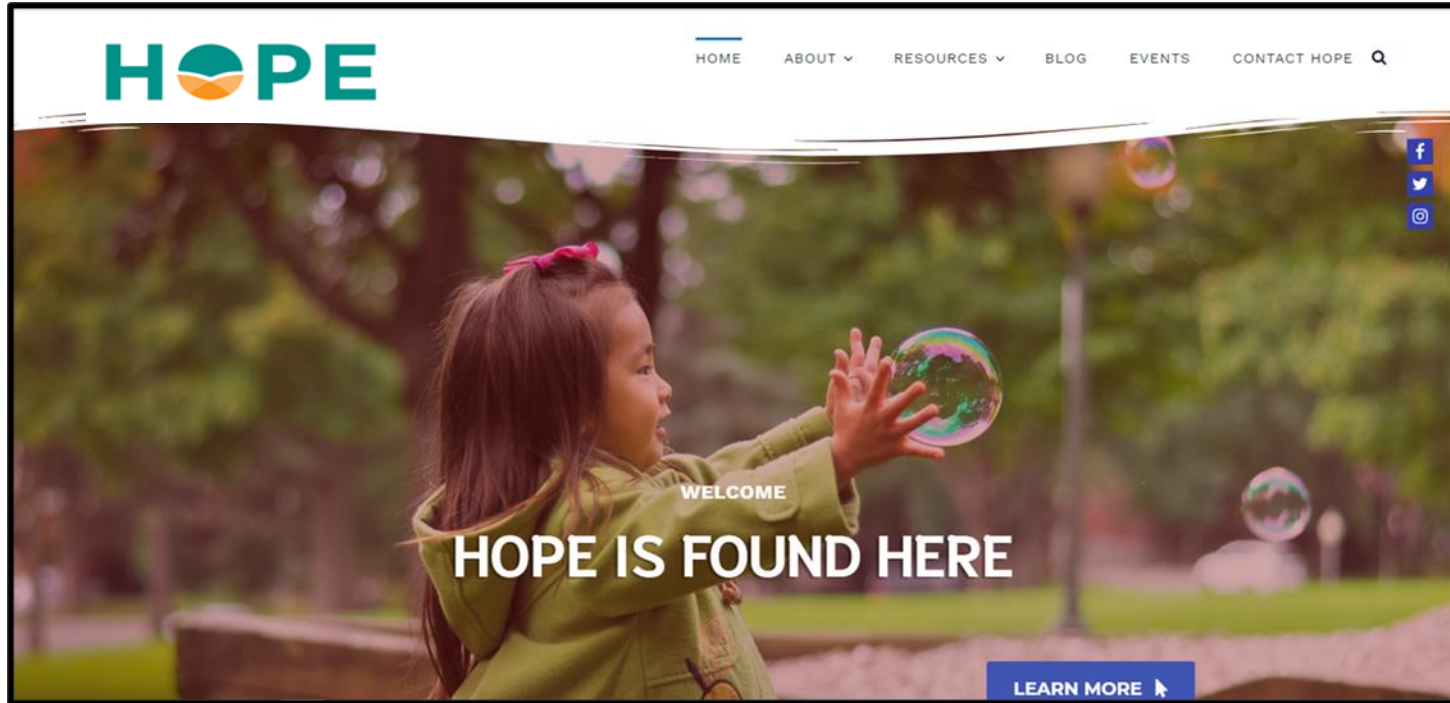




Visit the HOPE website:

<https://positiveexperience.org/>





Continuing on the path to HOPE





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





Overview

HOPE provides a language that:

- Is based on science
- Honors human dignity, equity, and empathy
- Supports a paradigm shift towards a strength-based approach
- Infuses positive experiences in the prevention, mitigation, and healing from ACEs
- Offers building blocks for flexible adaptation and adoption



Adverse Childhood Experiences (ACEs)

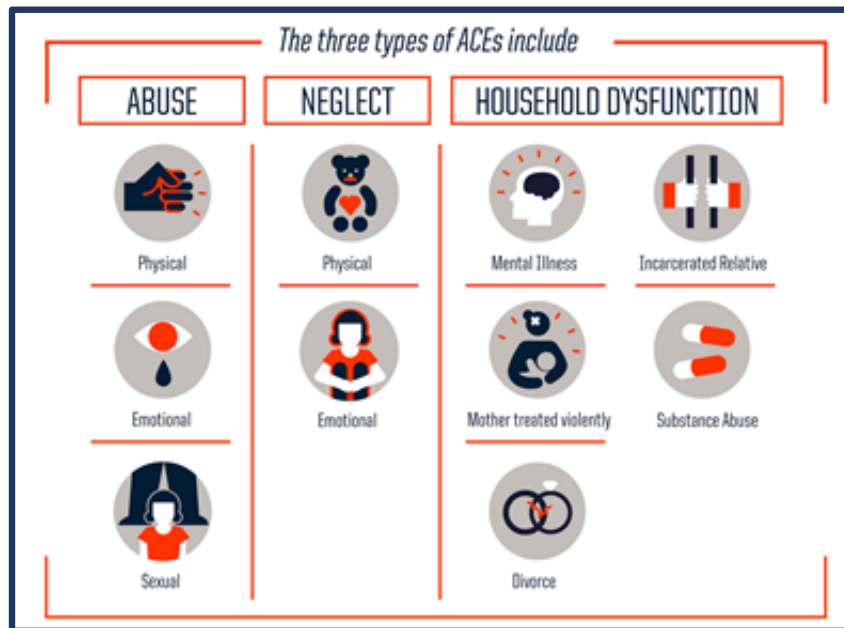


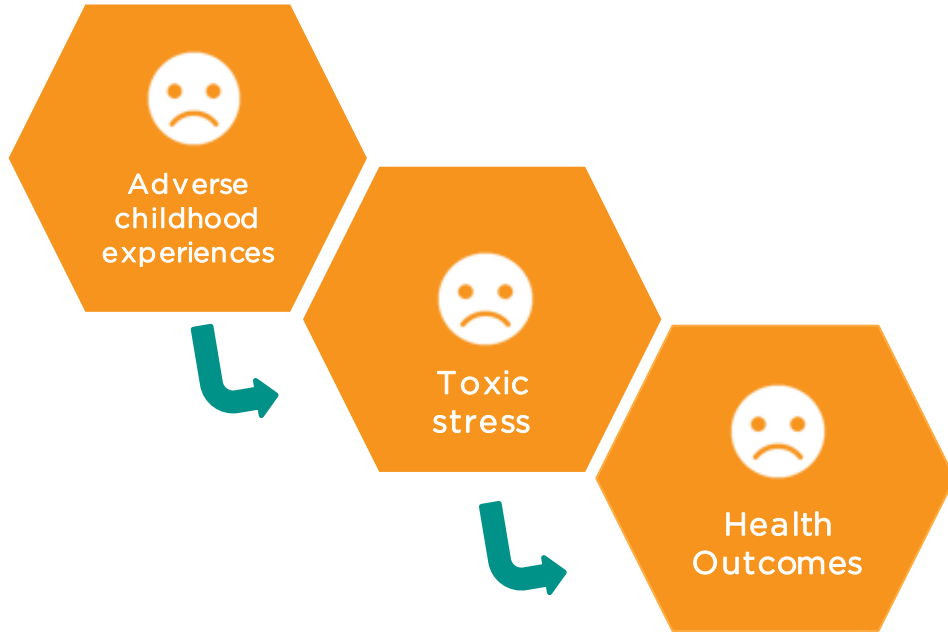
Image courtesy of RWJF



ACEs cause chronic disease: Population attributable fractions by ACEs score

Outcome	1 ACE	2-3 ACE	4 or more	Overall
CHD	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



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?



ACEs

- 1998 study of employed people in the Pacific Northwest
- Patients answered questions about their childhood
- Correlated with mental and physical health

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

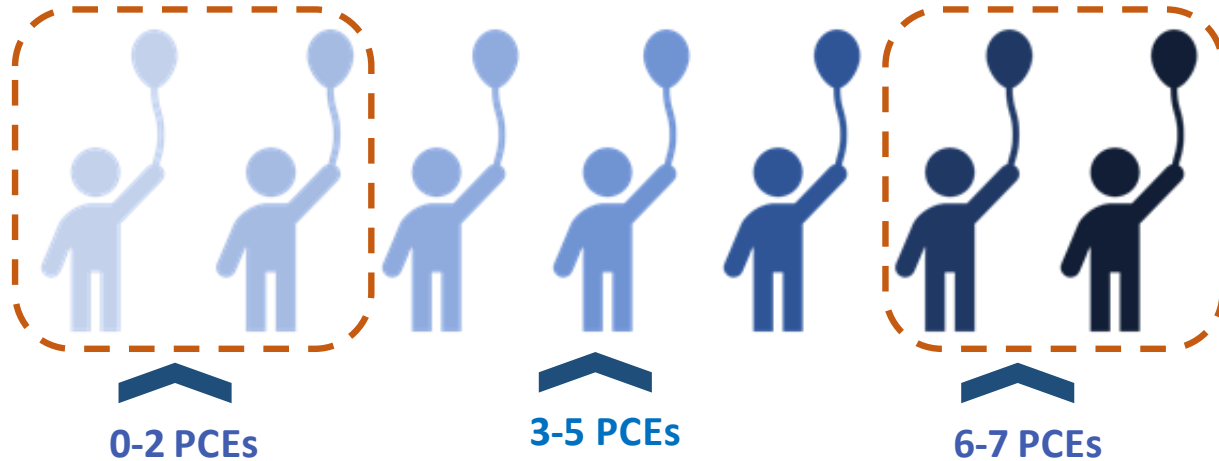


6-7 vs. 0-2 PCEs: 72% lower odds

3-5 PCEs v 0-2 PCEs 52% lower odds

of depression or poor mental health

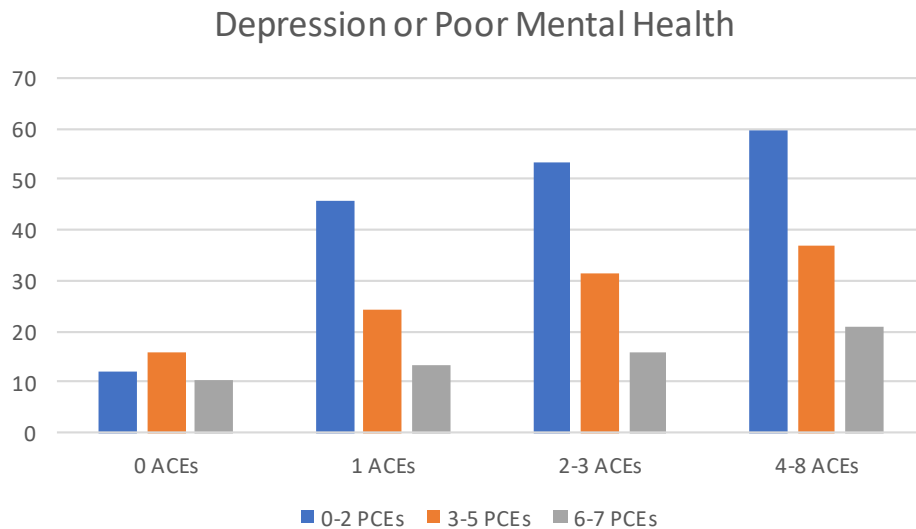
48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.



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: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:e193007.



- ✓ Prevent Abuse
- ✓ Block Toxic Stress
- ✓ Promote Healing

PCEs promote resilience



4 Building Blocks of HOPE

1



Relationships

- ...with other children
- ...with other adults
- ...through interactive activities

2



Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

3



Engagement

- Develop a sense of connectedness
- Social/civic activities

4



Opportunities

for Social Emotional Development

- Playing with peers
- Learning self-reflection
- Collaboration in art, sports, drama, & music

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



Relationships and Eating

- Family meal time
- No food fights . .

4 Building Blocks of HOPE



1

Relationships

- ...with other children
- ...with other adults
- ...through interactive activities



Environment and Food

4 Building Blocks of HOPE

2



Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

- Access to high quality food
- Food Security
- Cultural factors



Engagement and Eating

4 Building Blocks of HOPE



Engagement

- Develop a sense of connectedness
- Social/civic activities

- Food, culture, and memory
- Access to traditional food
- Activism about food deserts



Opportunities for Social Emotional Development

4

Building Blocks of **HOPE**



Opportunities
for Social Emotional
Development

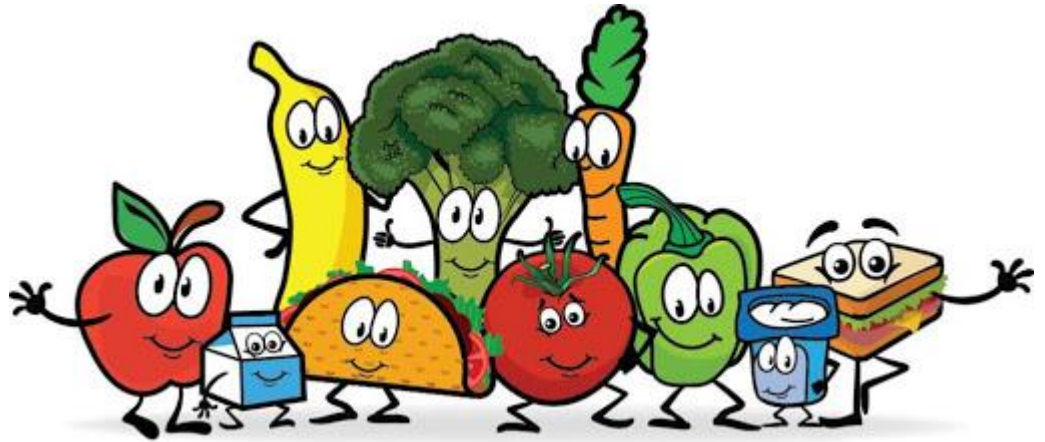
- Playing with peers
- Learning self-reflection
- Collaboration in art, sports, drama, & music

- Expectations for eating and body type
- Eating disorders



Using HOPE to promote Healthy Eating

Promoting the 4 Building Blocks of HOPE will help promote a healthy relationship with food





4 Building Blocks of HOPE

1



Relationships

- ...with other children
- ...with other adults
- ...through interactive activities

2



Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

3



Engagement

- Develop a sense of connectedness
- Social/civic activities

4



Opportunities for Social Emotional Development

- Playing with peers
- Learning self-reflection
- Collaboration in art, sports, drama, & music

- Make time for family meals together (Building block #1, #2)
- Have children help plan and prepare meals (Building block #3, #4)

<https://positiveexperience.org>

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