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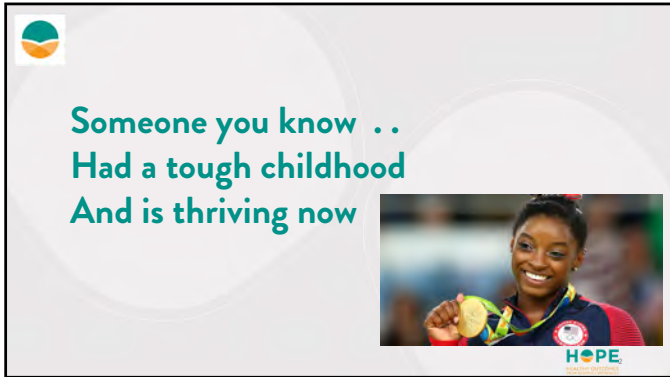
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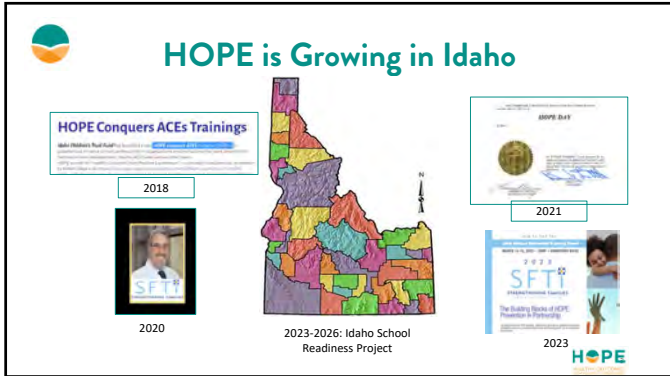
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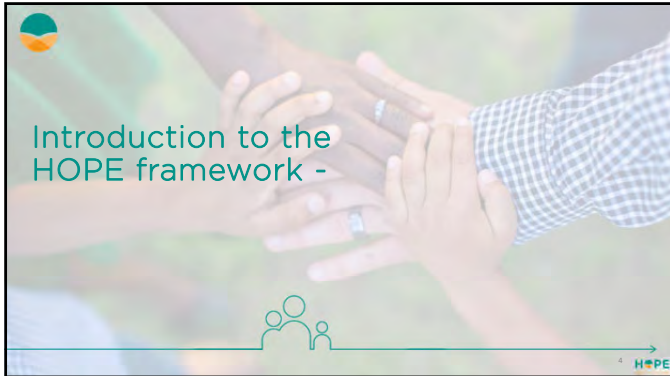
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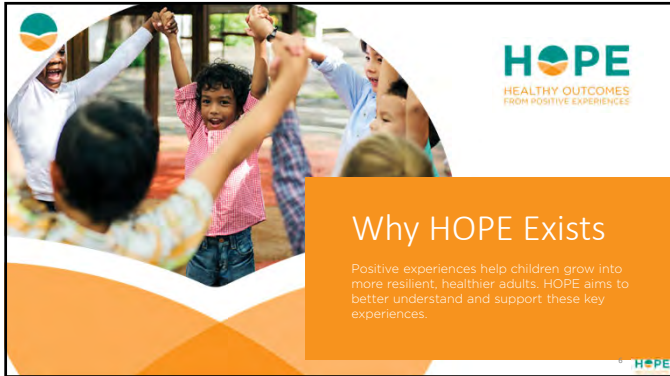
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### Acknowledgment: A legacy of positivity

Science of the Positive - *the Positive Exists*

**Strengthening Families – Protective Factors**  
Essentials for Childhood - *Safe Stable Nurturing Relationships*

Johns Hopkins – *Flourishing -not just surviving*

NICWA - *Positive Indian Parenting*

SEARCH Institute – *40 community assets*

Bright Futures – *Identifying strengths*

Faith traditions *bring communities together* to support families

7 HOPE

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Risk assessment 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

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### Developing the Positive Childhood Experiences (PCEs) score

2015 population study in Wisconsin

Part of the BRFSS

Asked about ACEs

Asked about Positive Childhood experiences

Correlated with mental health

HOPE

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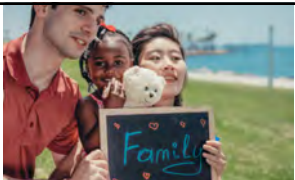
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**Positive Childhood Experiences scale questions**



*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

**HOPE**

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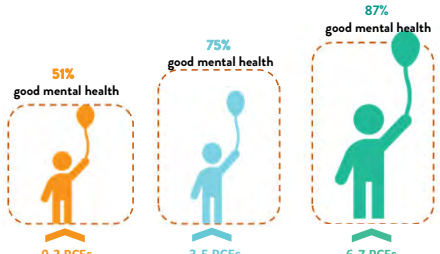
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**Positive Childhood Experiences (PCEs) Protect Adult Mental Health**



51% good mental health (0-2 PCEs)

75% good mental health (3-5 PCEs)

87% good mental health (6-7 PCEs)

*Good mental health - those not 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.

**HOPE**

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**PCEs protect adult health**



Positive childhood experiences → Resilience → Health Outcomes

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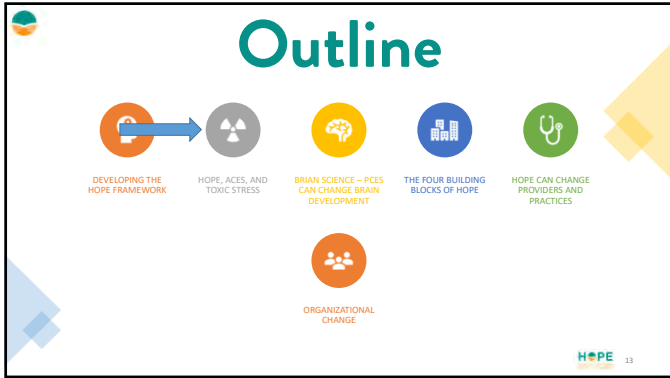
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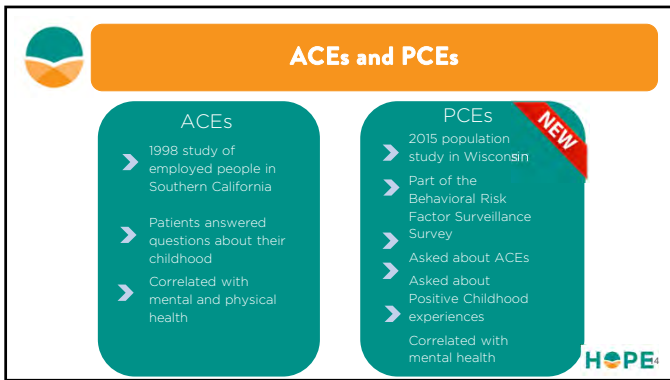
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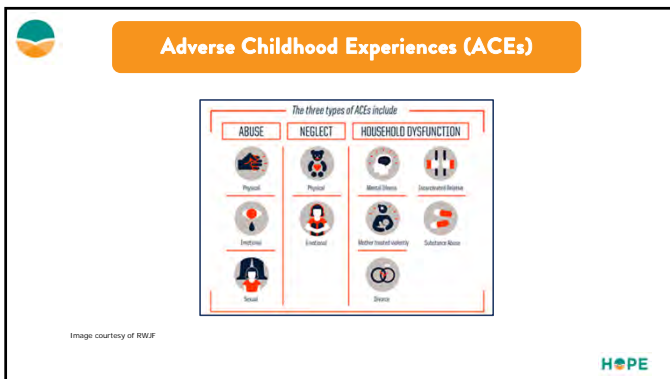
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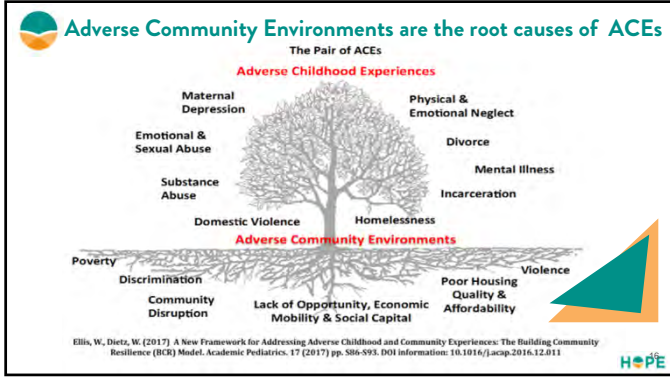
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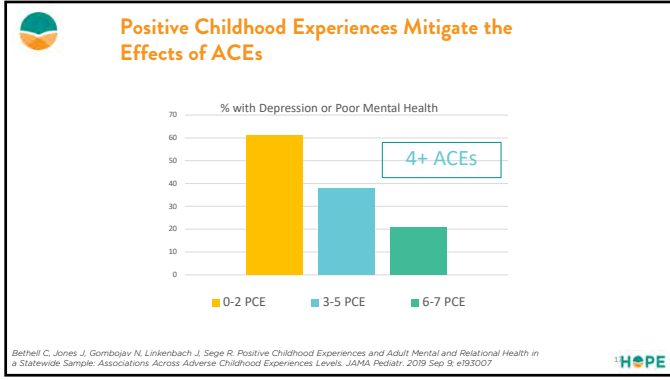
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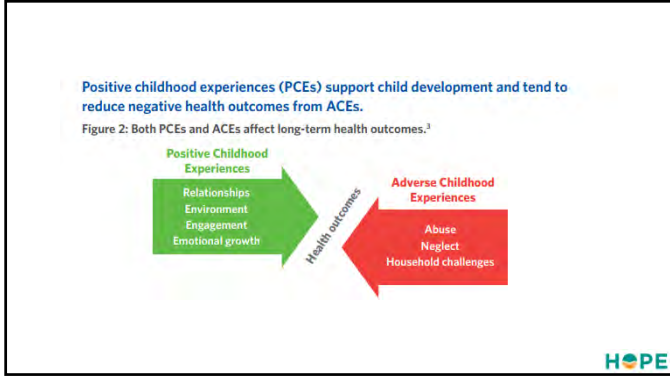
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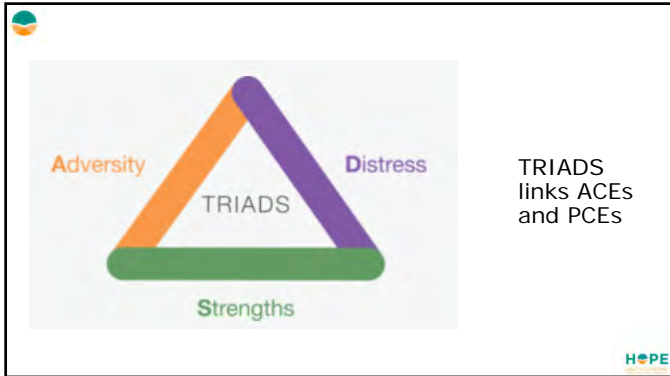
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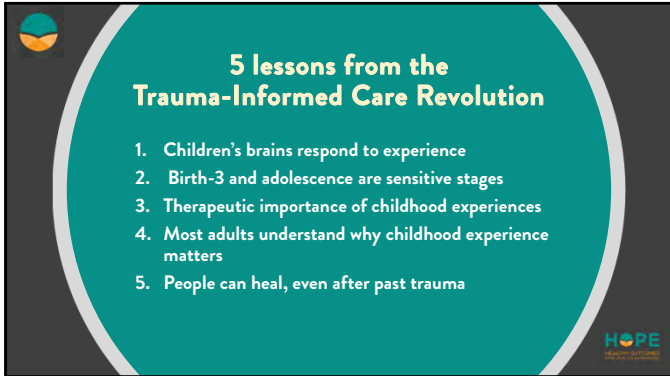
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### Children's Brains Respond to Positive Experiences

New science shows brain changes after:

**Stroke**



**Learning meditation & literacy**



**Post-traumatic Growth**



Shibasaki et al. (2010) Effects of post-stroke speech on the Brodmann area 44/45. *Journal of Clinical Neurophysiology*, 21(1), 1-10.  
 2. Cohen et al. (2011) Neural Basis of Psychological Growth Following Adversity. *Journal of Clinical Neurophysiology*, 22(1), 1-10.  
 3. Caselli et al. (2011) Cortical and Subcortical Mechanisms of Post-traumatic Growth. *Journal of Clinical Neurophysiology*, 22(1), 1-10.  
 4. Cook et al. (2011) The Immediate and Sustained Effects of Literacy on Brain Activity. *Journal of Clinical Neurophysiology*, 22(1), 1-10.  
 5. Davidson et al. (2011) The Effects of Mindfulness on Brain Activity. *Journal of Clinical Neurophysiology*, 22(1), 1-10.

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### How do childhood experiences affect the brain?



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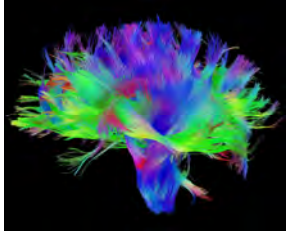
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### 1. Brains can re-wire throughout life

*Neurons that fire together wire together*

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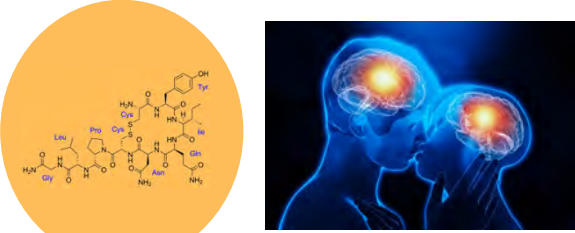
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**2. Love changes brain function**



*Oxytocin release changes brain function*

Neurogrow.com

HOPE

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**Take Home Lesson: The Brain is Not Static!**

Exposure to PCEs can strengthen brain pathways and promote resilience and recovery.



Indiana Public Media

HOPE

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Let that sink in - PCEs protect adult mental health...even in the face of ACEs.

- Recall the person you thought of when we began

HOPE

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**Outline**

- DEVELOPING THE HOPE FRAMEWORK
- HOPE, ACEs, AND TOXIC STRESS
- BRAIN SCIENCE - PCEs CAN CHANGE BRAIN DEVELOPMENT
- THE FOUR BUILDING BLOCKS OF HOPE
- HOPE CAN CHANGE PROVIDERS AND PRACTICES
- ORGANIZATIONAL CHANGE

HOPE National Resource Center

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**The Four Building Blocks of HOPE**

- RELATIONSHIPS**: Relationships with other children and with other adults through interpersonal activities.
- ENVIRONMENT**: Safe, available, stable environments for living, playing, learning at home and in school.
- ENGAGEMENT**: Social and civic engagement to develop a sense of belonging and connectedness.
- EMOTIONAL GROWTH**: Emotional growth through playing and interacting with peers for self-awareness and self-regulation.

HOPE National Resource Center

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**Relationships**

Relationships with other children and adults through interpersonal activities.

- Coach
- Sponsor
- Peer Worker
- Spiritual/Faith Leader

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

HOPE National Resource Center

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**Environment**

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; 17:579-585



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**Engagement**

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



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**Emotional Growth**

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



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### Building blocks validated in Longitudinal Study of Australian Children

**POSITIVE CHILDHOOD EXPERIENCES**


Measuring Positive Childhood Experiences: Testing the Structural and Predictive Validity of the Health Outcomes From Positive Experiences (HOPE) Framework

Shuaijun Guo, PhD, Meredith O'Connor, DEdPsych, Fiona Mensah, PhD, Chary A. O'Leary, PhD, Sharon Goldfield, FRACP, FAFFPM, PhD, Rebecca E. Lacey, PhD, Natalie Skerret, PhD, Katherine A. Tharner, MPhil, PhD, Navraj Prasad, PhD

"Study used the HOPE framework as a foundation to develop population-based measures of PCEs

... the 4-factor model is an empirically valid structure."

Guo, Shuaijun, et al. *Academic Pediatrics* 22.6 (2022): 942-951.



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### PCE measures (ages 0-11)

- Relationship:** positive parenting, trusting supportive relationships,
- Environment:** neighborhood livability and facilities, neighborhood social capital, home education environment
- Engagement:** child's contact with family and friends, child's activities outside the home, child's enjoyment of childcare/school, neighborhood belonging



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### PCEs Protect Mental Health

Longitudinal Study of Australian Children

#### Reduction in poor mental health at age 14-15

0-1 yrs	2-3 yrs*	4-5 yrs*	6-7 yrs*	8-9 yrs*	10-11 yrs	Overall**
-0.54	-0.48	-0.57	-0.40	-0.66	-0.65	-0.20



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Strengths-based,  
Child-centered,  
Family-led  
innovating around  
promoting access  
to the Four  
Building Blocks



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## Outline




DEVELOPING THE  
HOPE FRAMEWORK




HOPE, ACES, AND  
TOXIC STRESS




BRAIN SCIENCE – PCEES  
CAN CHANGE BRAIN  
DEVELOPMENT




THE FOUR BUILDING  
BLOCKS OF HOPE



HOPE CAN CHANGE  
PROVIDERS AND  
PRACTICES



ORGANIZATIONAL  
CHANGE



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## Brain Changes

**We've talked about how a child's brain responds to experiences. Now let's talk about how YOUR brain responds via cognitive reframing.**

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**Type 1 vs. Type 2 thinking**

**Type 1 thinking**

- ✓ Fast, intuitive, unconscious thought
- ✓ Everyday activities
- ✓ Effortless
- ✓ Training and experience
- ✓ **Implicit bias**



**Type 2 thinking**

- ✓ Slow, calculating, conscious
- Solving a problem
- ✓ Takes more effort!
- ✓ Something novel
- ✓ **Perceiving variability**
- ✓ **Perspective taking**

HOPE

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**Type 1 vs. Type 2 thinking**

Implicit biases are imbedded in Type 1 thinking




Unconscious, immediate reactions to difference



Project Implicit

Type 2 thinking can help us notice and navigate our biases



Slow, conscious strategies to mitigate bias

HOPE

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**HOPE helps resist bias**

**Risk:** People and families viewed as defective

**HOPE:** Appreciation of strengths and resilience

**Risk:** Diagnose problems that may result from systemic factors

**HOPE:** Recognize, honor and support sources of strength and stamina

HOPE

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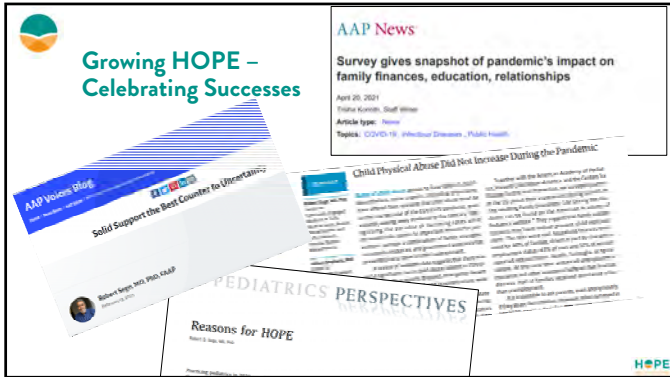
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HOPE COLLABORATES with families, communities, researchers & policy makers.

**Children & Families**

**Allied Organizations**

**Child & Family-serving Providers**

**Researchers**

**Child & Family Advocates**

**Policymakers**




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**Strong Families With HOPE**

Strengthening Families      HOPE

- Parental Resilience -----> • Relationship
- Concrete Supports -----> • Environment
- Social Connection -----> • Engagement
- Knowledge -----> • Emotional Growth
- Child responsiveness -----> • Emotional Growth



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- Engage with parents as partners and decision-makers
- Focus on strengths
- Respond to parent-identified needs and goals
- Help families feel valued and respected
- Increase families' confidence

**EXAMPLES**

Strengthening Families  
Early Relational Health  
Help Me Grow  
HOPE  
DULCE



- Strong in their protective factors
- Have supports and opportunities to grow in their protective factors.
- Know where they can get support when needed

**PROTECTIVE FACTORS INCLUDE**

Parental resilience  
Social connections  
Knowledge of parenting and child development  
Concrete support in times of need  
Children's social and emotional competence



- Stronger early relational health
- Higher likelihood of positive childhood experiences (PCEs)
- Lower likelihood of adverse childhood experiences (ACEs)
- More likely buffered from stress



- Improved health and well-being
- Increase in school readiness
- Lower risk of abuse and neglect



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**Bridge to HOPEful Practice**

- Leadership commitment
- Examination of key policies
- Staff capacity building
- Continuous Quality Improvement

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**Idaho Bridge to HOPEful Practice**

- Leadership commitment
- Examination of key policies
- Staff capacity building
- Continuous Quality Improvement

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**Idaho HOPE Facilitators**

**FACILITATORS NEAR YOU**

<p><b>Alison</b>          Community Outreach Coordinator          Idaho National Road Fund          Boise, Idaho</p>	<p><b>Bonnie Campbell</b>          State Representative          Idaho National Road Fund          Boise, Idaho</p>	<p><b>Tamara Robinson</b>          Idaho National Road Fund          Boise, Idaho</p>
<p><b>Michaela Bunting</b>          Idaho National Road Fund          Boise, Idaho</p>	<p><b>Angie Johnston</b>          Idaho National Road Fund          Boise, Idaho</p>	<p><b>Wendy Harrison</b>          Idaho National Road Fund          Boise, Idaho</p>
<p><b>Jane W. Dine</b>          Idaho National Road Fund          Boise, Idaho</p>		

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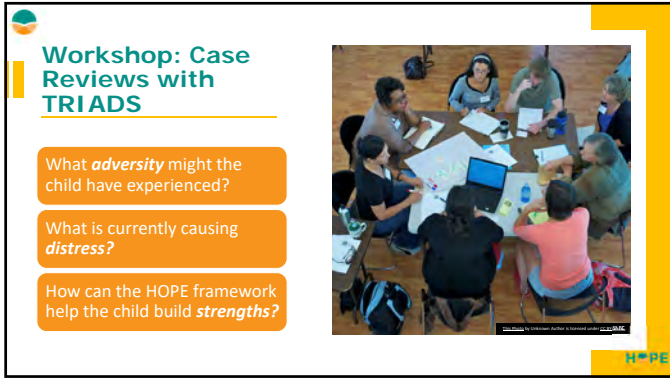
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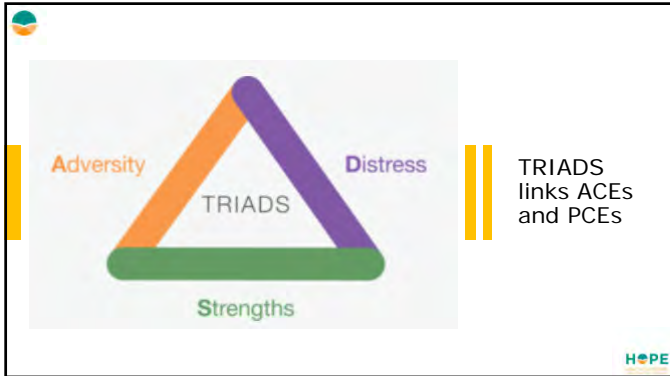
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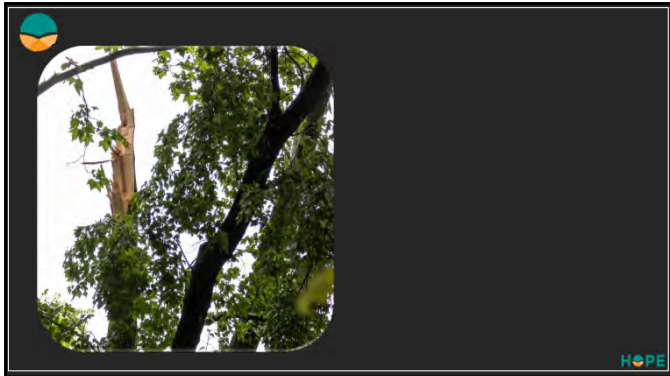
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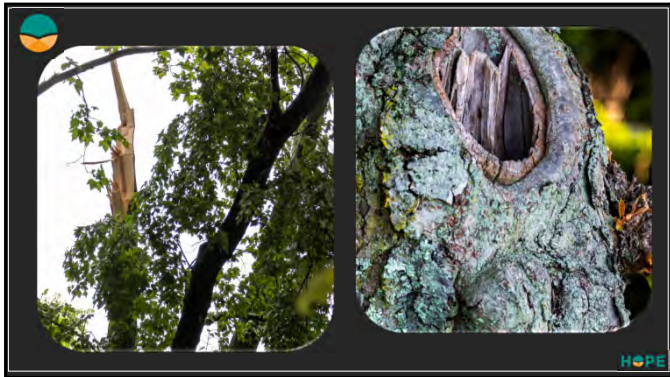
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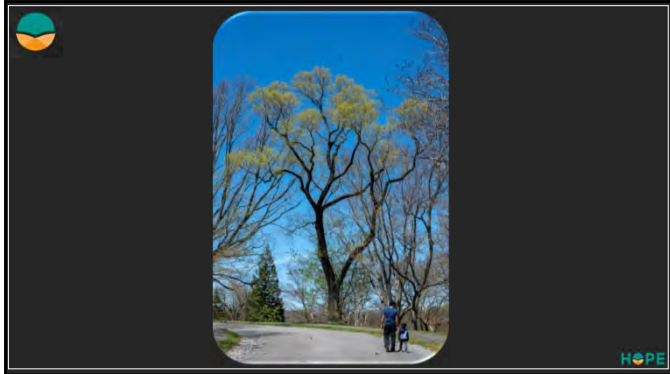
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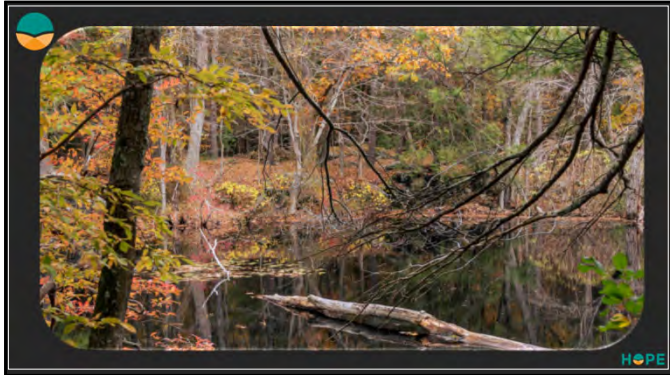
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**2023 HOPE Summit**  
**Practicing HOPE**

**Register Now!**

March 29th & 30th, 2023  
 Wednesday 11AM - 5PM EST  
 Thursday 12PM - 5:15PM EST  
 VIRTUAL

**Practicing HOPE**  
 2023 Summit

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Evaluation Link: <https://forms.gle/f8agsK9LZR9JG1BS6>

**HOPE**

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