



*Robert Sege, MD PhD*

## 2021 Resilient Beginnings Network

**HOPE**

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

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Join the path to HOPE







Vision: A world that recognizes, honors, and fosters positive experiences as being fundamental to people's health and well-being.







# Core Assumption

of The Science of the Positive:

The POSITIVE exists, it  
is real, and is worth  
growing



# Positive experiences

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



# Yet, 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 the challenges they face.





## Developing the positive childhood experiences score

### PCEs

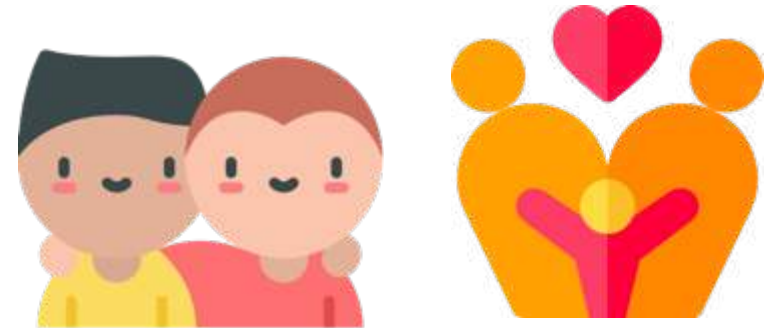
NEW

- ❖ 2015 population study in Wisconsin
- ❖ Part of the BRFSS
- ❖ Asked about ACEs
- ❖ Asked about Positive Childhood experiences
- ❖ Correlated with mental health



Positive Childhood Experiences (PCEs) questions asked how often respondent:

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



- *Internal consistency reliability: 0.77*
- *Principal components factor analysis: single factor with an Eigenvalue > 1 (2.95).*
- *Factor loadings ranged from 0.57 (“felt safe/home”) to 0.72 (“family stood by/difficult times”)*



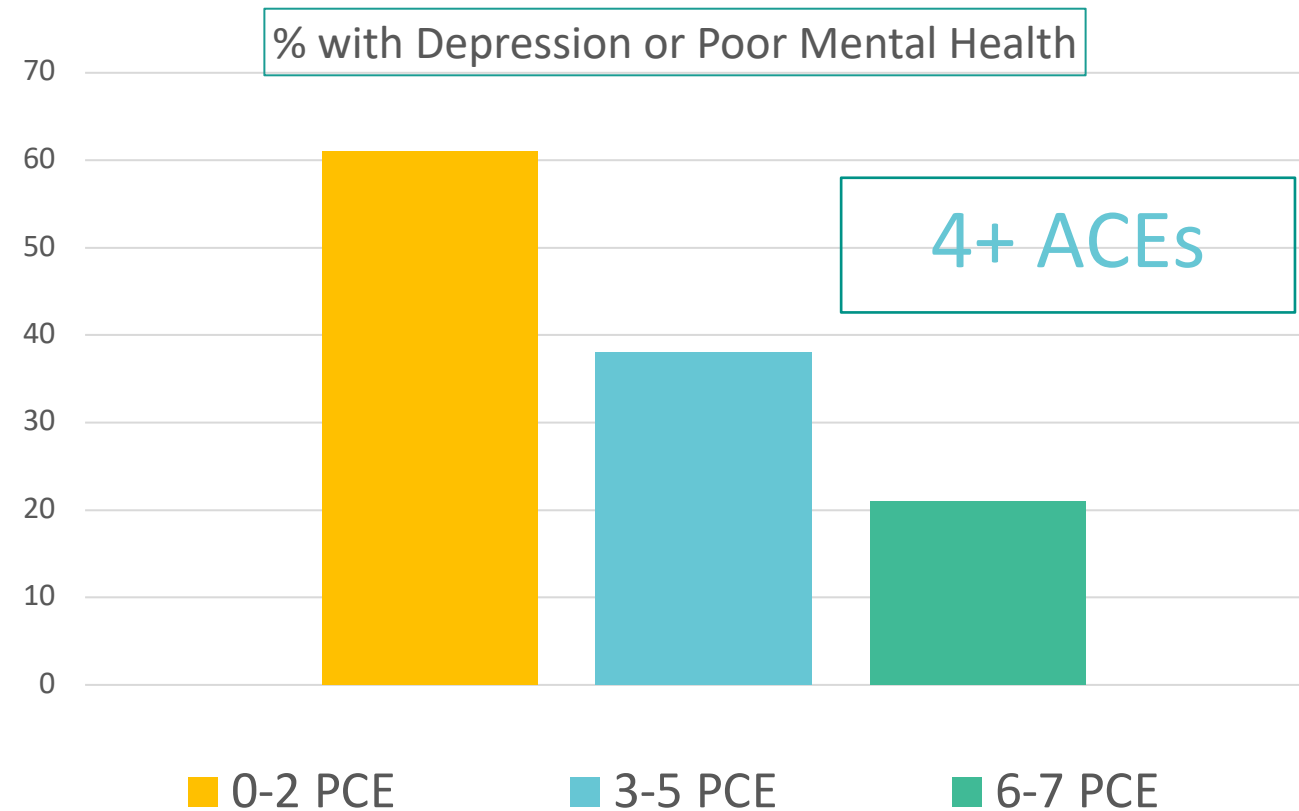
# Positive Childhood Experiences (PCEs) Protect Adult Mental Health

- 6-7 vs. 0-2 PCEs: 72% lower odds of depression or poor mental health
- 3-5 PCEs v 0-2 PCEs: 52% lower odds of depression or poor mental health
- 48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.



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

# Positive Childhood Experiences Mitigate ACEs Effects



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



# HOPE Promotes Flourishing

## POSITIVE CHILDHOOD EXPERIENCES:

- Prevent ACEs
- Block toxic stress
- Promote healing





# The Four Building Blocks of HOPE



RELATIONSHIPS

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

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ENVIRONMENT

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

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ENGAGEMENT

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

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EMOTIONAL GROWTH

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

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





# Relationships

## The Four Building Blocks of HOPE



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

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- Early relational health
- Parental well-being
- Safe Stable Nurturing Relationships
- Paid Parental Leave



# Environment

## The Four Building Blocks of HOPE



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

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- Social Determinants of Health
- Concrete supports in times of need
- Positive school environments
- Access to nature
- Safe home environments



# Engagement

## The Four Building Blocks of HOPE



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

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- Parent Cafes
- Positive youth engagement
- Group activities
- Classroom tasks





# Emotional Growth

## The Four Building Blocks of HOPE



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



- Child-centered play
- Out of school-time activities
- Extended families
- Recreational facilities open to all

# Adversity and the Building Blocks of HOPE



## Child Abuse & Neglect...

- Disrupts foundational **relationships**
- Disrupts safe home **environments**

## Family Disruption...

- Disrupts safe **environments** (home and SDoH)

## Adverse Community Environments...

- Reduce **engagement**
- Reduce opportunities for **emotional growth** (peer play)



# HOPE and Stressbusters



- Relationships
  - *Supportive relationships*
- Environment
  - *Quality Sleep* - Housing security
  - *Balanced nutrition* - Food security
  - *Experiencing Nature*
- Engagement
  - *Physical Activity* – after school
- Emotional Growth
  - *Mindfulness practices*
  - *Mental health care*



# Assessing HOPE and PCEs

## Standard scales:

- *Positive Childhood Experiences* -
  - 7 items
  - Validation in populations surveys
- *Benevolent Childhood Experiences* -
  - 10 Items
  - Validation in small high - risk populations

## Narrative approaches:

- Tools to elicit child and family experiences with the 4 building blocks
- From Narrative Therapy:  
*"Tell me about a time when things worked for you"*
- HOPE-Informed approaches to risk screening



# Assessing HOPE and PCEs

## Standard Scales

- Positive Childhood Experiences
  - 7 items
  - Validated in population survey
- Benevolent Childhood Experiences
  - 10 items
  - Validated with small high-risk samples
  - “anti-ACEs”

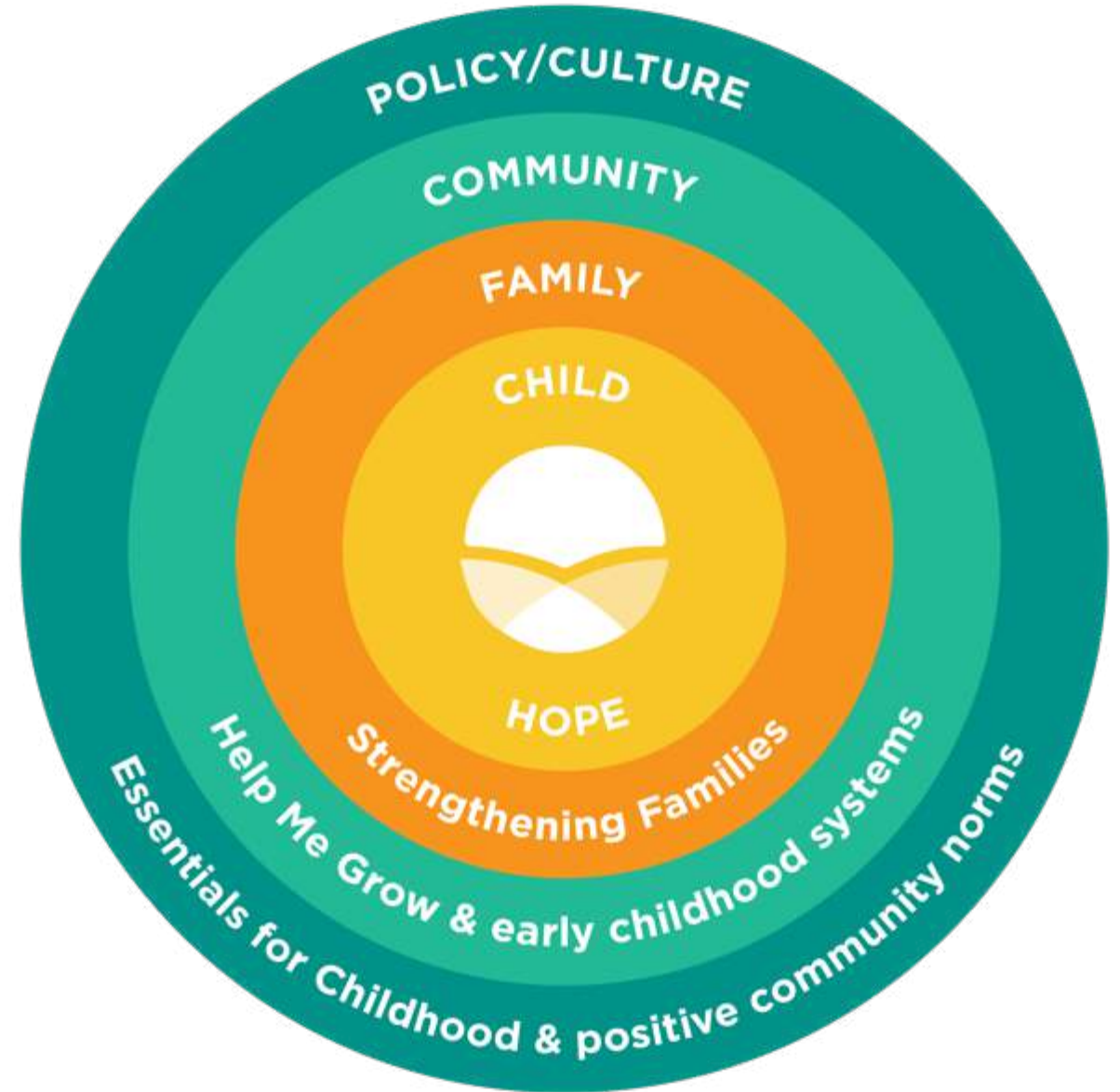
## Narrative Approaches

- Tools to elicit child and family experiences with the 4 Building Blocks
- From Narrative Therapy: *“Tell me about a time when things worked for you?”*
- HOPE-informed approaches to risk screening





**HOPE focuses on the  
child**





## Common Framework

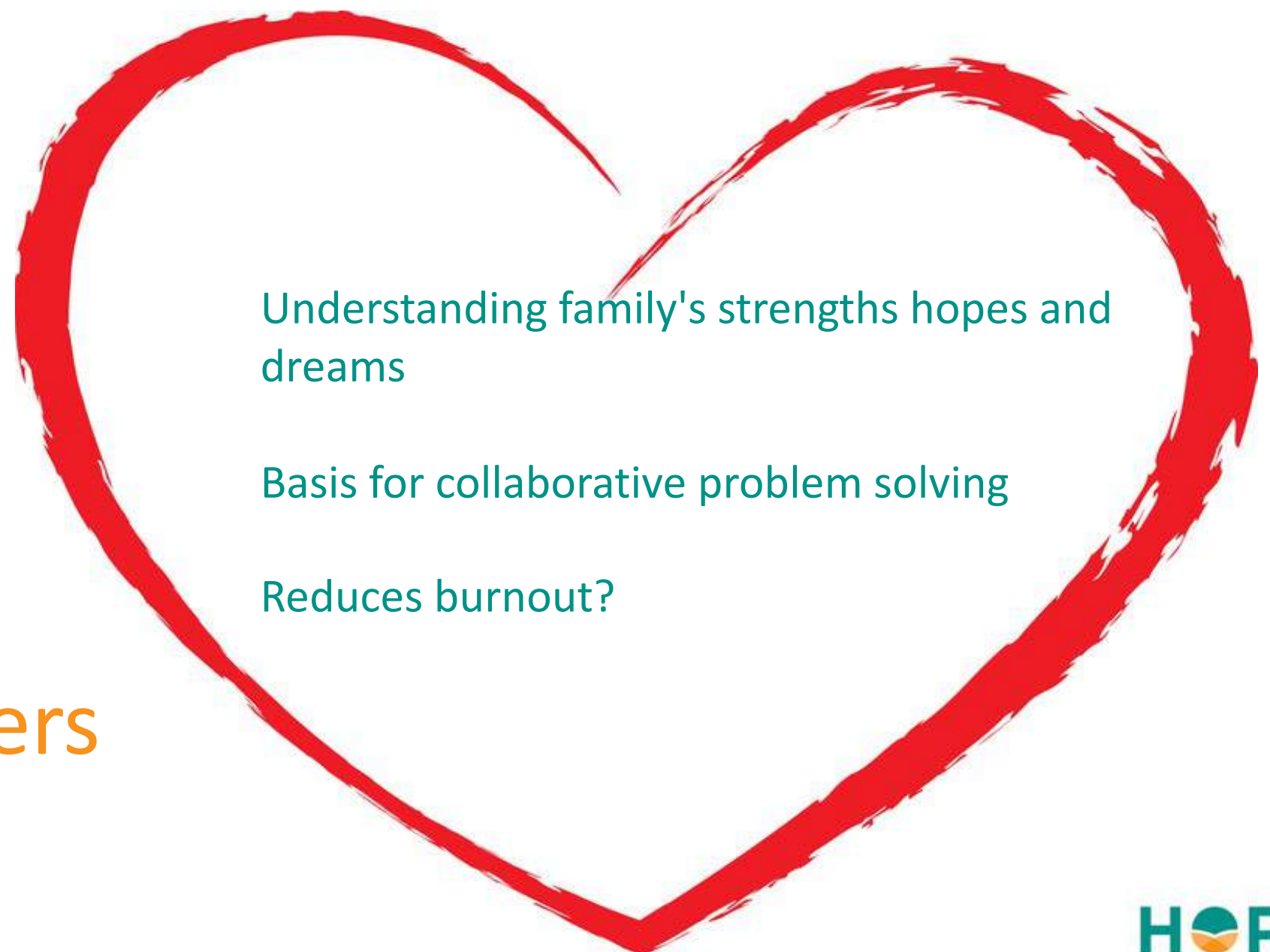
**HOPE links related ideas**

Relational Health

Social Determinants

Child-directed play

Parental wellbeing



Understanding family's strengths hopes and dreams

Basis for collaborative problem solving

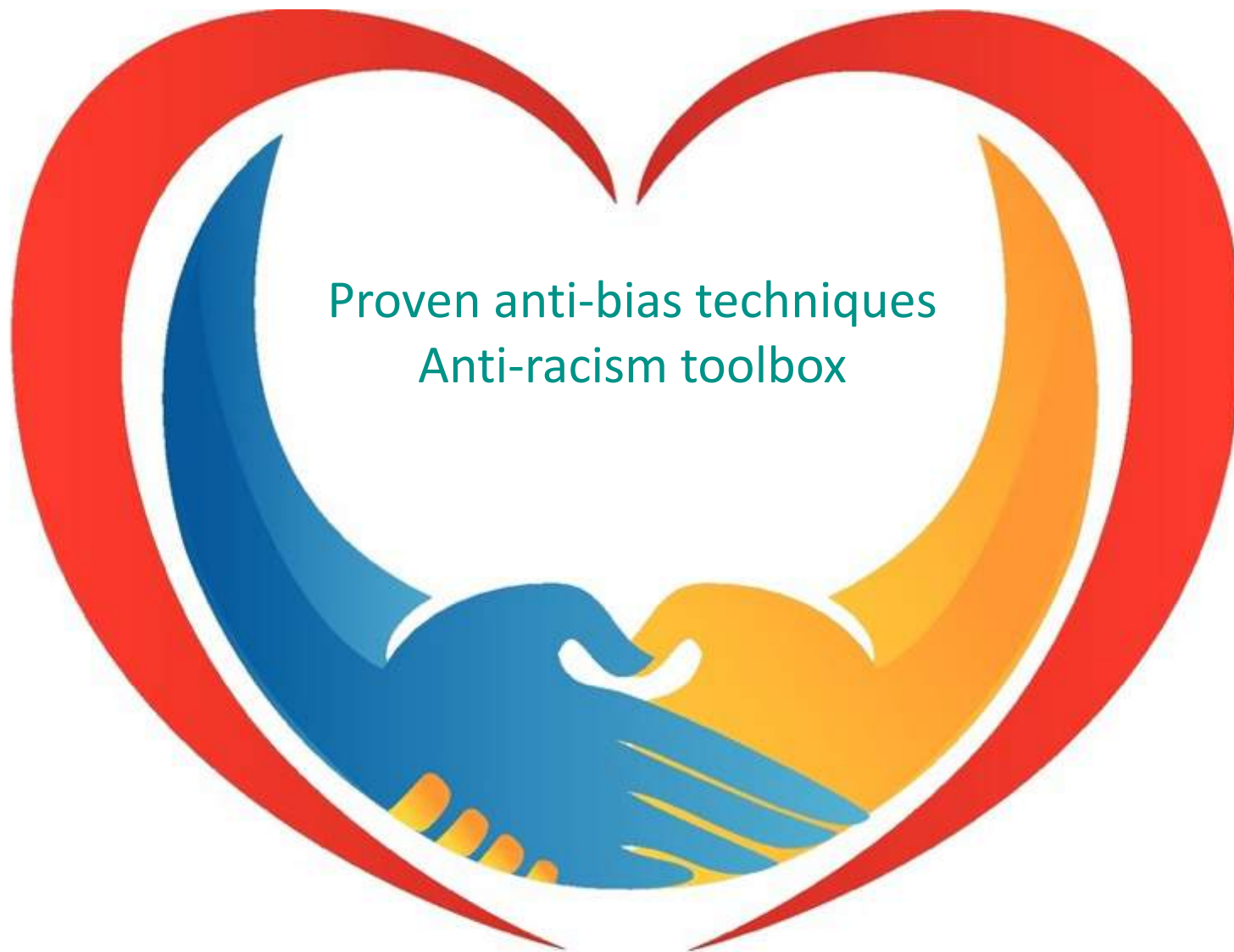
Reduces burnout?

Helps Providers



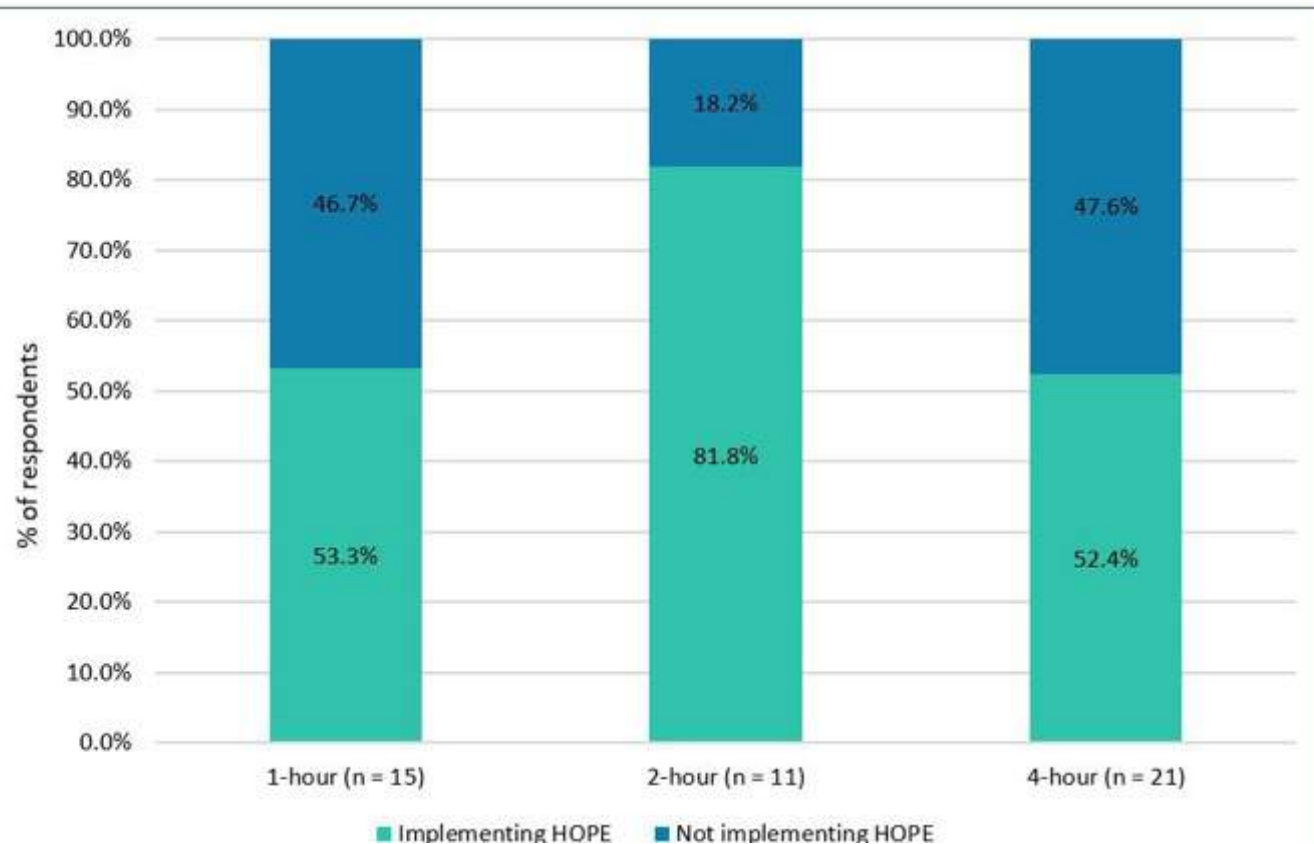


Promotes  
human dignity




Proven anti-bias techniques  
Anti-racism toolbox

# HOPE is spreading



- Over 12000 providers in 18 states, plus keynotes and workshops at national meetings
- Collaboration with leading home visiting models, PCAA, AAP, and several First 5 agencies
- Scaling our training capacity





# Join the path to HOPE

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Resources:

<https://positiveexperience.org>

To sign up for a workshop or to join HIN:

[HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org)





We carry  
our past  
with us







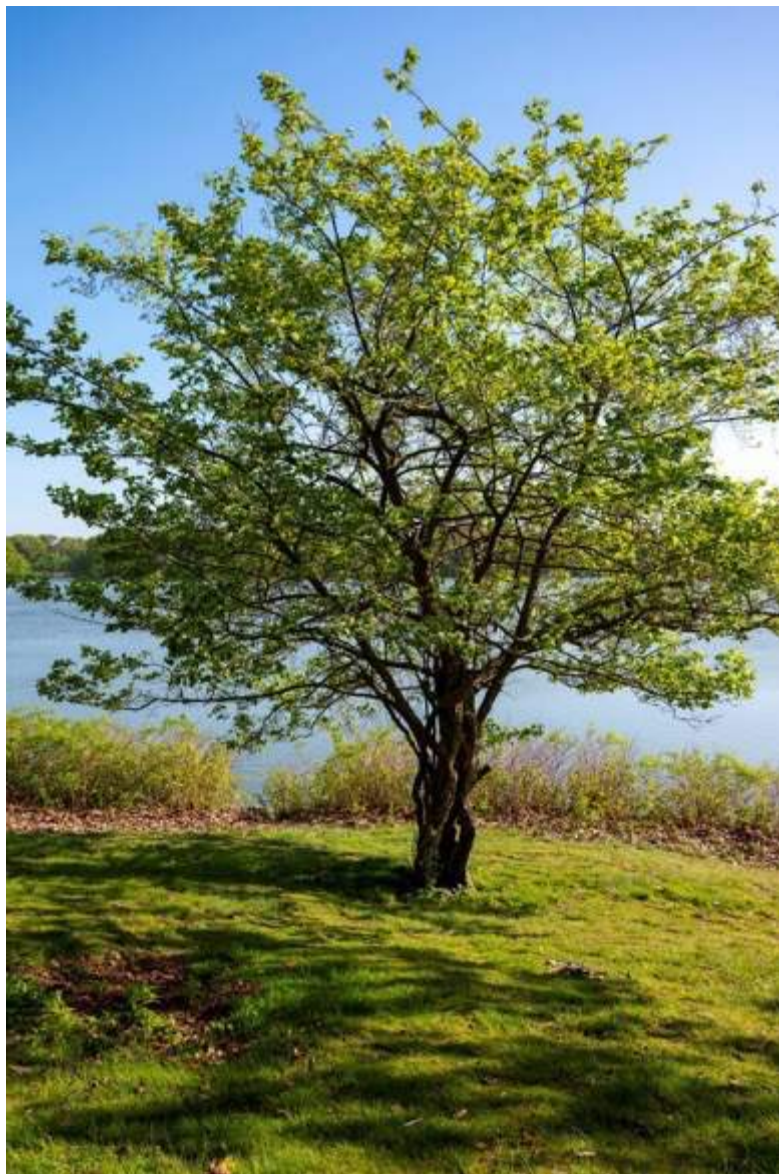




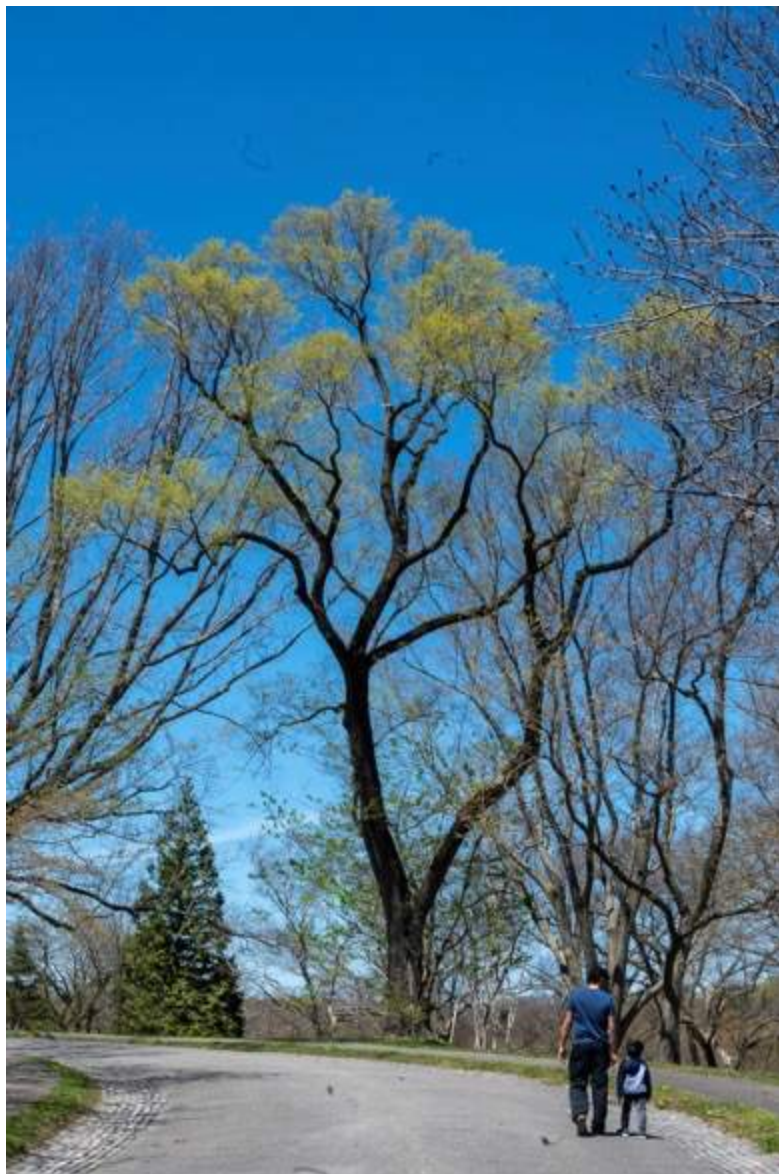




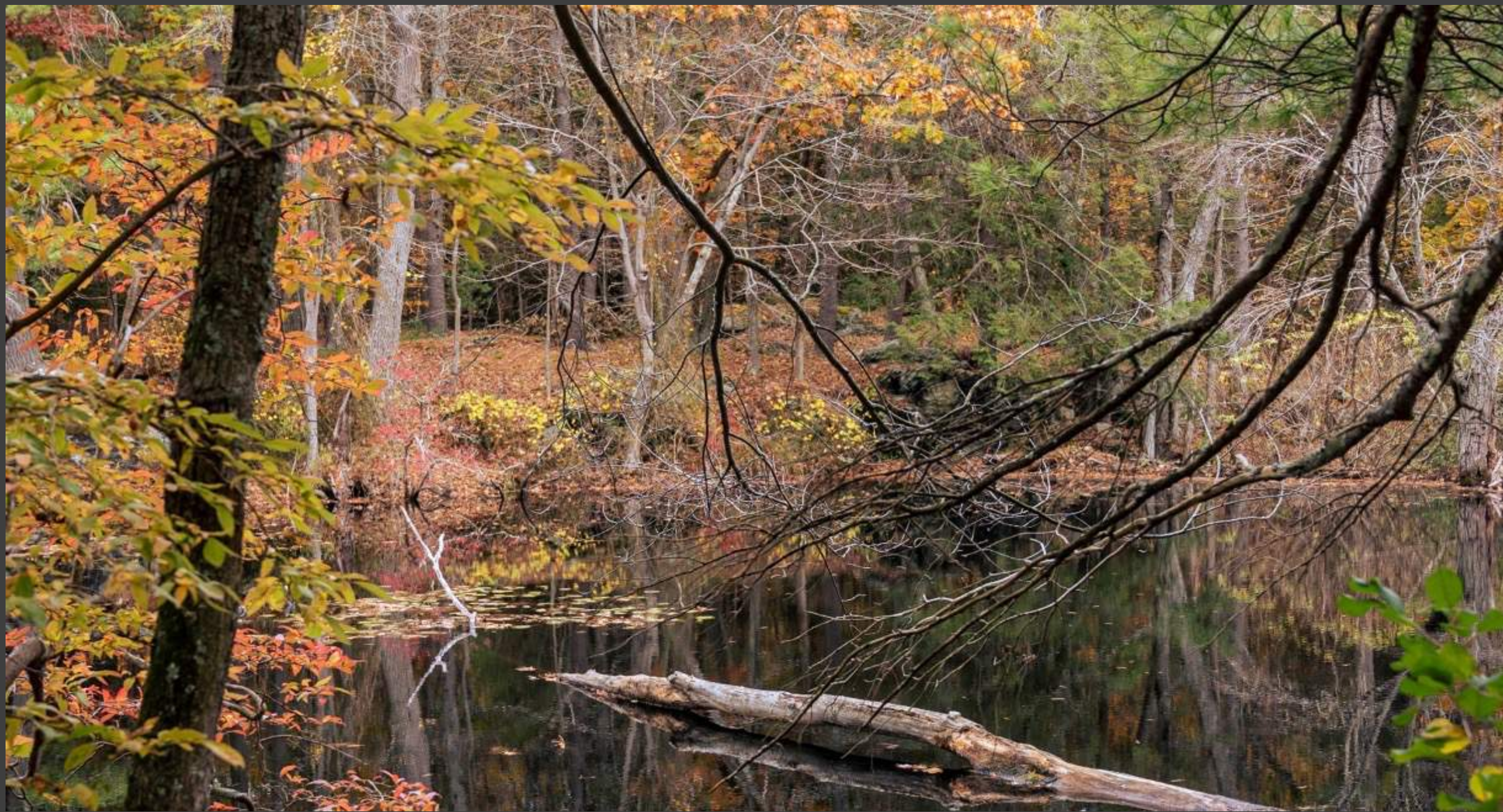
















# Spreading

# HOPE



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