Someone you know . . .
Had a tough childhood
And is thriving now

HOPE is Growing in Idaho
Introduction to the HOPE framework -

Outline

Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.
Acknowledgment: A legacy of positivity

Science of the Positive - the Positive Z axis

- Strengthening Families - Protective Factors
- Essential for childhood - live the healthy relationship
- 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

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

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
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 (PCEs) Protect Adult Mental Health

Good mental health – those not reporting depression or poor mental health

87% good mental health

87% good mental health

87% good mental health

PCEs protect adult health
Outline

DEVELOPING THE HOPE FRAMEWORK
HOPE, ACEs, AND TOXIC STRESS
MEASURING ACEs AND HOPE DEVELOPMENT
THE FOUR BUILDING BLOCKS OF HOPE
ORGANIZATIONAL CHANGE

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

Adverse Childhood Experiences (ACEs)
Adverse Community Environments are the root causes of ACEs

Positive Childhood Experiences Mitigate the Effects of ACEs

Positive childhood experiences (PCEs) support child development and tend to reduce negative health outcomes from ACEs.
TRIADS links ACEs and PCEs

Outline

1. Children's brains respond to experience
2. Birth-3 and adolescence are sensitive stages
3. Therapeutic importance of childhood experiences
4. Most adults understand why childhood experience matters
5. People can heal, even after past trauma
Children's Brains Respond to Positive Experiences
New science shows brain changes after:

- Stroke
- Learning meditation & literacy
- Post-traumatic Growth


How do childhood experiences affect the brain?

1. Brains can re-wire throughout life

Neurons that fire together wire together

(© 2023 HOPE National Resource Center)
2. Love changes brain function

Oxytocin release changes brain function

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

Take Home Lesson: The Brain is Not Static!

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

Recall the person you thought of when we began
DEVELOPING THE HOPE FRAMEWORK

HOPE, ACES, AND TOXIC STRESS

THE FOUR BUILDING BLOCKS OF HOPE

ORGANIZATIONAL CHANGE

Outline

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The Four Building Blocks of HOPE

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Relationships with other children and adults through interpersonal activities.

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

Relationships

30
**Environment**

Safe, equitable, 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.
Building blocks validated in Longitudinal Study of Australian Children

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

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


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

PCEs Protect Mental Health

Longitudinal Study of Australian Children

Reduction in poor mental health at age 14-15
Strengths-based, Child-centered, Family-led innovating around promoting access to the Four Building Blocks

Outline

DEVELOPING THE HOPE FRAMEWORK

HOPE, ACES, AND YOUR OFFICE

BRAIN SCIENCE — PCE CAN CHALLENGE DEVELOPMENT

THE FOUR BUILDING BLOCKS OF HOPE

HOPE CAN CHALLENGE PRACTICE

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.
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

Implicit biases are imbedded in Type 1 thinking
- Unconscious, immediate reactions to difference

Type 2 thinking can help us notice and navigate our biases
- Slow, conscious strategies to mitigate bias

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
Families are Resilient. HOPE celebrates their strengths.

Growing HOPE – Celebrating Successes

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

Children & Families
Allied Organizations
Child & Family-serving Providers
Researchers
Child & Family Advocates
Policymakers

Strong Families With HOPE

Strengthening Families
- Parental Resilience
- Concrete Supports
- Social Connection
- Knowledge
- Child responsiveness

HOPE
- Relationship
- Environment
- Engagement
- Emotional Growth

Examples:
Strengths-Based Early Intervention Services
Help My Grow
HOPE

Protective Factors
- Strength in their protective factors
- Mental health of positive childhood experiences (ACEs)
- Lower risk of adverse childhood experiences (ACEs)
- More fully supported from stress

- Increased health and well-being
- Increased sense of hope
- Lower risk of depression and anxiety

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HOPE IS GROWING

Growing HOPE Networks

- National Advisory Board - Leading voices in our fields
- Family and Community Experts - The FACE of HOPE
- HOPE Innovation Networks - Learning collaboratives implement HOPE together
- HOPE supports our partners as they meet their own goals

Strong Families With HOPE

• Parental Resilience
• Concrete Supports
• Social Connection
• Knowledge
• Child responsiveness

• Relationship
• Environment
• Engagement
• Emotional Growth
Bridge to HOPEful Practice

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

Idaho Bridge to HOPEful Practice

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

Idaho HOPE Facilitators
Questions?

**Workshop: Case Reviews with TRIADS**

- What adversity might the child have experienced?
- What is currently causing distress?
- How can the HOPE framework help the child build strengths?

https://positiveexperience.org/resources/
TRIADS links ACEs and PCEs

We carry our past with us
HOPE sees people's strengths before challenges.
HOPE builds on current knowledge and practice.
HOPE creates relationships based on respect.
2023 HOPE Summit
Practicing HOPE

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

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