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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

- 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”)

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

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

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

- **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
Relationships

The Four Building Blocks of HOPE

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

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85
• Early relational health
• Parental well-being
• Safe Stable Nurturing Relationships
• Paid Parental Leave
The Four Building Blocks of HOPE

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

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

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85
• Parent Cafes
• Positive youth engagement
• Group activities
• Classroom tasks
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:S79-S85
• 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

<table>
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<tr>
<th>Standard Scales</th>
<th>Narrative Approaches</th>
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  • 7 items  
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| • Benevolent Childhood Experiences  
  • 10 items  
  • Validated with small high-risk samples  
  • “anti-ACEs” | • 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
Helps Providers

Understanding family's strengths hopes and dreams

Basis for collaborative problem solving

Reduces burnout?
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

Resources:
https://positiveexperience.org

To sign up for a workshop or to join HIN:
HOPE@tuftsmedicalcenter.org
We carry our past with us
Spreading HOPE

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

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