



# Spreading HOPE

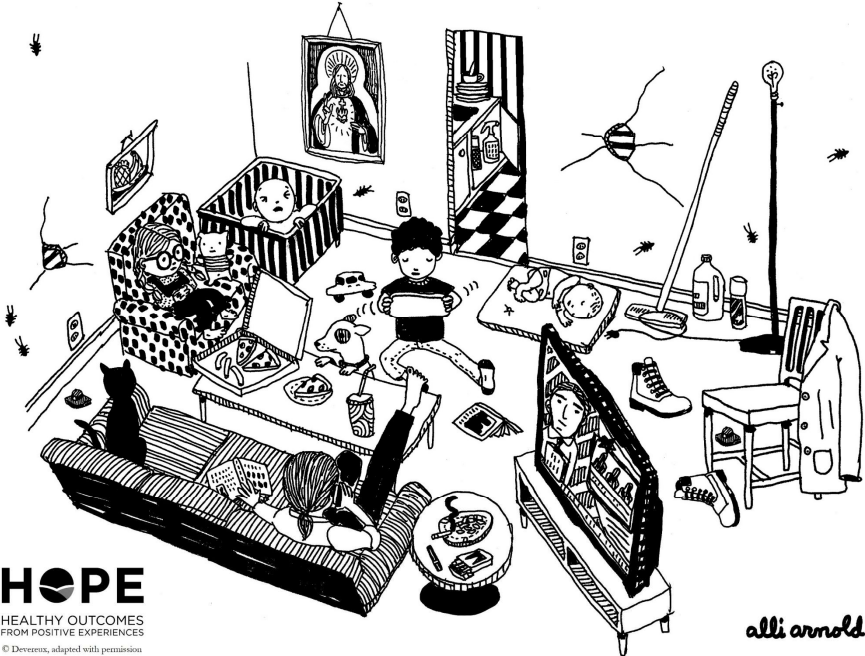
## May 31, 2023




HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

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What stands out to you in this picture. What do you see?



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HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES  
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*alli arnold*


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Poll

Were risk or protective factors easier to see?


1. Protective factors were easier to see
2. Risk factors were easier to see
3. They were about the same




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## Type 1 vs. Type 2 thinking

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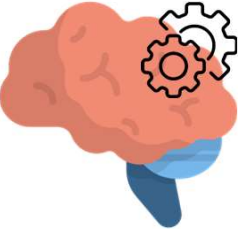


## Type 1 vs. Type 2 thinking

Implicit biases are imbedded in Type 1 thinking




Type 2 thinking can help us notice and navigate our biases



Unconscious, immediate reactions to difference

Slow, conscious strategies to mitigate bias




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## Introduction to HOPE



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## Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.

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**Core assumption**  
from the Science of the Positive:

The **positive** exists, it is real and worth growing.

**Positive** experiences:

- Promote children's **health and well-being**
- Allow children to form strong **relationships** and connections
- Cultivate positive self-image and **self-worth**
- Provide a sense of **belonging**
- Build skills that promote **resilience**

Linkenbach, J. (2007, 2018). The Science of the Positive: The Seven Core Principles Workbook: A Publication of The Montana Institute, LLC.

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FROM POSITIVE EXPERIENCES

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## Poll

### How much do you know about Positive Childhood Experiences (PCEs)?

1. Nothing – what are PCEs?
2. A little – I have heard the term before.
3. More than a little but probably still have a lot to learn.
4. I am well versed in PCEs and their effects on health.
5. I am a PCEs expert!

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2015 population study in Wisconsin

Part of the BRFSS

Asked about ACEs

Asked about Positive Childhood experiences

Correlated with mental health

## Developing the Positive Childhood Experiences (PCEs) score



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## Positive Childhood Experiences scale questions



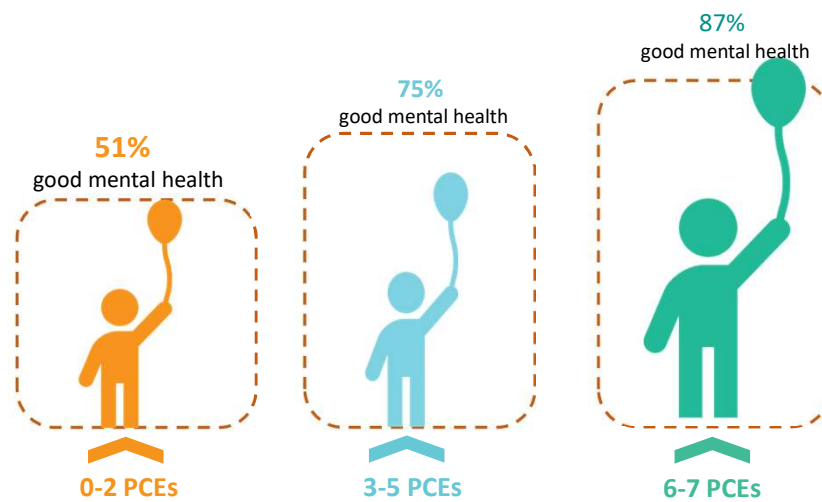
*As a child, how often did you ...*

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



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




*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



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**Poll**

How much do you know about Adverse Childhood Experiences (ACEs)?

1. Nothing – what are ACEs?
2. A little – I have heard the term before.
3. More than a little but probably still have a lot to learn.
4. I am well versed in ACEs and their effects on health.
5. I am an ACEs expert!

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**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**

**NEW**


- 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

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## Adverse Childhood Experiences (ACEs)

### Types of ACEs




**ABUSE**

- Emotional
- Physical
- Sexual



**NEGLECT**


- Emotional
- Physical



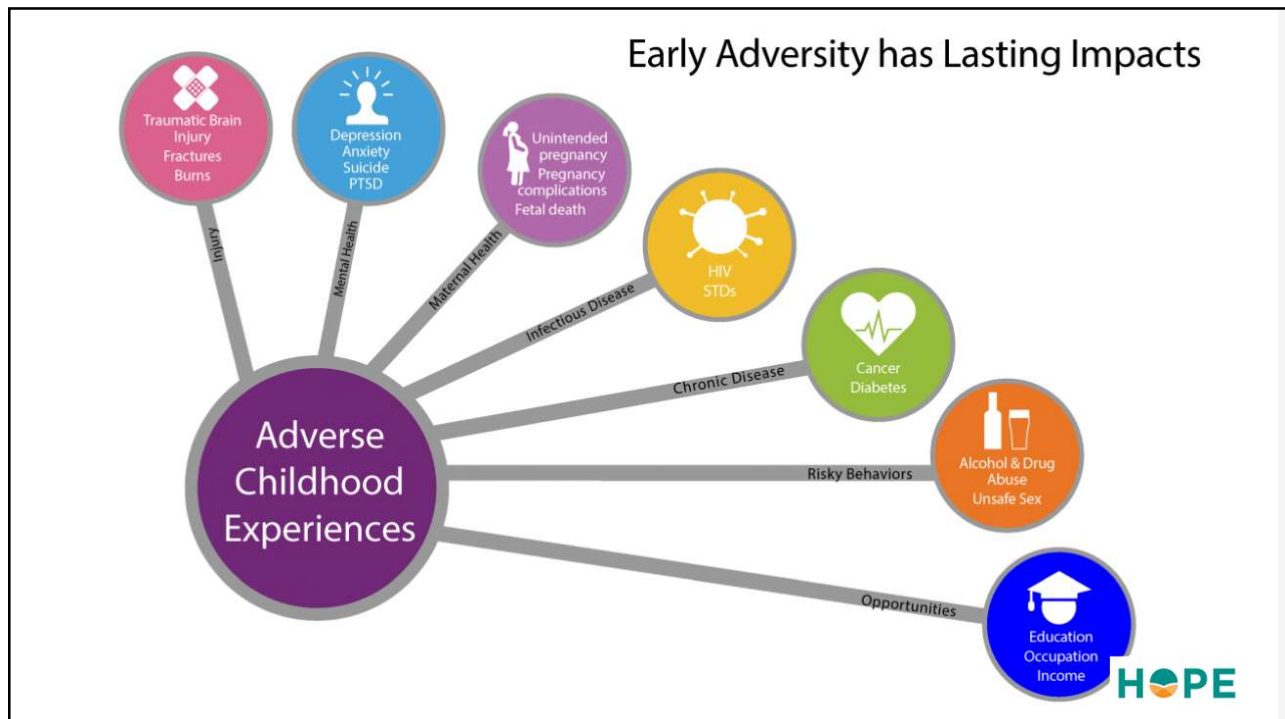
**HOUSEHOLD CHALLENGES\***

- Substance misuse
- Mental illness
- Suicidal thoughts and behavior
- Divorce or separation
- Incarceration
- Intimate partner violence or domestic violence

Image courtesy of CDC

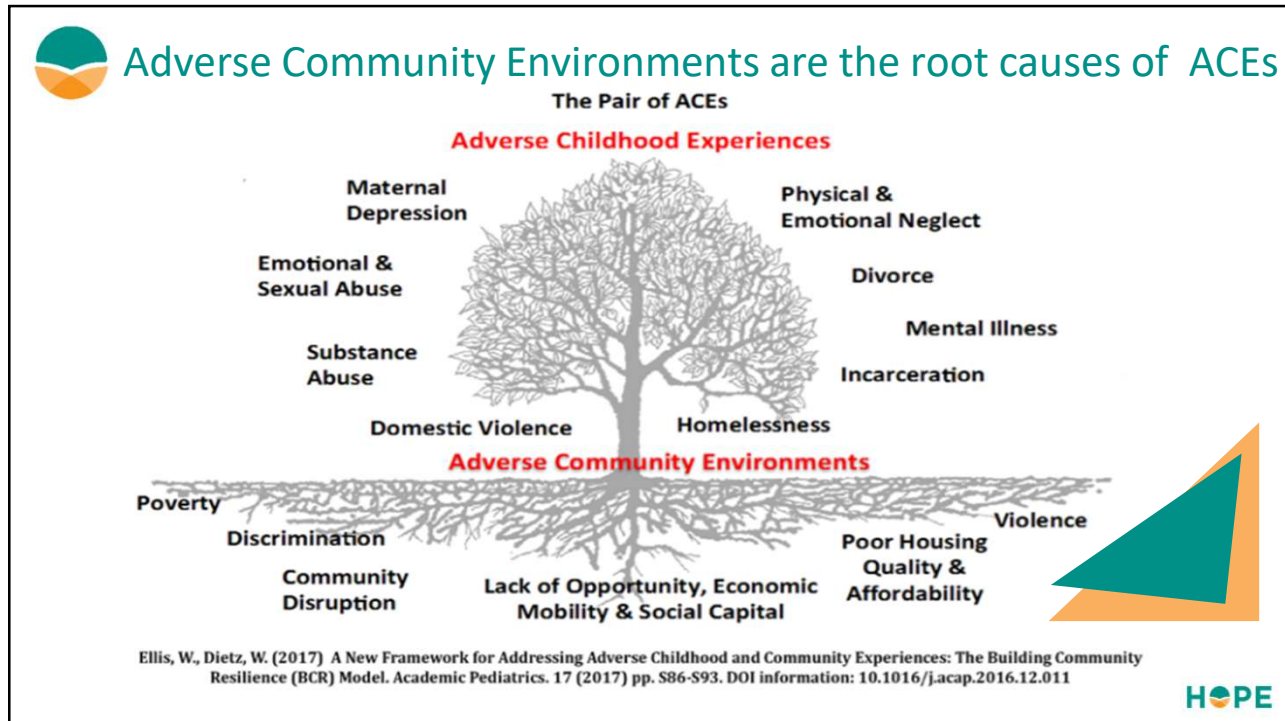


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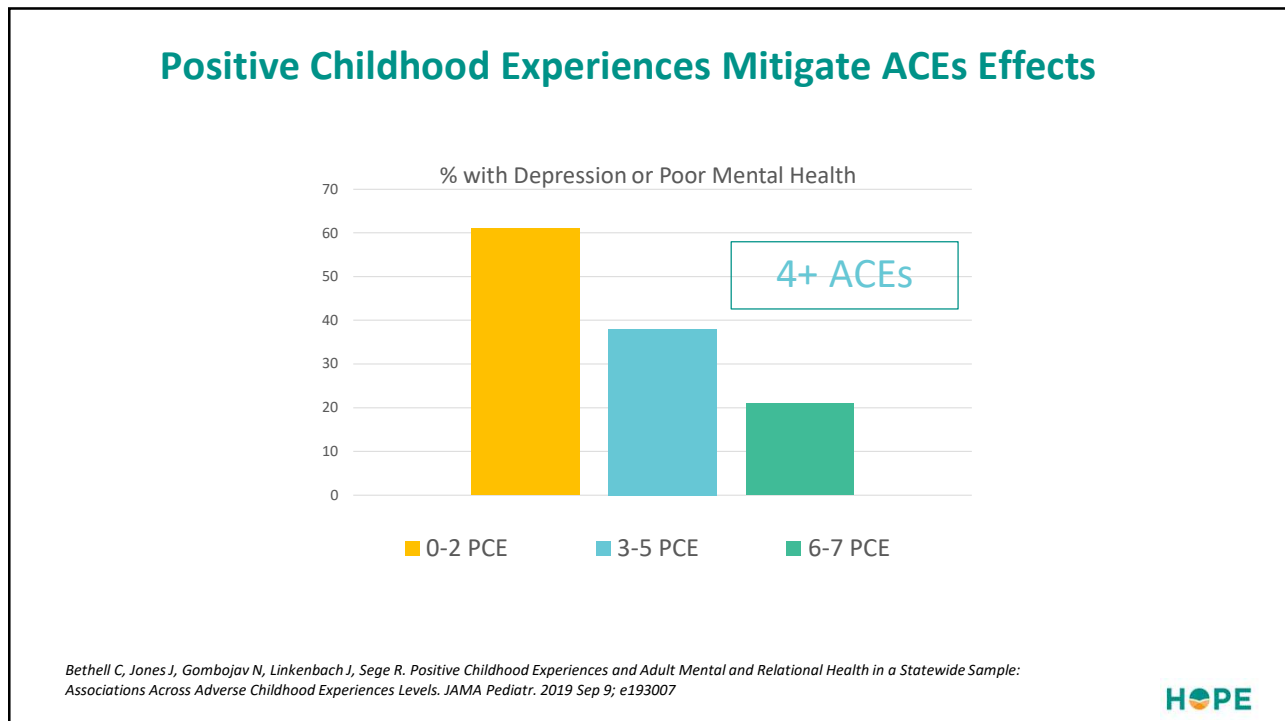


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Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.

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- Let that sink in.
- PCEs protect adult mental health...even in the face of ACEs.
- What does that mean to you?


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## 5 lessons from the Trauma-Informed Care Revolution

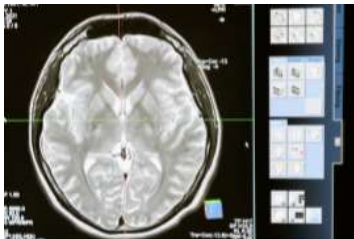


1. Children’s brains respond to experience
2. Birth-3 and adolescence are sensitive stages
3. Therapeutic importance of childhood experiences
4. Most adults understand why childhood experience matters
5. People can heal, even after past trauma




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## Children’s Brains Respond to Positive Experiences

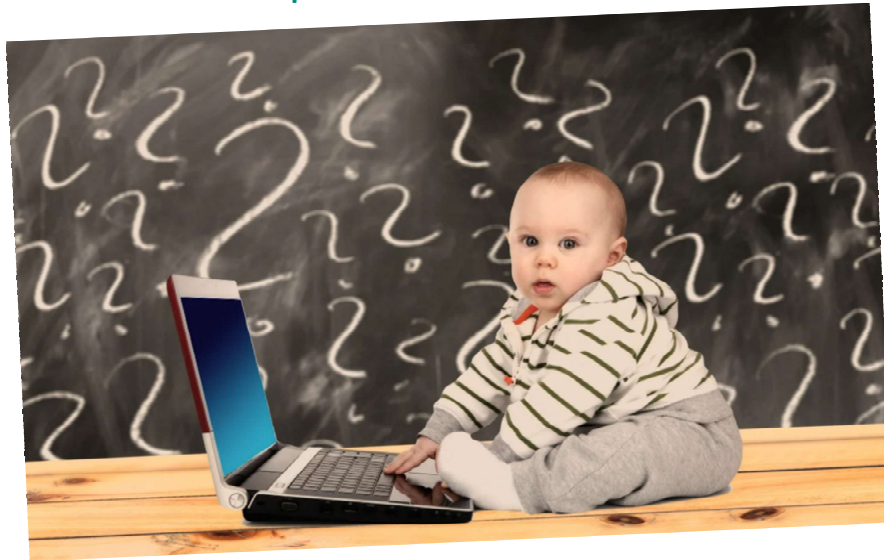
New science shows brain changes after:

Stroke	Learning meditation & literacy	Post-traumatic Growth
		
<p><small>1. Nakagawa et al. (2016) Effects of post-traumatic growth on the dorsolateral prefrontal cortex after a disaster. <i>Nature/Scientific Reports</i>. 6:34364</small></p> <p><small>2. Fujisawa et al., (2015) Neural Basis of Psychological Growth following Adverse Experiences: A Resting-State Functional MRI Study. <i>PLoS ONE</i> 10(8)</small></p> <p><small>3. Cassidy JM, Cramer SC. Spontaneous and Therapeutic-Induced Mechanisms of Functional Recovery After Stroke. <i>Transl Stroke Res</i>. 2017 Feb;8(1):33-46.</small></p>	<p><small>4. Kwak et al., (2019) The Immediate and Sustained Positive Effects of Meditation on Resilience Are Mediated by Changes in the Resting Brain. <i>Front. Hum. Neurosci</i>. 13:101</small></p> <p><small>5. Thiebaut de Schotten et al., (2014). <i>Cerebral Cortex</i>. 24:989-995. and *** T Dehaene, et al <i>SCIENCE</i> Dec. 2010 : 1359-1364</small></p>	

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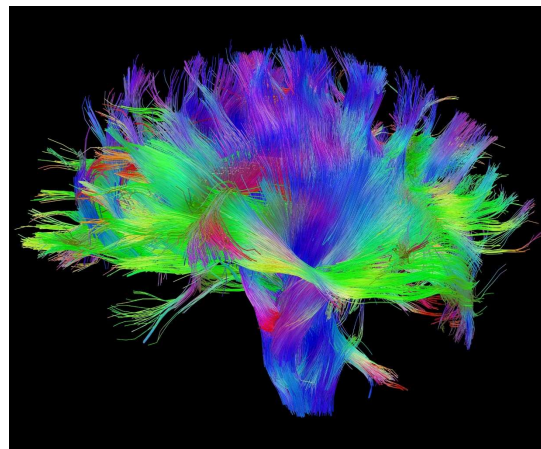
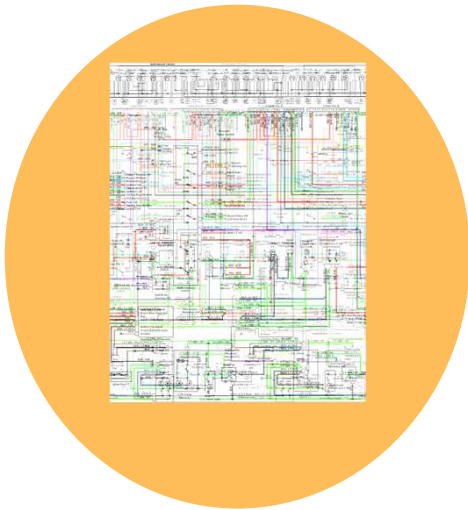
## How do childhood experiences affect the brain?



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



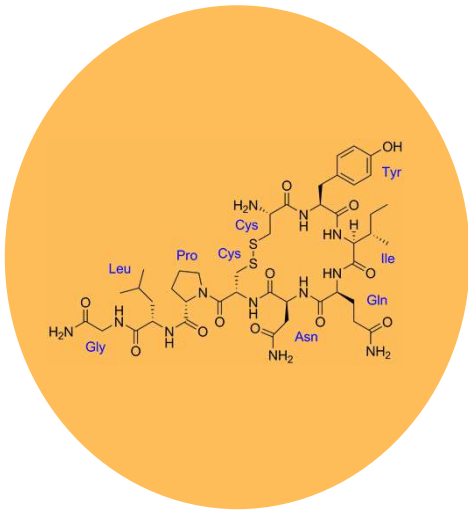
*Neurons that fire together wire together*

Medicaldaily.com

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## 2. Love changes brain function



*Oxytocin release changes brain function*

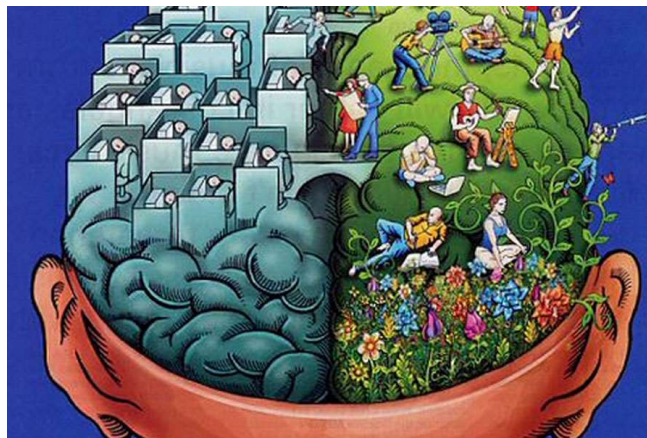
Neurogrow.com

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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

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

**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.

## The Four Building Blocks of HOPE

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## Relationships

### The Four Building Blocks of HOPE

**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:S79-S85*

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## Environment

**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




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## 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

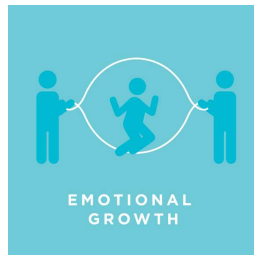


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# Emotional Growth

## 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



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What goes into the buckets?



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Multigenerational Approach



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This slide features a photograph of a woman with dark hair tied back, wearing a black top, leaning over and kissing a baby on the cheek. The baby is lying on a colorful patterned mat and looking towards the camera with a smile. The background shows a play area with colorful toys. The text 'Multigenerational Approach' is positioned to the left of the image. The HOPE logo is in the bottom right corner, and the number 33 is centered below it.

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Questions?

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This slide features a close-up photograph of an owl's face, showing its large yellow eyes and brown feathers. The owl is looking slightly to the left. The text 'Questions?' is overlaid on the right side of the image. The HOPE logo is in the bottom right corner, and the number 34 is centered below it.

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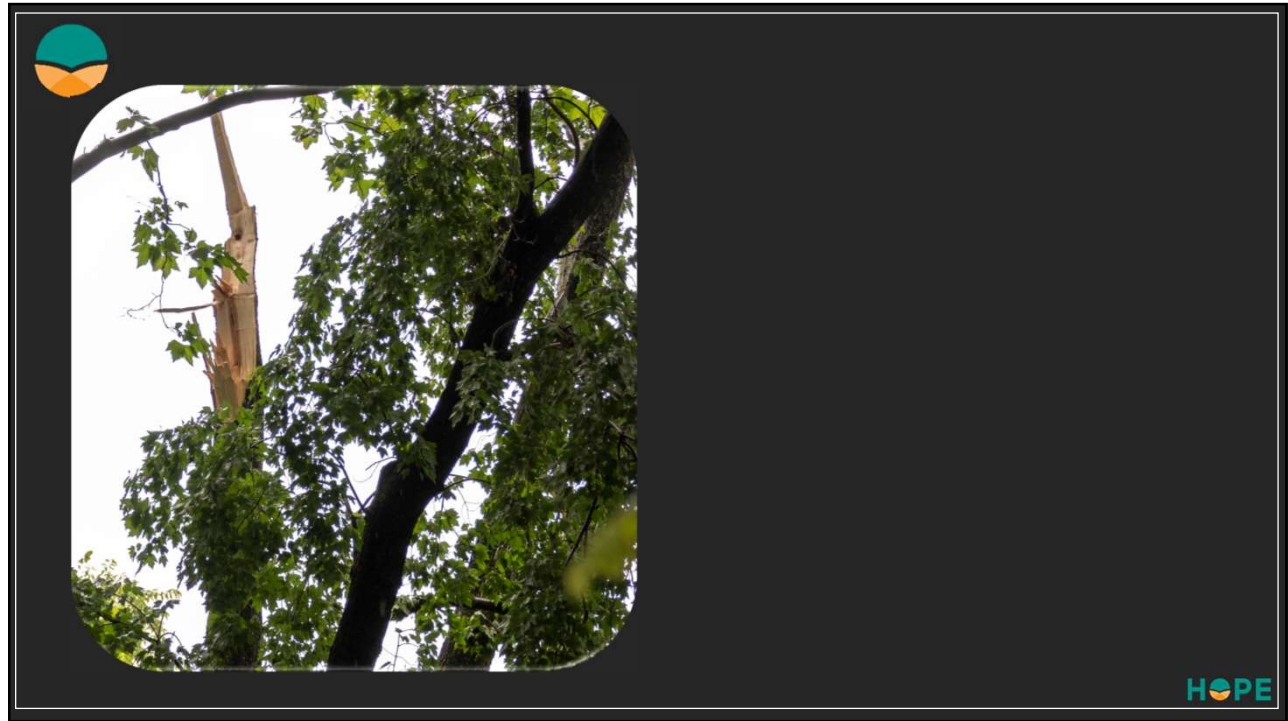


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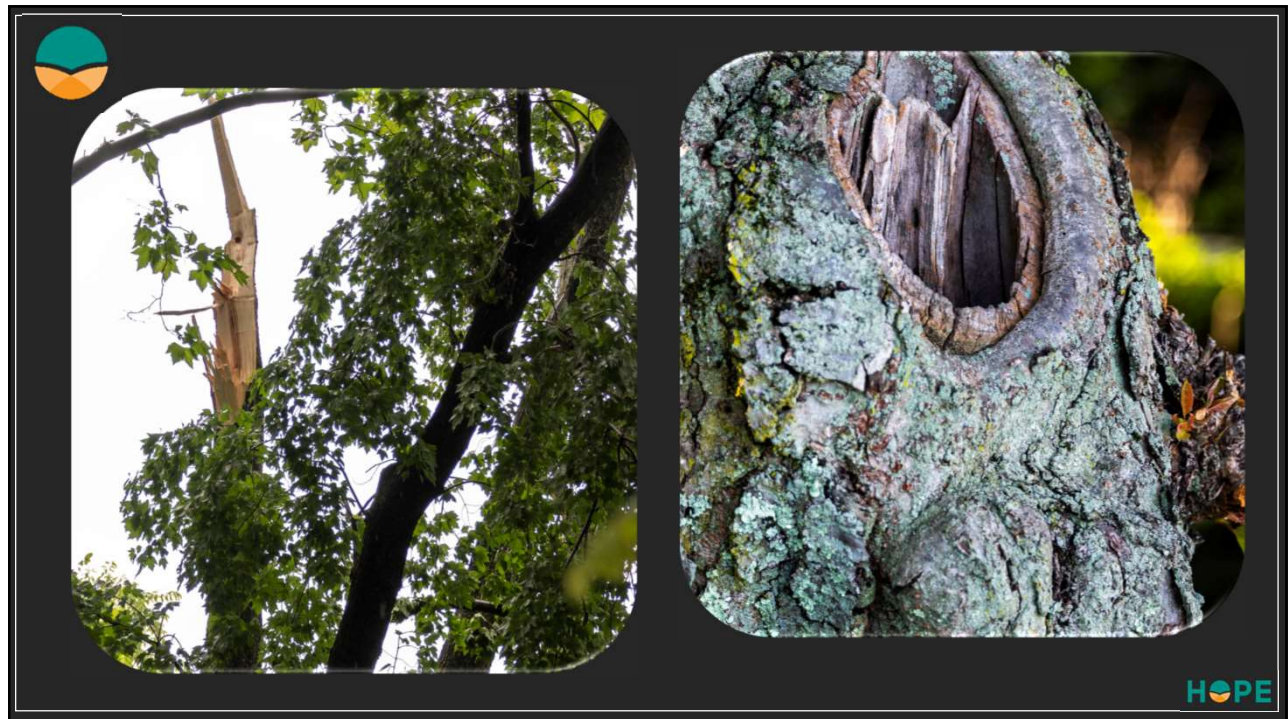


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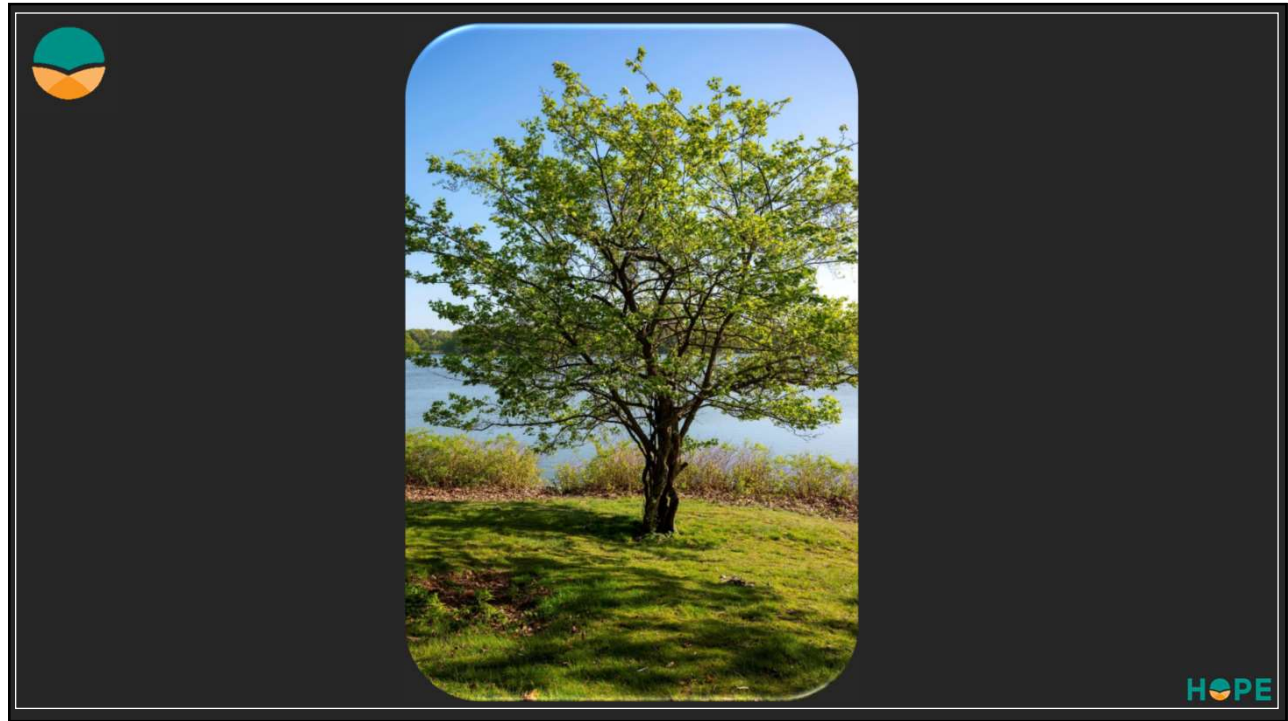




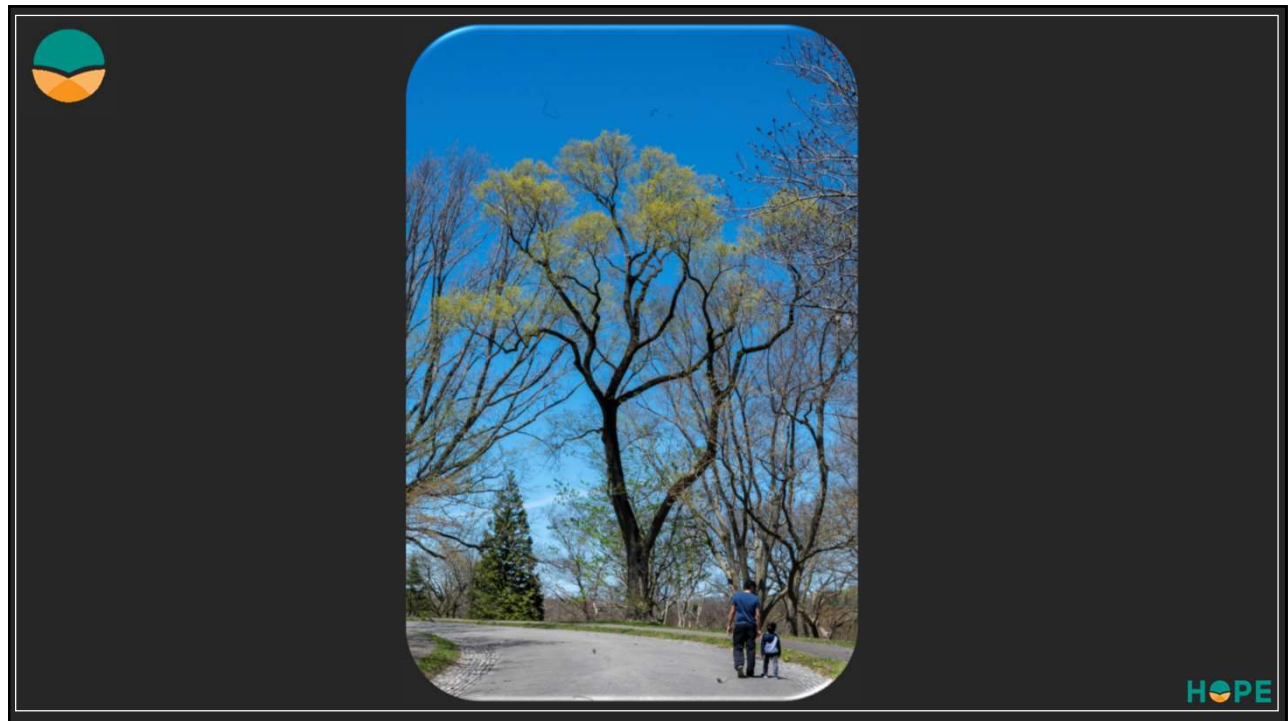
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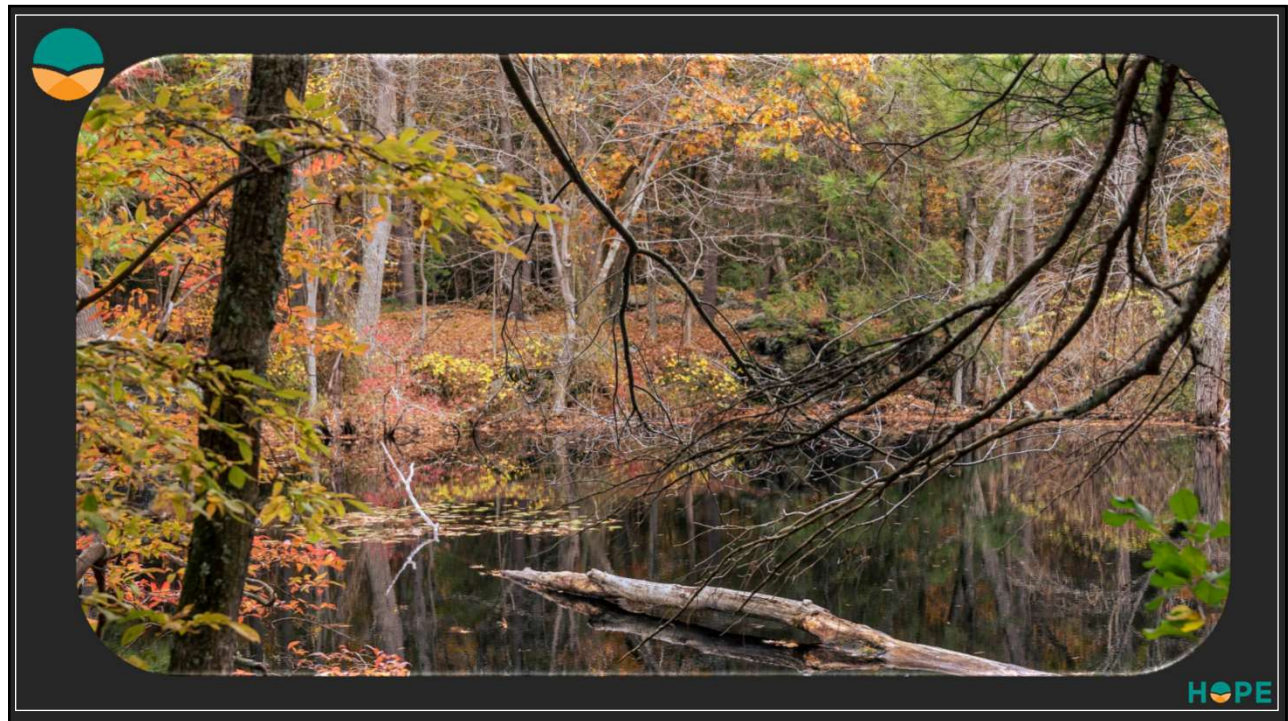


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**HOPE** sees people's strengths before challenges.  
**HOPE** builds on current knowledge and practice  
**HOPE** creates relationships based on respect

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Spreading

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E M A I L : [HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org) W E B S I T E : [positiveexperience.org](http://positiveexperience.org)

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