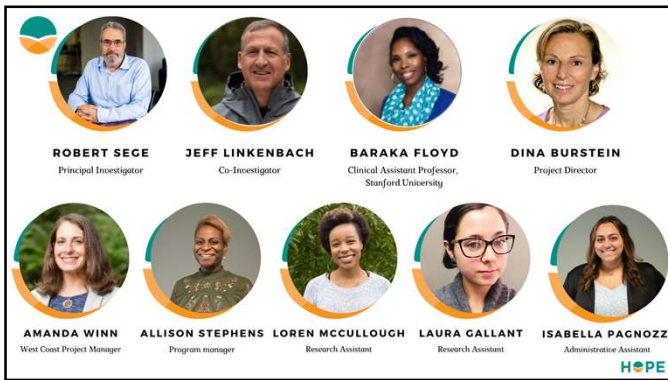




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2



3




HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.

4



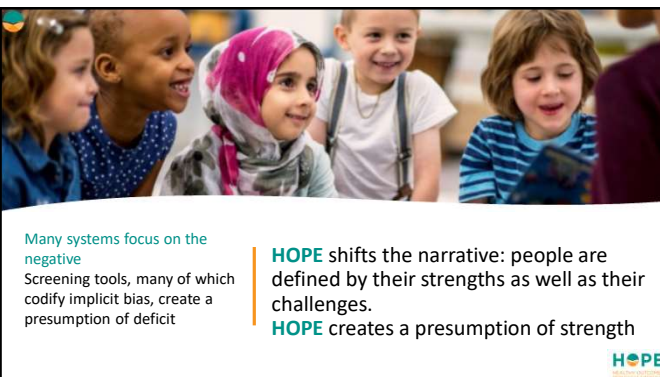
Core assumption
from the Science of the Positive:
The **positive** exists, it is real
and worth growing.

Positive experiences:

- Promote children's **health and well-being**
- Allow children to form strong **relationships** and connections
- Cultivate positive self-image and **self-worth**
- Provide a sense of **belonging**
- Build skills that promote **resilience**

Linkenbach, J. (2007, 2018). The Science of the Positive: The Seven Core Principles Workbook: A Publication of The Montana Institute, LLC.

5



Many systems focus on the negative
Screening tools, many of which codify implicit bias, create a presumption of deficit


HOPE shifts the narrative: people are defined by their strengths as well as their challenges.
HOPE creates a presumption of strength

HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

6




7




Poll

How much do you know about Positive Childhood Experiences (PCEs)?



- A. Nothing – what are PCEs?
- B. A little – I have heard the term before.
- C. More than a little but probably still have a lot to learn.
- D. I am well versed in PCEs and their effects on health.
- E. I am a PCEs expert!




8



Think about a positive experience that stands out to you from your childhood. Hold that in your mind as we talk.

9



2015 population study in Wisconsin


Part of the BRFSS

Asked about ACEs


Asked about Positive Childhood experiences

Correlated with mental health

Developing the Positive Childhood Experiences (PCEs) score




10



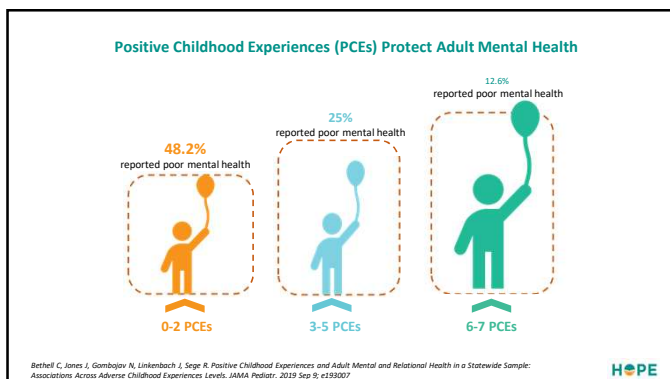
Positive Childhood Experiences scale questions

As a child, how often did you . . .

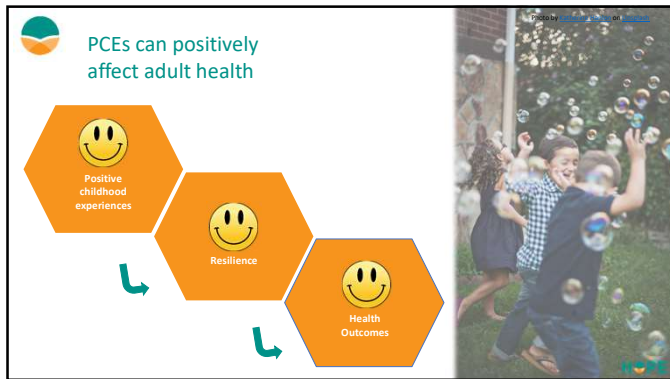
1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7.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



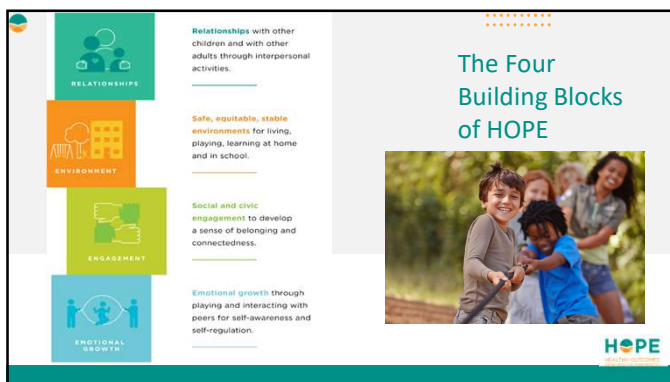
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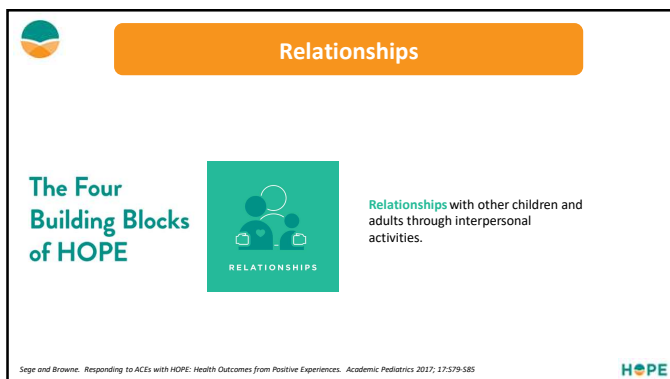
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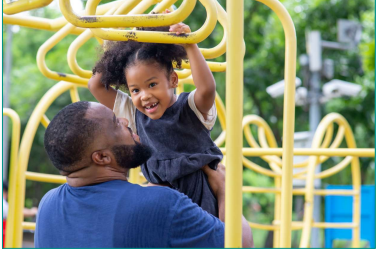
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14



15




Use the Chat Box:

Ideas about promoting relationships through your work

HOPE

16



Environment


The Four Building Blocks of HOPE

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

Sage and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585

HOPE

17




Use the chat box:

Ideas about promoting the environment building block through your work

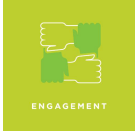
HOPE

18




Engagement


The Four
Building Blocks
of HOPE




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; 17:579-585



19





Use the Chat Box:

Ideas about promoting the
building block of
engagement through your
work

Photo courtesy of Artists For Humanity


20



Emotional Growth

The Four
Building Blocks
of HOPE



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; 17:579-585


21


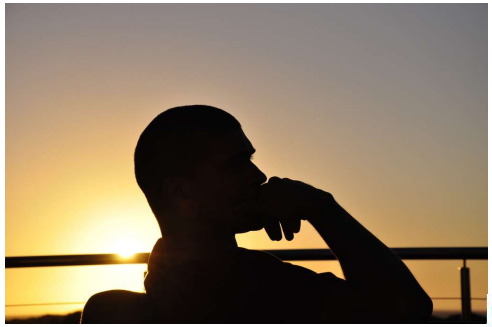




Use the chat box:


Ideas about promoting the building block of **emotional growth** through your work



22


23




Poll

How much do you know about Adverse Childhood Experiences (ACEs)?

- A. Nothing – what are ACEs?
- B. A little – I have heard the term before.
- C. More than a little but probably still have a lot to learn.
- D. I am well versed in ACEs and their effects on health.
- E. I am an ACEs expert!



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ACEs and PCEs


ACEs

- 1998 study of employed people in Southern California
- Patients answered questions about their childhood
- Correlated with mental and physical health


PCEs

NEW

- 2015 population study, Wisconsin
- Part of the Behavioral Risk Factor Surveillance Survey
- Asked about ACEs
- Asked about Positive Childhood experiences
- Correlated with mental health



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Adverse Childhood Experiences (ACEs)


The three types of ACEs include

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Domestic Violence
Emotional	Emotional	Mental Illness	Substance Abuse
Sexual		Homelessness	Divorce

Image courtesy of RWJF



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Adverse Community Environments are the root causes of ACEs

The Pair of ACEs

Adverse Childhood Experiences


- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence



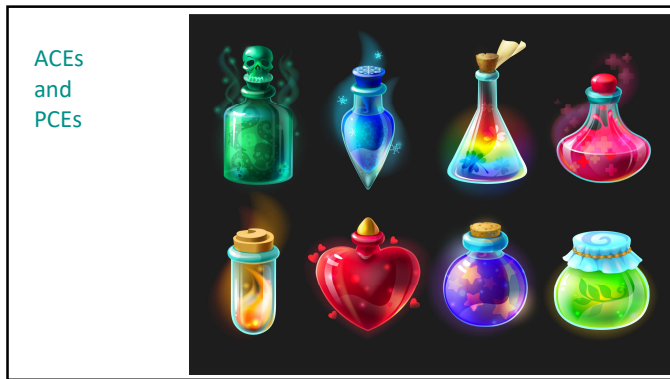
Adverse Community Environments

- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration
- Homelessness
- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Violence

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.jacp.2016.12.011



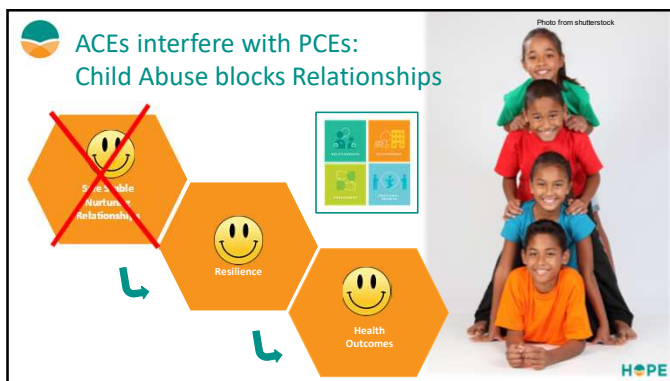
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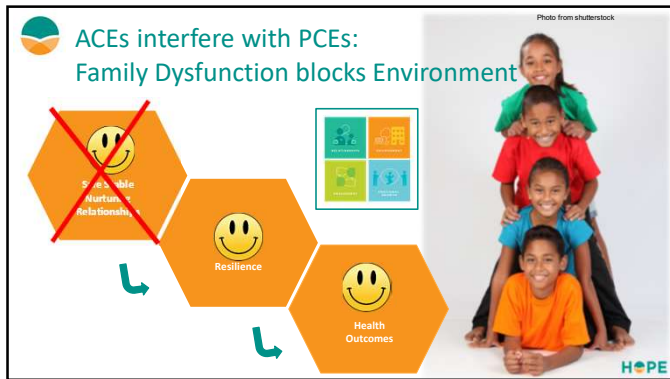
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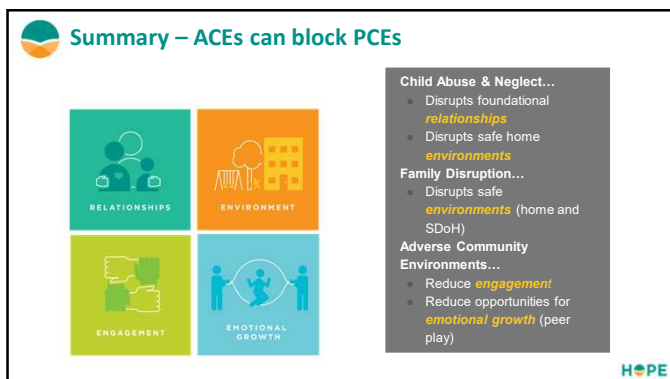
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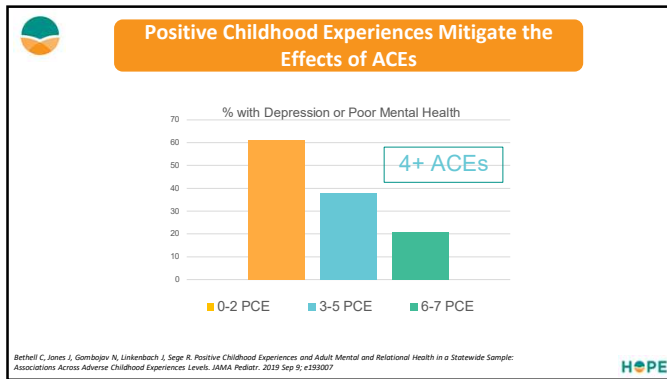
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35

- Let that sink in.
- PCEs protect adult mental health...even in the face of ACEs.
- What does that mean to you?

HOPE

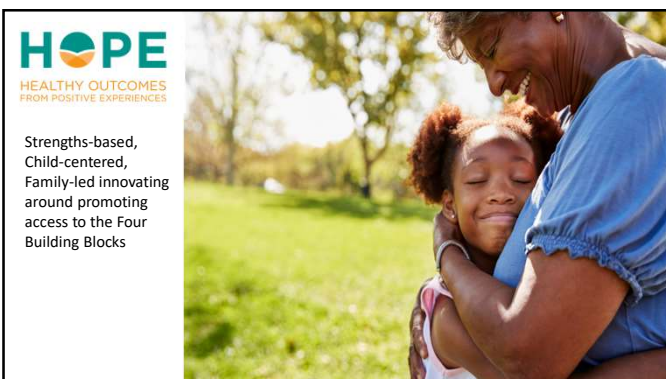
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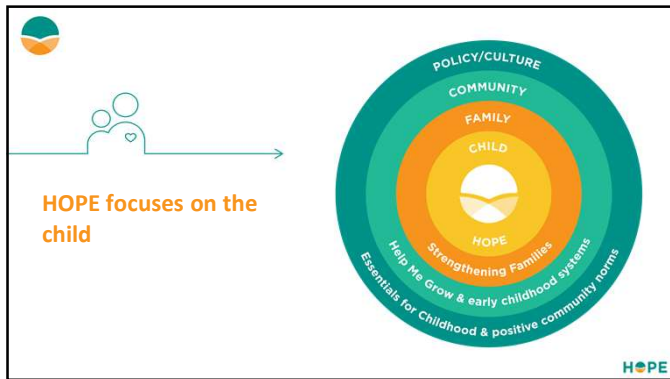
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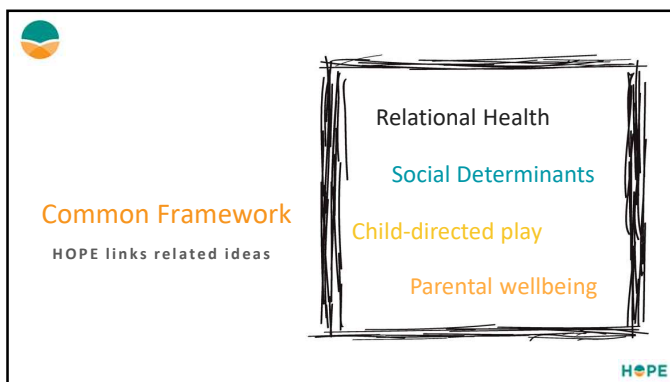
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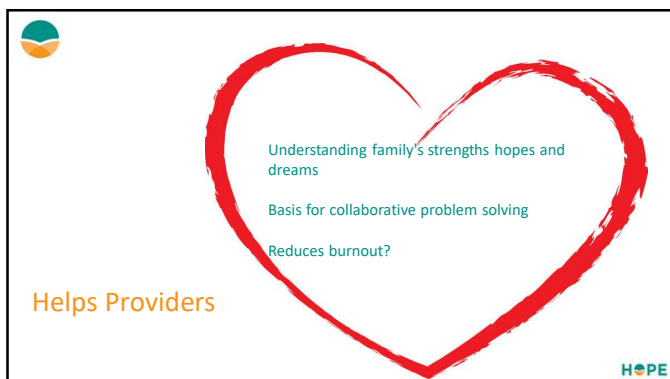
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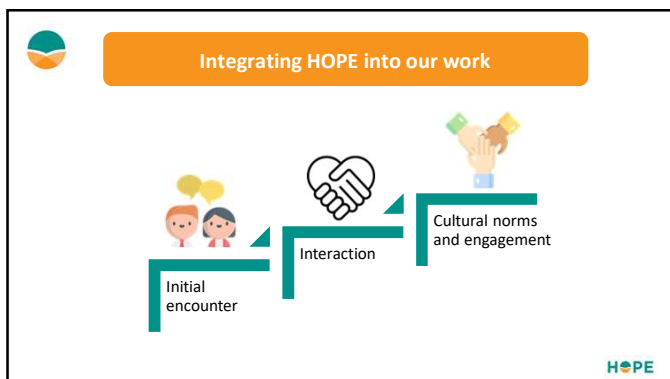
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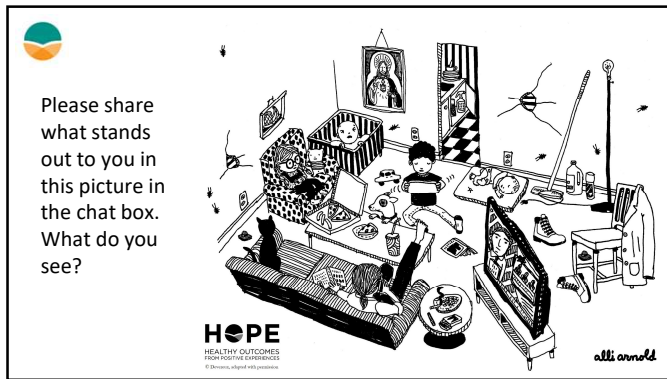
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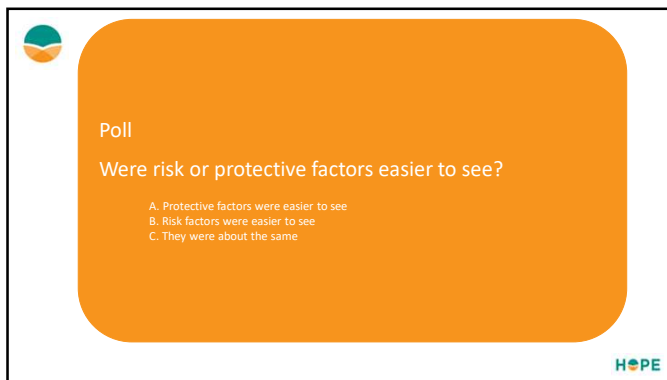
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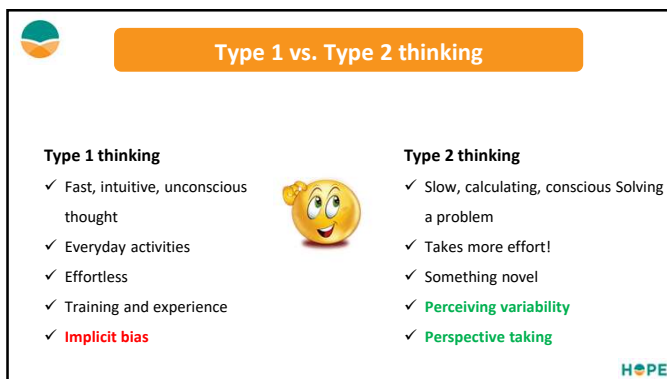
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Type 1 vs. Type 2 thinking


Implicit biases are imbedded in Type 1 thinking

Type 2 thinking can help us notice and navigate our biases






Unconscious, immediate reactions to difference

Slow, conscious strategies to mitigate bias




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Simulated Encounter



Without a HOPE-informed approach




50



HOPEless Practice





51




Simulated Encounter

With a HOPE-informed approach




Watch out for the Building Blocks!


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HOPE in Practice





53




HOPE-informed Resources and Referrals

- Let's promote access to the Building Blocks!
- Go round robin sharing what you know about how communities you serve define each Building Block.
- What are you curious about?
- How can you learn more?



54




Discuss

Anything surprising?

Are there Building Blocks that felt easier to define? Harder?

What are next steps to learn about how your families define the Building Blocks?


55




Lunch Time!





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Breakout Room: Creating Building Block Toolkit




Relationships with other children and with other adults through interpersonal activities.





Skills, especially social competencies for tasks, playing, learning at home and in school.



Support and other experiences to develop a sense of belonging and connectedness.



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

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HOPE-informed Resources and Referrals

- Let's promote access to the Building Blocks!
- Go round robin sharing the resources you have for each Building Block.
- Take notes in Google Doc.



58



Discuss

Anything surprising?

Where are the gaps?

Think about your community. Do the resources you have align with how your community defines the Building Blocks? Are the resources accessible to everyone? If not, who does not have access? How can you change that?



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Breakout Room: HOPEful Intake/First Contact



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HOPE-informed Encounters

Whiteboard Activity: What makes an encounter HOPE-informed?




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HOPE-informed Encounters

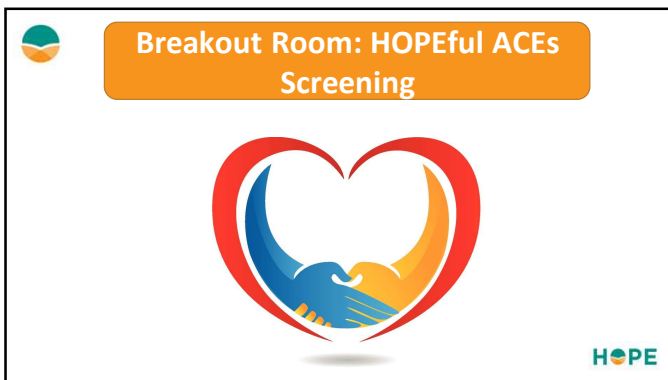
- Talk through standard intake.
- Where are moments for HOPE?



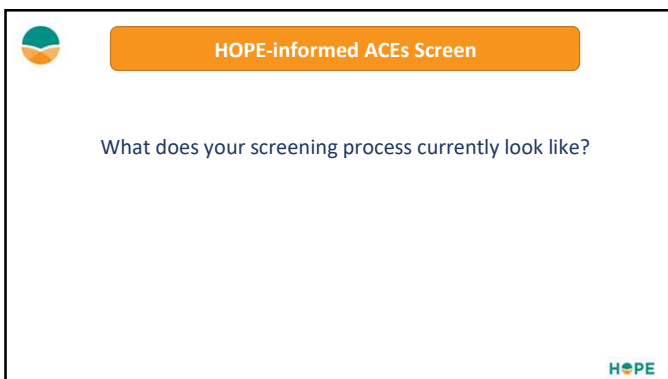
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64



65



66



HOPE-informed ACEs Screen

Preparing

- Provide information about screening
 - Explain ACEs study and kinds of questions study will ask
 - Explain why you are conducting the screening
- Schedule for a time in the future when parent can feel prepared to discuss



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HOPE-informed ACEs Screen

Conducting the Screener

- Briefly review power of the brain to change
- Review science of Positive Childhood Experiences and the power to offset health outcomes
- Create a safe space to share, acknowledging that parent should not feel obligated to go into detail
- Conduct ACEs screen



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HOPE-informed ACEs Screen

After the Screener

- Review PCEs that you have witnessed in the home
- Celebrate with the parent the work they are already doing to offset long term health outcomes associated with ACEs
- Ask parent if they are interested in brainstorming more ways to create PCEs for children
- Close with positive, HOPEful messaging




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Breakout Room: Responding to Challenging Situations with HOPE




70



HOPE for Challenging Interactions

Typical response to challenging behavior: What did you do?


Family is perpetrator and practitioner is doling out punishment.

Trauma-informed Response: What happened to you that led to this behavior?


Family is framed as a victim or survivor of trauma and practitioner becomes therapeutic support in processing that trauma.

HOPE-informed Response: I see you doing the best you can with what you have. Let's talk about what happened here and how it might be able to look different next time

Family is framed as resilient and the systems within which the family is operating are recognized as contributing factors to current situation. Practitioner is seen as a partner in figuring out a way forward.




71



HOPEful Challenges

How does your office respond to families who are routinely late or miss appointments?



72



HOPEful Challenges

A family arrives for services. The parent is trying to speak with you, but the child is distracting them. They raise their voice with the child and tell them that they need to be quite "or else." How do you respond?

HOPE

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HOPEful Challenges

You have co-created a treatment plan with a family, but the family regularly fails to make progress in one of their own goals, getting physical activity 3 times per week. How do you respond?

HOPE

74



Co-created Case Study

Challenging Situation


How old?

Risk factors?

Protective factors?

HOPE


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Moments of HOPE

Moments of HOPE can occur:

- In each encounter
- During intake and assessments
- When sharing referrals or community resources
- When creating or revising policies
- When designing programming



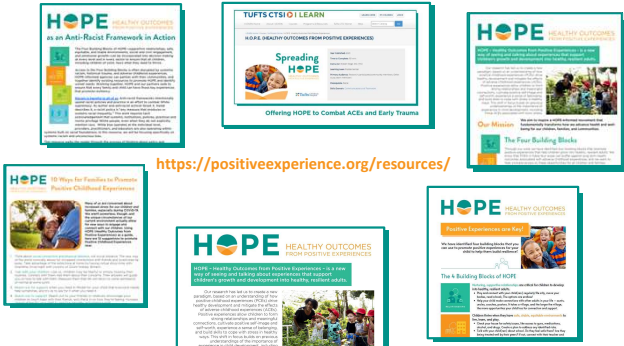
76

What will you do in the next 30 days?



<https://form.jotform.com/220094754908057>

77



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

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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



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Register for Growing HOPE

SECOND ANNUAL HOPE SUMMIT
MARCH 8TH, 2022



CareSource

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Spreading HOPE




EMAIL: HOPE@tuftsmedicalcenter.org WEBSITE: positiveexperience.org
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