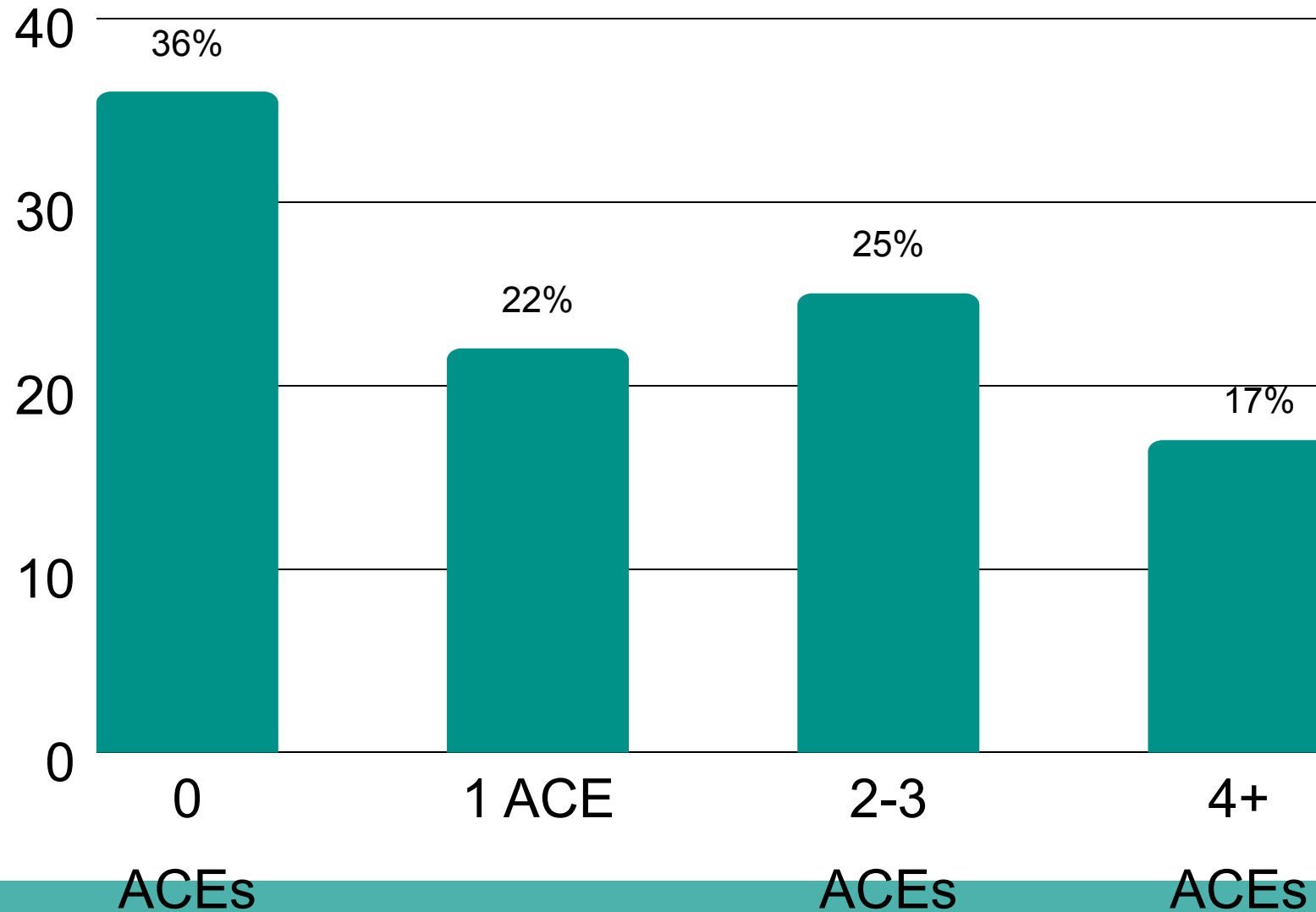
Incarceration

5

10

ACEs

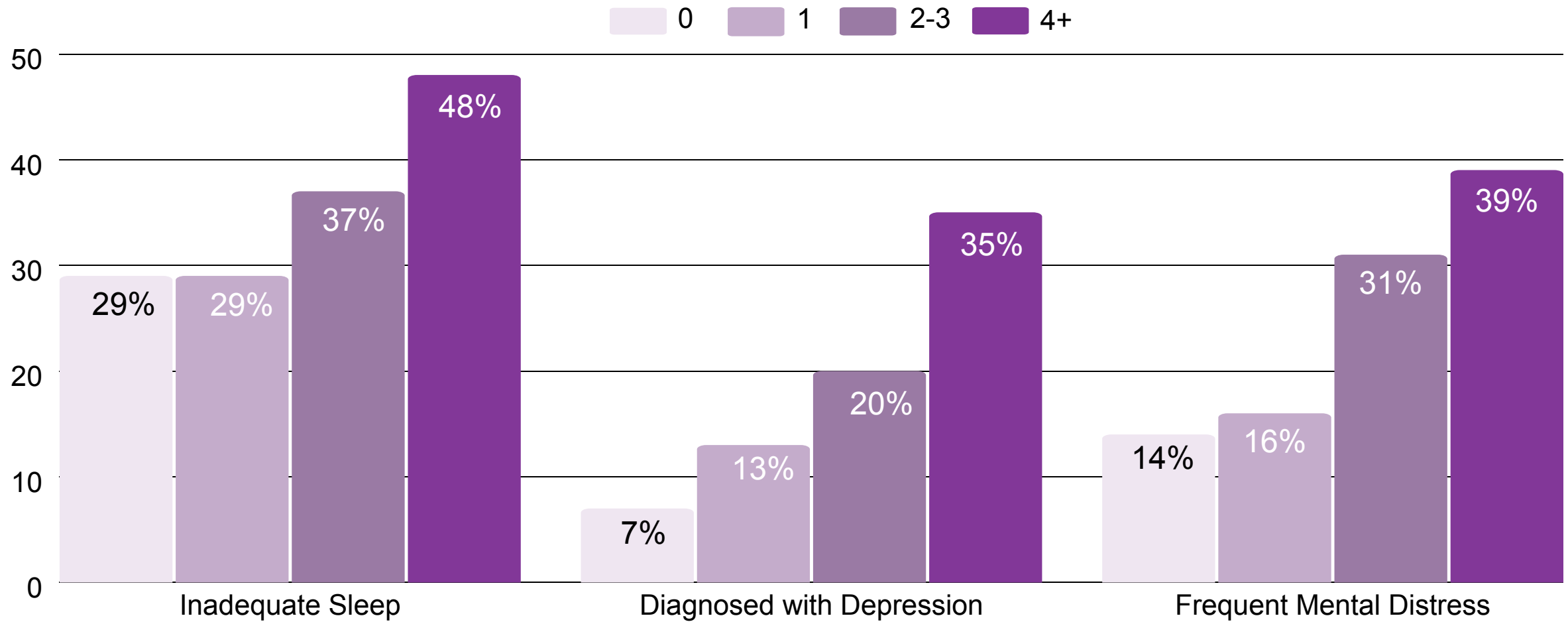
ACEs in Alaska



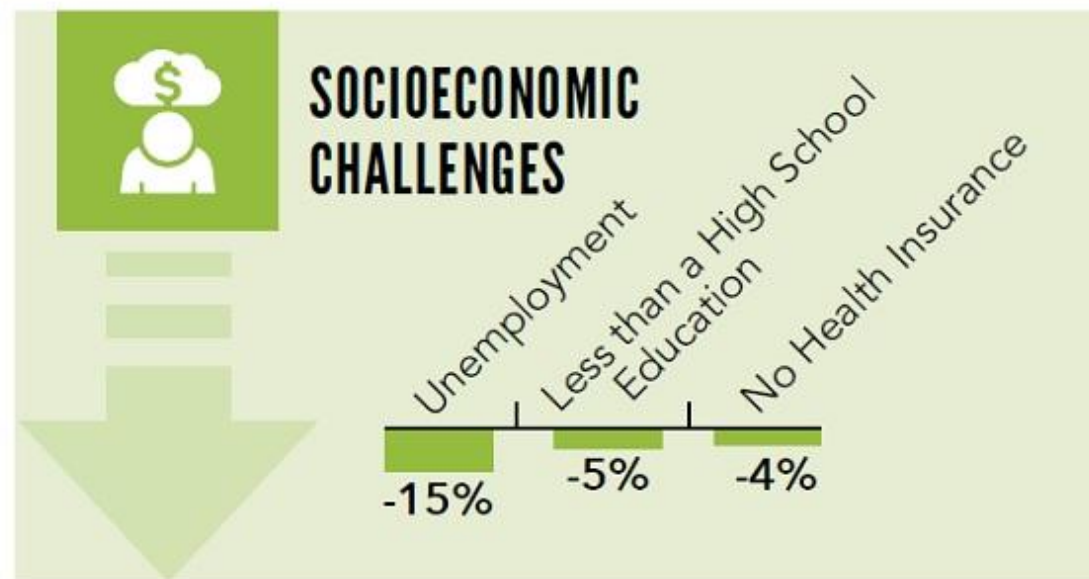
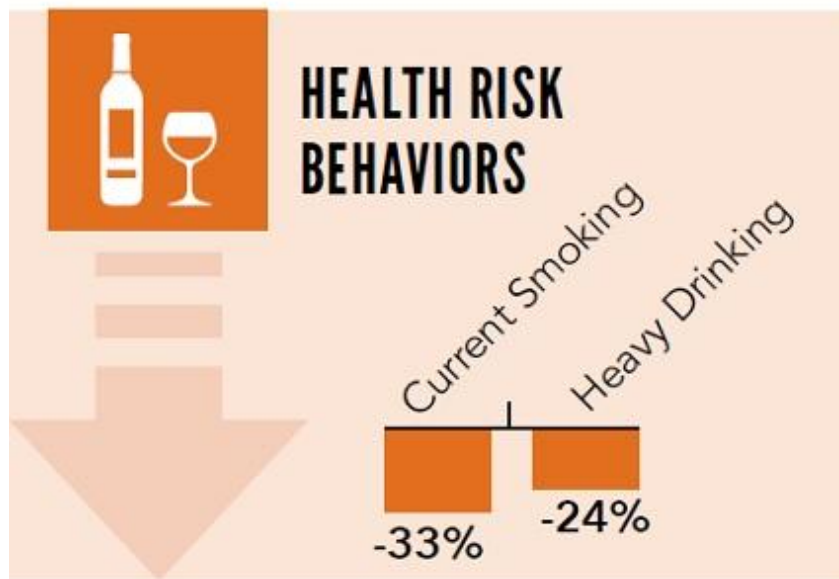
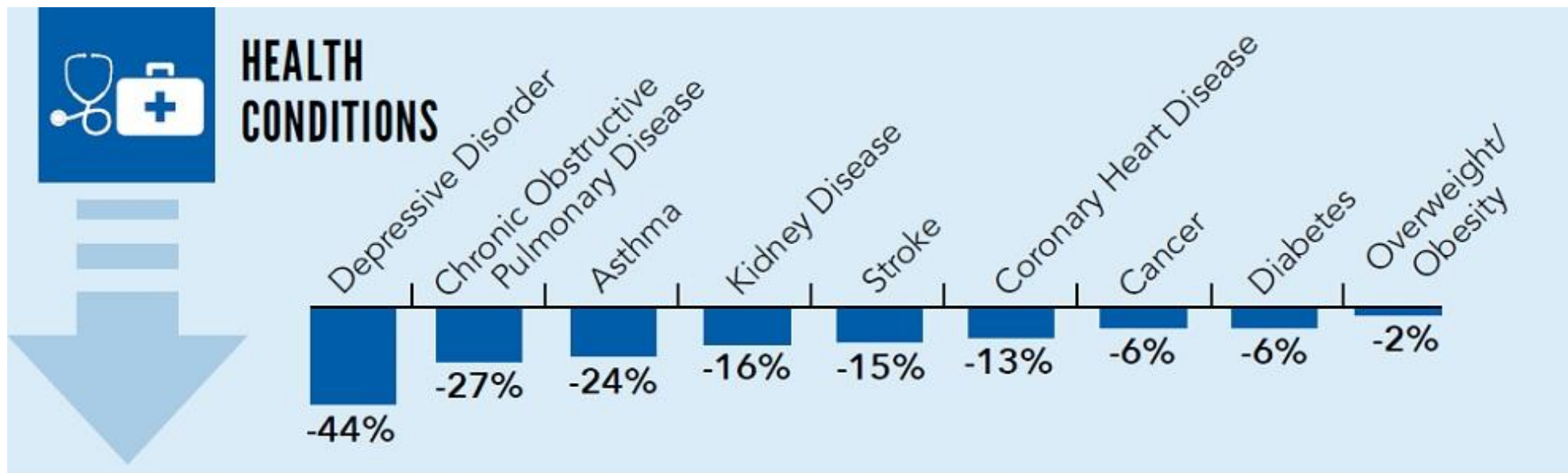
2013 Alaska Behavioral Risk
Factor Surveillance Survey



ACEs and Health

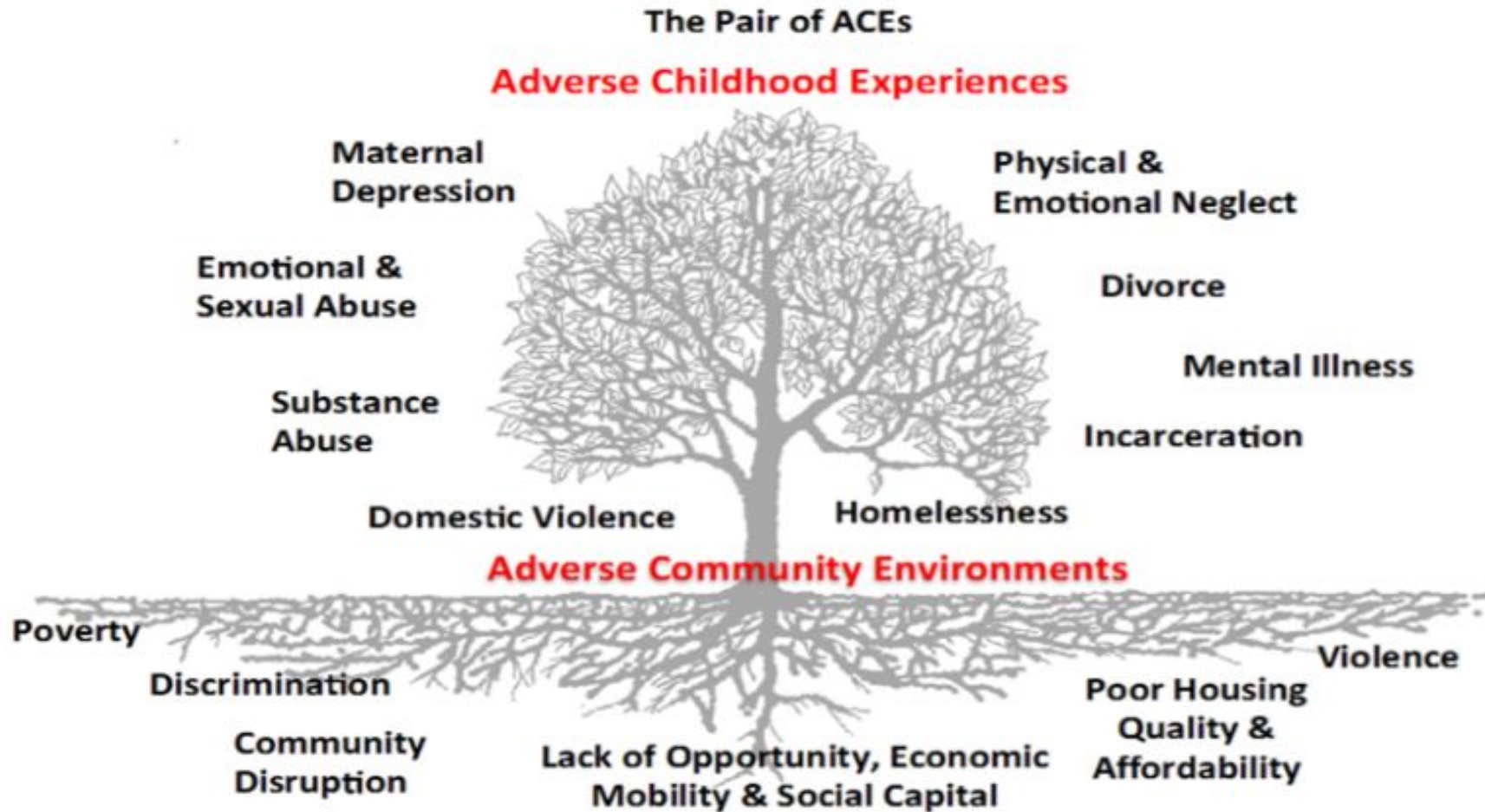


2013 Alaska Behavioral Risk Factor Surveillance Survey



SOURCE: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.

Adverse Community Environments are the root cause of ACEs



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



How much do you already know about
Positive Childhood Experiences?



Kansas, Montana, South
Carolina, Wisconsin

Part of the BRFSS


Asked about ACEs

Asked about PCEs

Correlated with mental
health

Developing the Positive Childhood Experiences (PCEs) Score





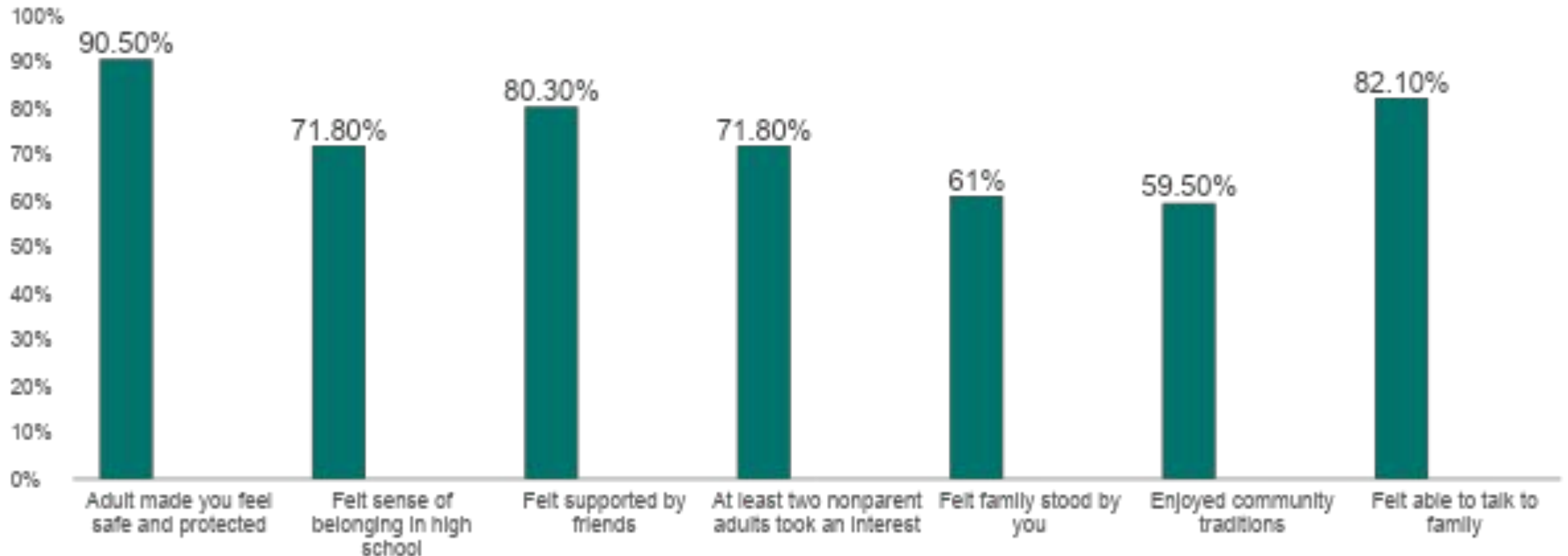
Positive Childhood Experiences Scale Questions

As a child, how often did you ...

1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7. Feel safe and protected by an adult in your home



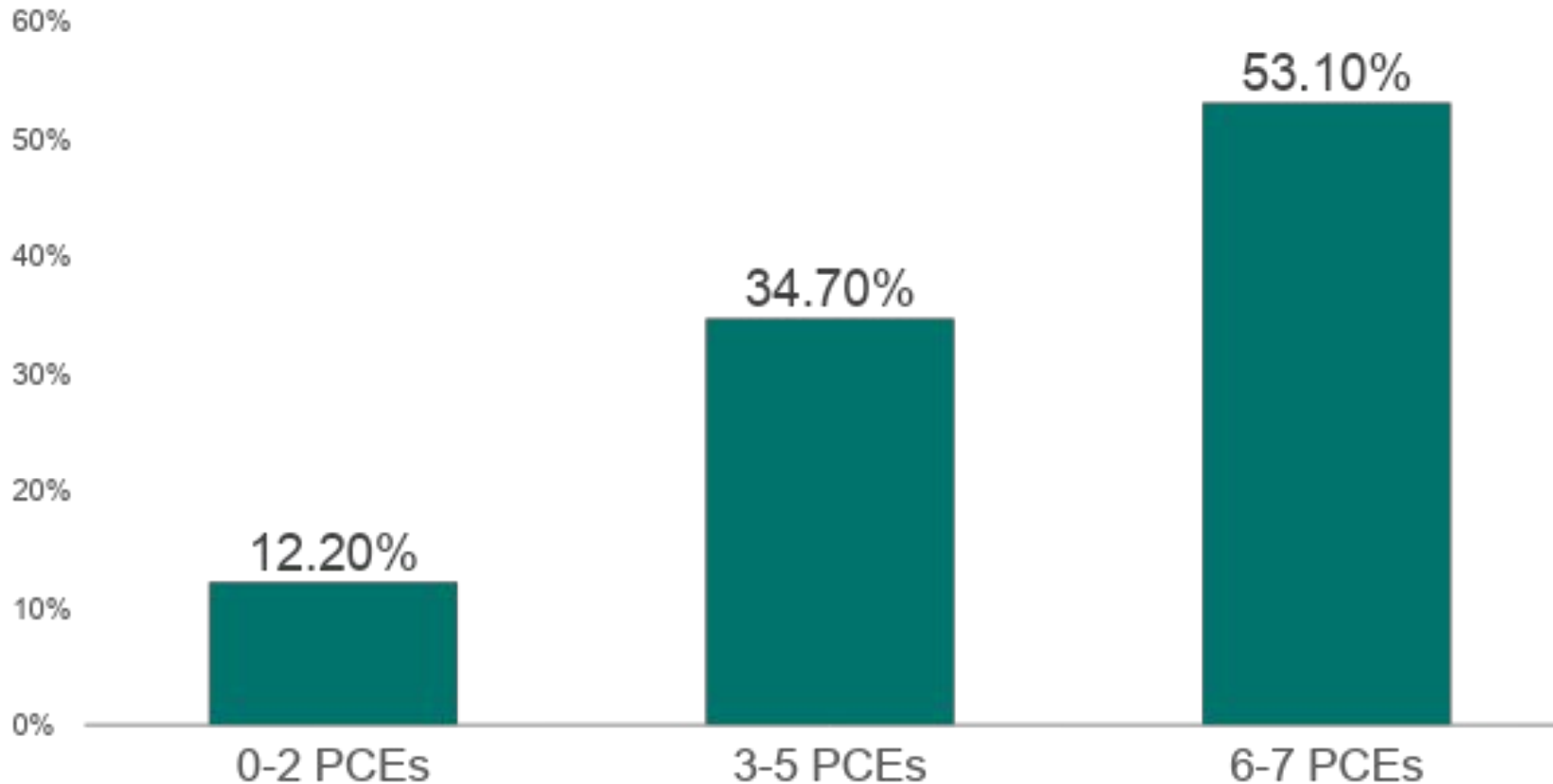
Positive Childhood Experiences: Four State Study



Sege R, Swedo EA, Burstein D, et al. Prevalence of Positive Childhood Experiences Among Adults — Behavioral Risk Factor Surveillance System, Four States, 2015–2021. *MMWR Morb Mortal Wkly Rep* 2024;73:399–404. DOI: <http://dx.doi.org/10.15585/mmwr.mm7317a3>



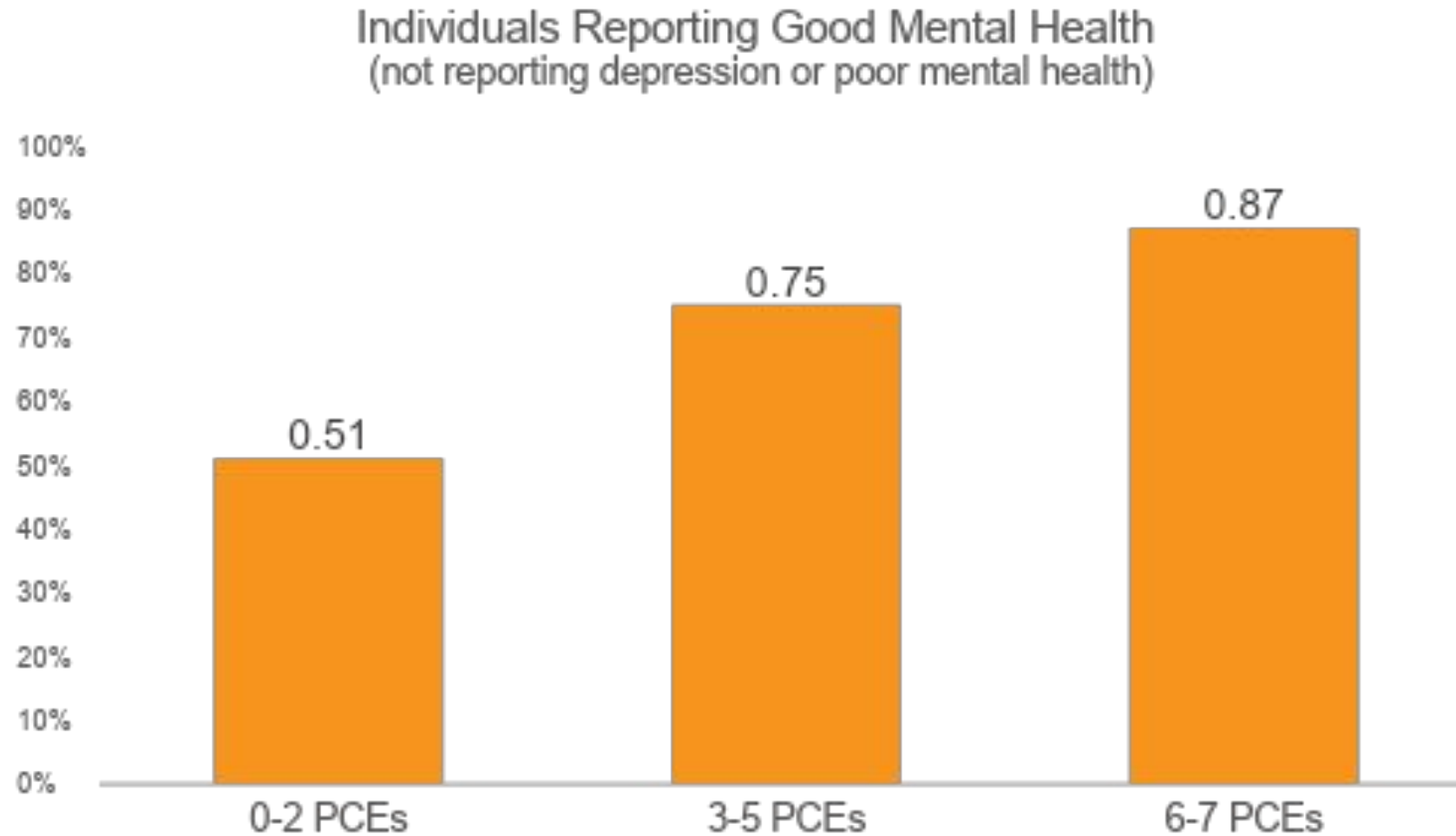
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PCEs protect adult mental health



Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019 Sep 9; e193007



Higher PCEs Associated with Lower Substance Use

2019 Montana BRFSS Data



Less Cigarette
Smoking



Less Alcohol
Consumption



Lower Lifetime Odds Of
Illicit Drug Use



Lower Lifetime Odds Of ANY
Substance Use

Graupensperger S, Kilmer Jr, Olson Dc, Linkenbach Jw. Associations Between Positive Childhood Experiences And adult Smoking And Alcohol Use Behaviors In A Largestatewide Sample. Journal Of Community Health. 2022 Nov15:1-9.



Higher PCEs Protects Overall Health

2021 Tennessee BRFSS Data



Lower Rates Of
Depression



Lower Rates Of Heart
Disease



Improved Physical
Health



More Likely To Be
Employed

Source: TN Department of Health. *PCEs among Tennesseans 2021*.
<https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf>



Higher PCEs in Childhood Improve Adolescent Outcomes

National Longitudinal Survey of Australian Children

More PCEs is correlated with...



Improved Mental Health



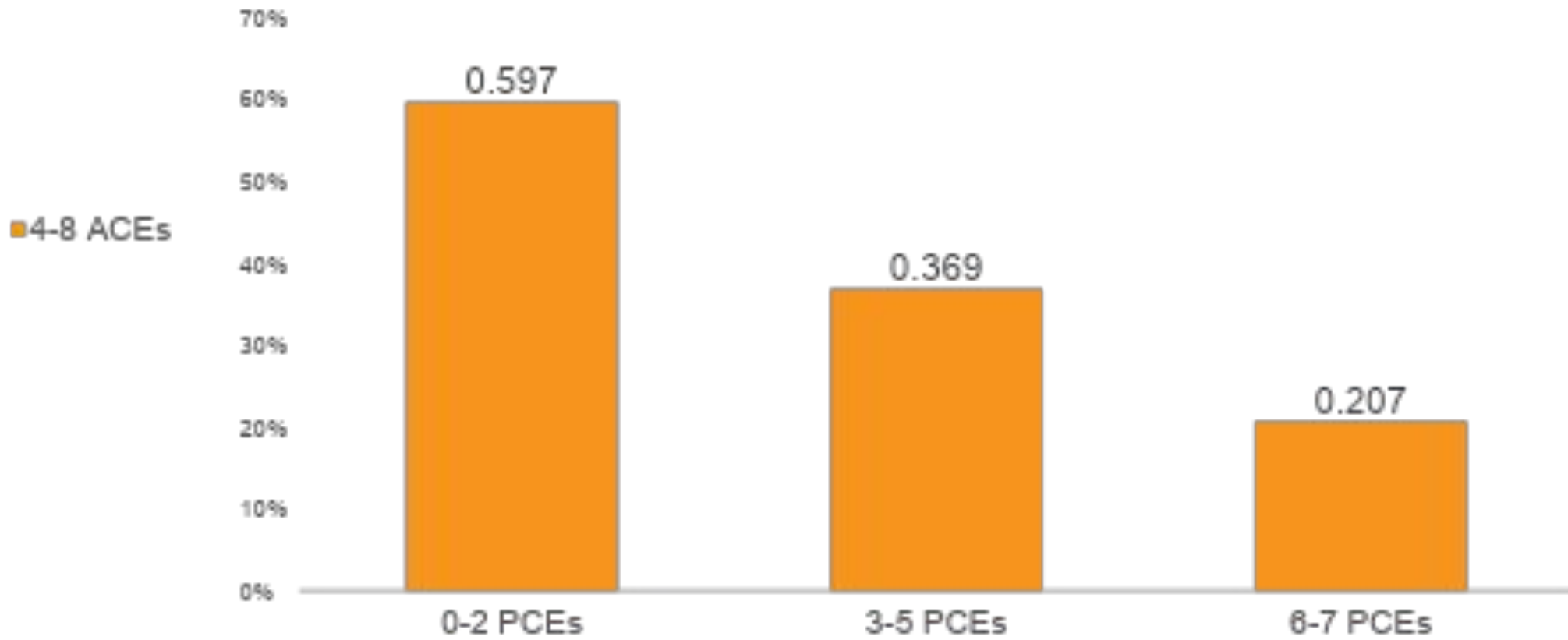
Better Academic Skills

Source: Guo, Shuaijun, et al. "Measuring positive childhood experiences: testing the structural and predictive validity of the health outcomes from positive experiences (HOPE) framework." *Academic Pediatrics* 22.6 (2022): 942-951.



PCEs reduce the effects of ACEs

Individuals Reporting Depression or Poor Mental Health



Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9; e193007



Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.



Table Share:

Have you seen the effect of PCEs on youth in your work?

What does it look like?



RELATIONSHIPS



ENVIRONMENT



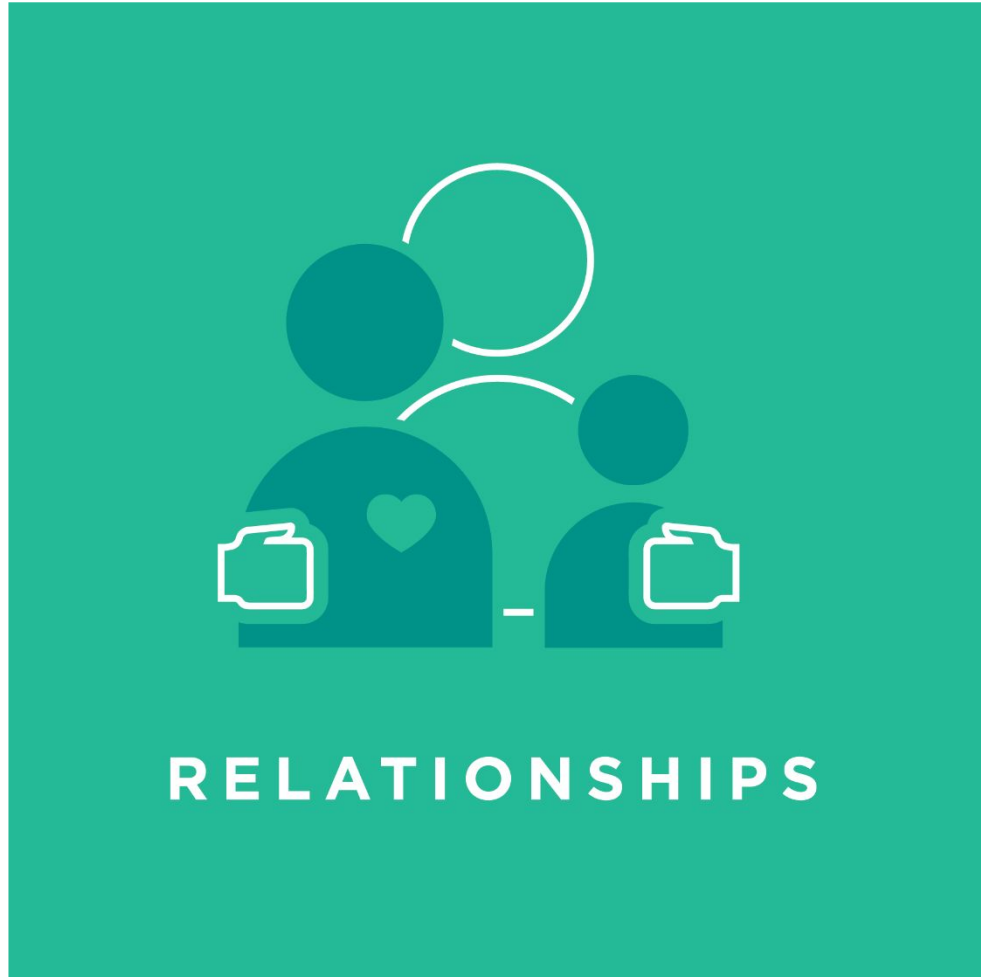
ENGAGEMENT



EMOTIONAL
GROWTH

The 4 Building Blocks of HOPE





Relationships Building Block

Stable nurturing **relationships** with other children and adults through interpersonal activities.

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85



Environment Building Block

Safe, equitable, stable environments for living, playing, learning at home and in school.



Engagement Building Block

Social and civic engagement to develop a sense of belonging and connectedness.

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85

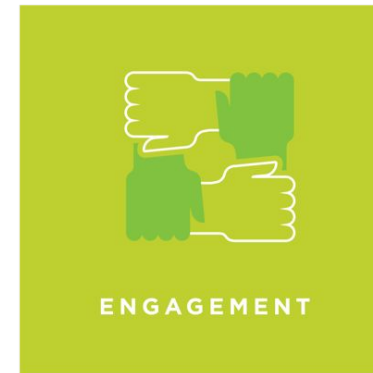
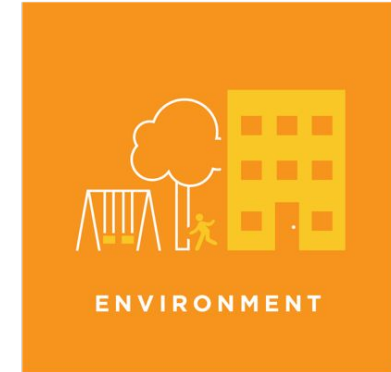
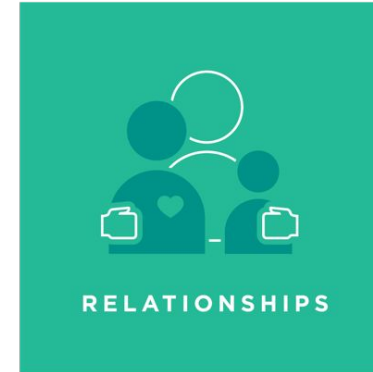


Emotional Growth Building Block

Emotional growth through playing and interacting with peers for self-awareness and self regulation.

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85

Cultural Relevance: What matters to the youth you serve?



AT YOUR TABLE

How do you help youth build healthy relationships in your role?

How do you help youth access safe, equitable, stable environments in your role?

How do you help youth engage with their communities in your role?

How do you help youth access opportunities for emotional growth?



Robert D. Sege, Charlyn Harper Browne. 2017. Responding to ACEs With HOPE: Healthy Outcomes From Positive Experiences. Academic Pediatrics, 17:7 pS79-S85.

Adversity and the Building Blocks of HOPE



Child Abuse & Neglect...

Disrupts *relationships*

Disrupts safe *environments*

Family Disruption...

Disrupts safe *environments*

Adverse Community Environments...

Reduce safe *environments*

Reduce *engagement*

Reduce opportunities for *emotional growth*



HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

as an Anti-Racist Framework in Action



The Four Building Blocks of HOPE—supportive relationships, safe, equitable, and stable environments, social and civic engagement, and emotional growth—can be incorporated into decision making at every level and in every sector to ensure that all children, including children of color, have what they need to thrive.



Access to the Four Building Blocks is often disrupted by systemic racism, historical trauma, and adverse childhood experiences. HOPE-informed agencies can partner with their communities, and together identify existing resources to promote HOPE and identify unmet needs. Working together, HOPE and our partners seek to ensure that every family and child can have those key experiences that promote resiliency.



Racism is harmful to all of us. Anti-racist frameworks intentionally upend racist policies and practice in an effort to combat White supremacy. As author and anti-racist activist Ibram X. Kendi describes it, a racist policy is “any measure that produces or sustains racial inequality.” This work requires tacit acknowledgement that systems, institutions, policies, practices and norms privilege White people, even when they do not explicitly mention race. While bias operates at the individual level, providers, practitioners, and educators are also operating within



systems built on racist foundations. In this resource, we will be focusing specifically on systemic racism and unconscious bias.

This resource walks the reader through the process of thinking about policy and

The screenshot shows the Tufts CTSI I LEARN website interface. At the top, there are navigation links for 'I LEARN HOME', 'MY COURSES', and 'LOGIN'. Below that, a search bar and 'GO' button are visible. The main content area features the course title 'Spreading HOPE' with a subtitle 'HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES'. A small image shows a group of children smiling. To the right, there is a table with course details: 'Year Published: 2021', 'Time to Complete: 30 min', 'Instructor: Robert Sage, MD, PhD', 'Learning Level: Fundamentals', 'Primary Audience: Recreath. participants/community members, Other study team members', 'Prerequisite: None', and 'Skill Domains: Communication and Teamwork'. Below the screenshot, the text reads 'Offering HOPE to Combat ACEs and Early Trauma'.

HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

HOPE – Healthy Outcomes from Positive Experiences – is a new way of seeing and talking about experiences that support children’s growth and development into healthy, resilient adults.

Our research has led us to create a new paradigm, based on an understanding of how positive childhood experiences (PCEs) drive healthy development and mitigate the effects of adverse childhood experiences (ACEs). Positive experiences allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways. This shift in focus builds on previous understandings of the importance of experience in child development, including those ACEs associated with toxic stress.



Our Mission

We aim to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities.



The Four Building Blocks

Through our work we have identified four building blocks that promote positive experiences that help children grow into healthy, resilient adults. We know that PCEs in these four areas can buffer against long term health outcomes associated with adverse childhood experiences, and we want to help increase access to these opportunities for all children and families.

<https://positiveexperience.org/resources/>

HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

10 Ways for Families to Promote Positive Childhood Experiences



Many of us are concerned about increased stress for our children and families, especially during COVID-19. We aren’t powerless, though, and the unique circumstances of our current environment actually allow for new ways to engage and connect with our children. Using HOPE (Healthy Outcomes from Positive Experiences) as a guide, here are 10 suggestions to promote Positive Childhood Experiences now:

1. Think about social connection and physical distance, not social distance. The new way of the world ironically allows for increased connections with friends and loved ones far away. Take advantage of the extra time at home by having virtual story-time with Grandma, trivia night with cousins, or Zoom holiday dinners.
2. Talk with your children. Like us, children may be fearful or simply missing their routines. Connect with them. Ask them about their concerns. Their answers will guide you on how to talk with them. Reassure them that life will return to some semblance of normal at some point.
3. Reach out for support when you need it! Model for your child that everyone needs help sometimes, and it’s ok to ask for it when you need it.
4. Reach out to support. Reach out to your friends or relatives, encourage your children to touch base with their friends, and check in on how they’re feeling. Increase opportunities for your child to practice empathy and listening skills.

HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

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HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

Positive Experiences are Key!

We have identified four building blocks that you can use to promote positive experiences for your child to help them build resilience!



The 4 Building Blocks of HOPE



Nurturing, supportive relationships are critical for children to develop into healthy, resilient adults.

- Play and connect with your child(ren) regularly! Be silly, move your bodies, read a book, The options are endless!
- Help your child make connections with other adults in your life – aunts, uncles, coaches, pastors. It takes a village, and the larger the village, the more opportunities your child has for connection and support.



Children thrive when they have safe, stable, equitable environments to live, learn, and play.

- Check your house for safety issues, like access to guns, medications, alcohol, and drugs. Create a plan to address any identified risks.
- Talk with your child(ren) about school. Do they feel safe there? Are they being treated well by their peers? If not, connect with their teacher and



Questions?

Contact Us!

Eliza Posner
eposner@alaskachildrenstrust.org



Join us in the HOPE transformation

LEARN

- Visit our website
- Download our material
- Watch our videos
- Complete our online modules

SHARE

- Tell your colleagues
- Encourage your agency to sign up for a workshop about implementing HOPE

ACT

- Sign up for a Train the Facilitator
- Use the Anti-racism Toolkit to increase access to the 4 Building Blocks in your community
- Revise your intake and assessment forms to be HOPE-informed





Spreading

HOPE

TuftsMedicine
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