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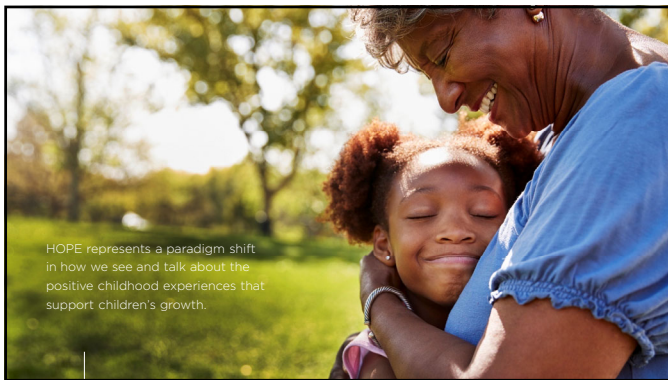
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6

HOPE is Spreading



HOPE National Resource Center

HOPE Innovation Network

HOPE Partner Organizations

HOPE

7



HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES


What is HOPE?

The Science of HOPE

The Building Blocks of HOPE

HOPE in our work

8



Healthy Outcomes

<p>Healthy Outcomes</p> <p>Health is: "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" <i>World Health Organization</i></p>	<p>Other Definitions of Health</p> <p>Navajos include in their health concept not only a perfect body and mind but also harmony with their surrounding environment. <i>Sobralnske, 1985</i></p>
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9

Poll #1

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!




10

Adverse Childhood Experiences (ACEs)

The three types of ACEs include:

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

Image courtesy of RWJF




11

ACEs cause chronic disease:
Population attributable fractions by ACEs score

Outcome	1 ACE	2-3 ACE	4 or more	Overall
Cor Heart Disease	2.6	3.4	6.6	12.7
Asthma	4.2	8.1	11.7	24.0
Depression	6.4	14.7	23.0	44.1
Heavy Drinker	5.6	9.0	9.3	23.9
Education < HS			4.6	4.6

Merrick MT, Ford DC, Ports KA, et al. *Vital Signs: Estimated Proportion of Adult Health Problems Attributable to Adverse Childhood Experiences and Implications for Prevention — 25 States, 2015–2017.* MMWR Morb Mortal Wkly Rep. ePub: 5 November 2019.



12

Adverse Childhood Experiences and Other Risk Factors for Toxic Stress

Additional community and societal factors that contribute to toxic stress:

- Poverty
- Institutional racism
- Historical Trauma
- War and migration
- Neighborhood effects

Image courtesy of RWJF

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13

The Pair of ACEs

Adverse Childhood Experiences

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

Adverse Community Environments

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Homelessness
- Poor Housing Quality & Affordability
- Violence

Physical & Emotional Neglect, Divorce, Mental Illness, Incarceration

EBIS, 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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14

ACEs are part of the toxic stress picture

- ✓ Racism and other factors affect health
- ✓ Positive experiences affect outcomes

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15

ACEs are only part of the picture

- ✓ Many people with 4 or more ACEs are OK
- ✓ Other experiences affect the brain
- ✓ Do positive experiences affect outcomes too?

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16

Poll #2

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!

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17


Positive experiences are so important

Positive experiences:

- Promote long-term health and well-being
- Allow children to form relationships and connections
- Provide a sense of belonging and mattering
- Build skills to cope with stress

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18




Exploring Positive Childhood Experiences

PCEs

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


HOPE Jones and Linkenbach: WI Positive Community Norms Project

19




Positive Childhood Experiences Scale

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 > 1 non-parent adults who took genuine interest in them
7. Felt safe and protected by an adult in their home




Sege, Bethell, Linkenbach, Jones, Klika and Pecora. *Balancing ACEs with HOPE: New insights into the role of Positive Experiences on Child and Family Development. Casey Family Programs, 2017*

20




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.



0-2 PCEs



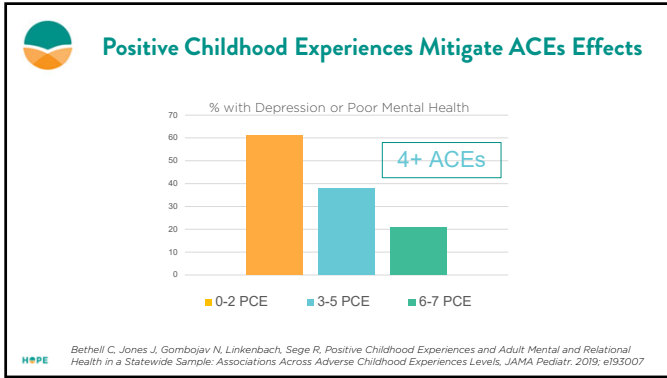
3-5 PCEs



6-7 PCEs

Bethell C, Jones J, Gombojav N, Linkenbach, Sege R. *Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019; e193007*

21



22

PCEs and the brain

- Brain changes
- Healing
- How the phenomenon works

23

Brain changes with meditation

RCT of meditation v. relaxation

Functional Improvement

- Mindfulness (Cognitive and Affective Mindfulness Scale)
- Resilience (Resilience Quotient Test)

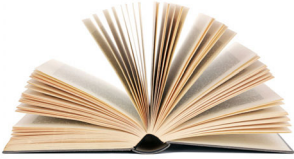
Brain changes

- Resting state functional connectivity (fMRI)

*Kwak et al., (2019) The Immediate and Sustained Positive Effects of Meditation on Resilience Are Mediated by Changes in the Resting Brain. Front. Hum. Neurosci. 13:101.

24

Brain changes with learning to read



- Pre-post evaluation of illiterate adults who learned to read
- The acquisition of literacy is associated with a reinforcement of left temporo-parietal connections**
- Learning to read changes the cortical networks for vision and language ***

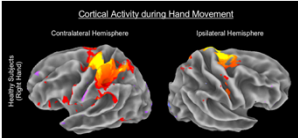
** Thiebaut de Schotten et al. (2014). Cerebral Cortex, 24:989-995. and *** T Dehaene, et al SCIENCE DEC 2010 : 1359-1364

25

Brain changes and healing from stroke

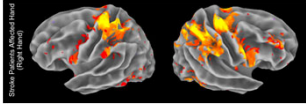
Clinical improvement with therapy correlated with changes in fMRI scans

Healthy Subjects (Program Therapy)



Contralateral Hemisphere Ipsilateral Hemisphere

Stroke Patients (Activity-Based Therapy)



Activity-Based Therapies
Cognitive-Based Therapies


Cassidy JM, Cramer SC. Spontaneous and Therapeutic-Induced Mechanisms of Functional Recovery After Stroke. Transl Stroke Res. 2017 Feb;8(1):33-46.

26

Brain changes and healing from trauma


Post-traumatic growth (PTG) is characterized by subjective, positive psychological changes resulting from major life crises or traumatic events.

Recovery



(Post Traumatic Growth) following the East Japan Great Earthquake (was) . . . associated with increased regional grey matter volume.*


Resilience



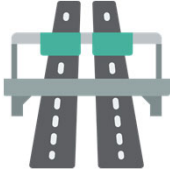
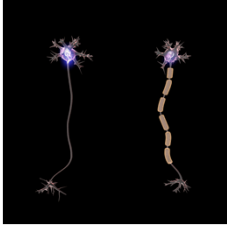
Higher PTG Inventory scores had stronger activation in the executive functioning network region of the brain on fMRI.**

*Nakagawa et al. (2016) Effects of post-traumatic growth on the dorsolateral prefrontal cortex after a disaster. Nature/Scientific Reports. 6:34264
**Fujiwara et al. (2015) Neural Basis of Psychological Growth following Adverse Experiences: A Resting-State Functional MRI Study. PLoS ONE 10(8)

27



How it works: changing brain wiring

HOPE https://upload.wikimedia.org/wikipedia/commons/4/48/Saltatory_Conduction.gif

28



Mechanism: Oxytocin and love

Oxytocin - the **love** hormone:

- Supports childbirth and lactation
- Oxytocin increases in all parents, regardless of gender, after the birth of their child
- Synchronous release promotes affiliative interactions



HOPE Photo by Aditya Romansa on Unsplash

29



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; 17:579-585

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30

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

31

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

32

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

33


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




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

34

Adversity blocks Positive Childhood Experiences




- 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)

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35

BREAK OUT GROUPS



How can you increase access to one or more of the Building Blocks?

1. What do you already do?
2. What more can you do?

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36


 **Share what you group discussed**


In chat box







37

 **Type 1 vs. Type 2 thinking**


<p>Type 1 thinking</p> <ul style="list-style-type: none"> ✓ Fast, intuitive, unconscious thought ✓ Everyday activities ✓ Effortless ✓ Training and experience 		<p>Type 2 thinking</p> <ul style="list-style-type: none"> ✓ Slow, calculating, conscious thought ✓ Solving a problem ✓ Takes more effort! ✓ Something novel
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38

 **Step One**

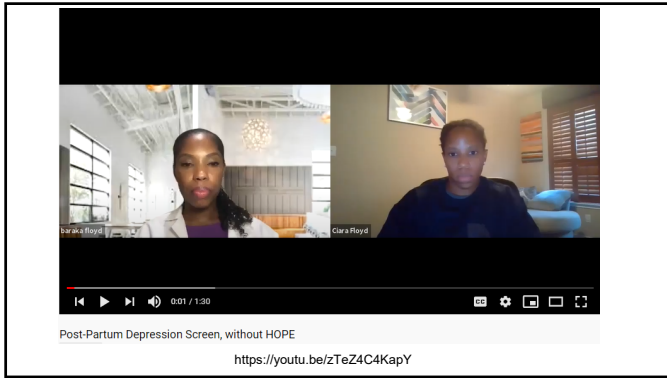
- ✓ How do we see ourselves and our students?
- ✓ Risk and strengths
- ✓ Cognitive re-framing



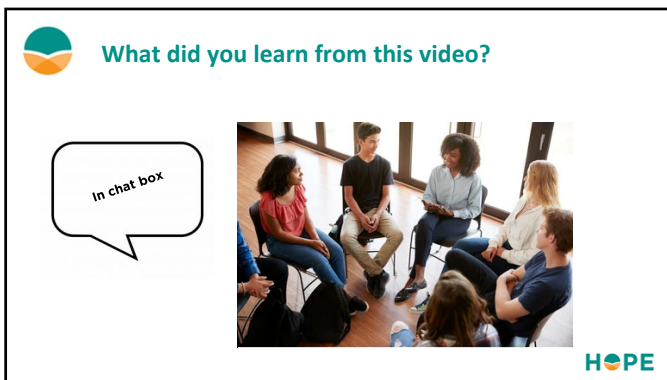
Courtesy – change in Mind Initiative, National Alliance for Strong Families and Communities



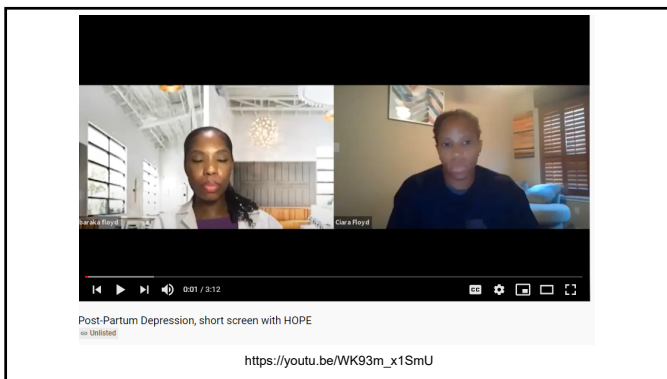
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40



41



42

 What differences did you see in this video vs. the first one?

In chat box





43

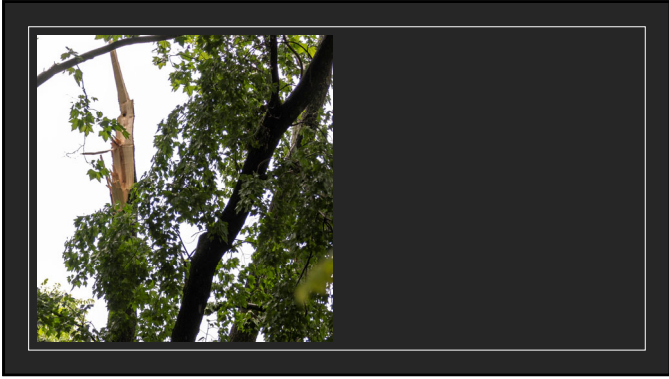
**We carry
our pasts
with us**



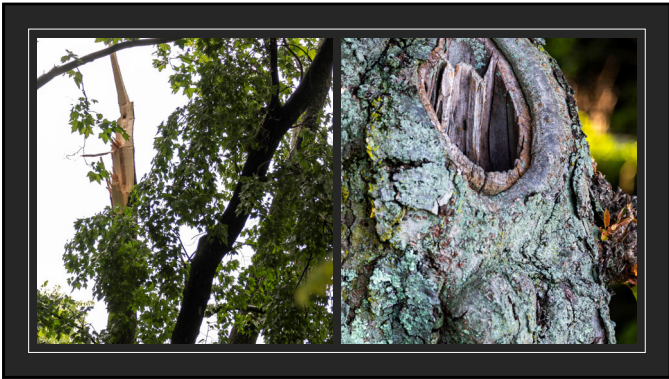
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49



50

Join us in the HOPE transformation

<p>LEARN</p> <p>Visit our website Download our material Watch our videos Complete our online modules</p>	<p>SHARE</p> <p>Tell your colleagues Encourage your agency to sign up for a workshop about implementing HOPE</p>	<p>ACT</p> <p>Sign up for a Train the Trainer 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</p>
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51



Spreading HOPE

Tufts Children's Hospital THE JB FOUNDATION

E M A I L : HOPE@tuftsmedicalcenter.org W E B S I T E : positiveexperience.org
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52