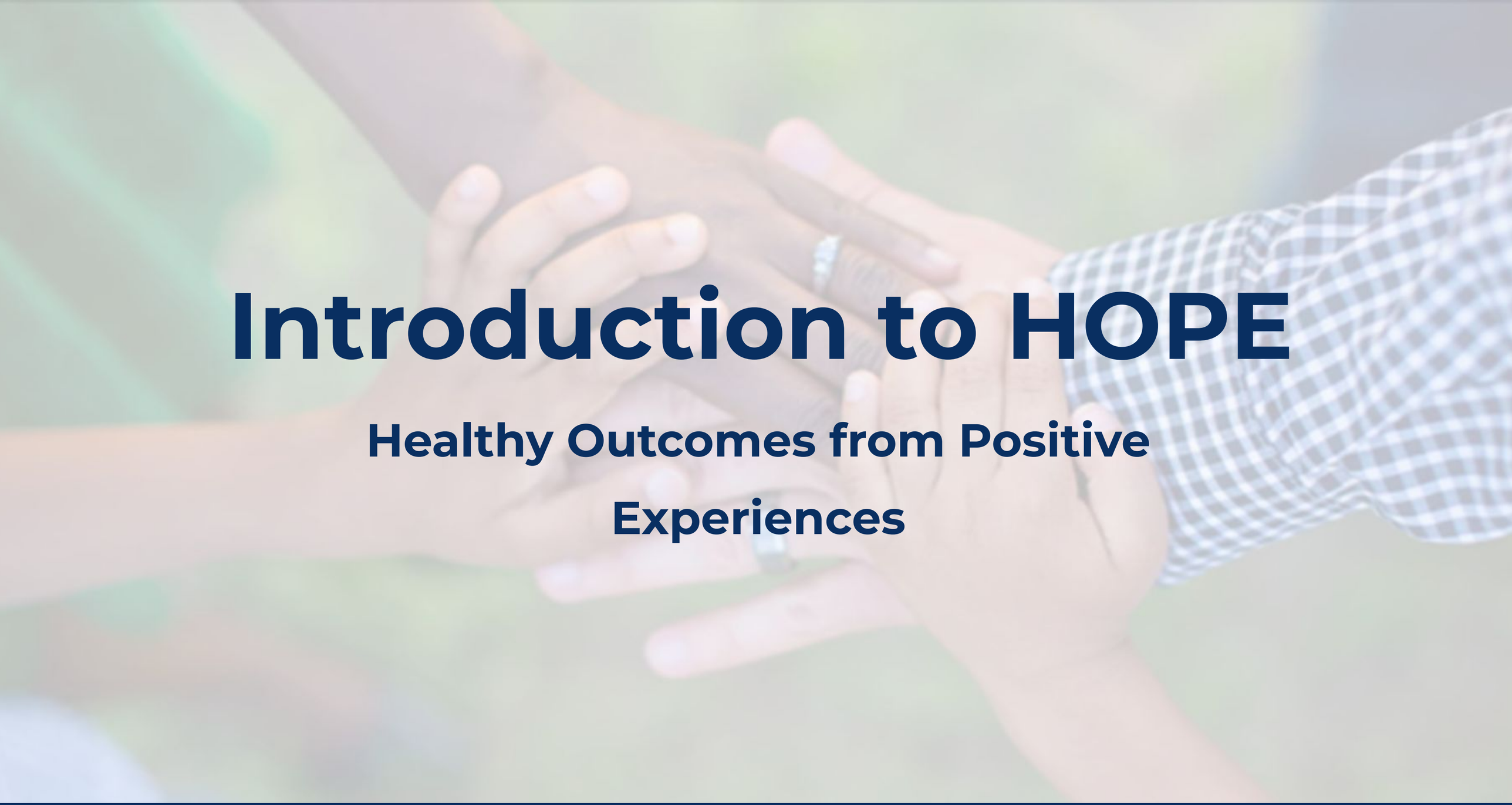


Introduction to HOPE

Healthy Outcomes from Positive Experiences



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



Yet, we tend to focus on the negative

Addressing problems and deficits is vital, and it would be a mistake to overlook the positive experiences that prevent, mitigate, and support healing from childhood trauma.

Hope shifts the narrative

Positive experiences affect health outcomes. People are defined by their strengths as well as the challenges they face.

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**



Higher PCEs Protect Overall Health

2021 Tennessee BRFSS Data





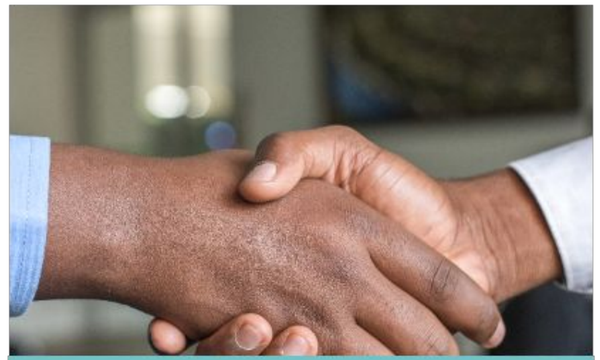
Lower Rates Of Depression



Lower Rates Of Heart Disease



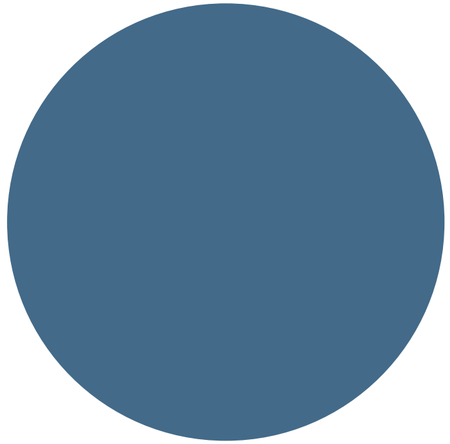
Improved Physical Health



More Likely To Be Employed

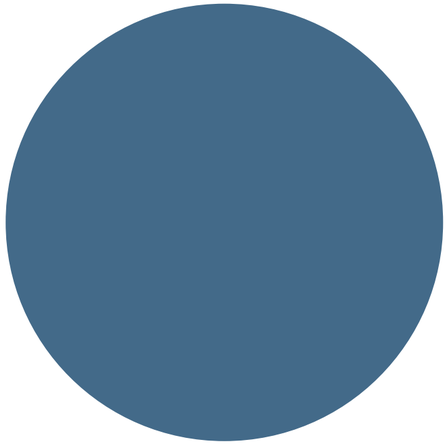
Source: TN Department of Health. PCEs among Tennesseans 2021. https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf

What are Adverse Childhood Experiences (ACEs)?



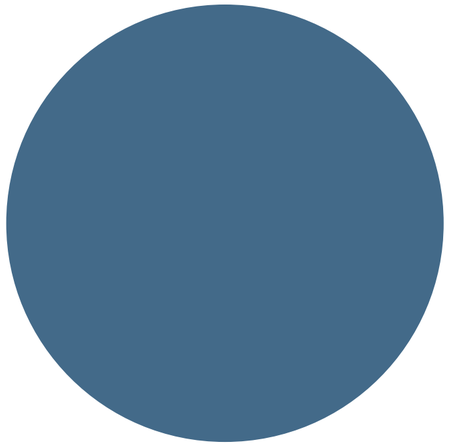
Abuse

- Emotional
- Physical
- Sexual



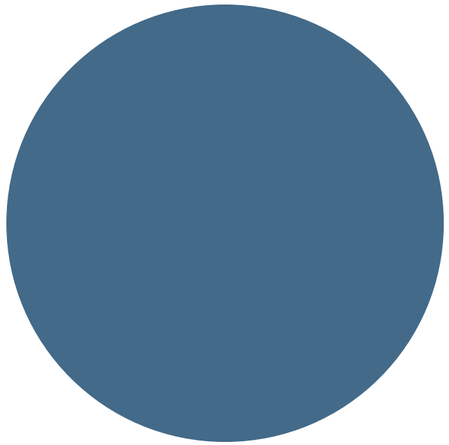
Neglect

- Emotional
- Physical



Household Challenges*

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



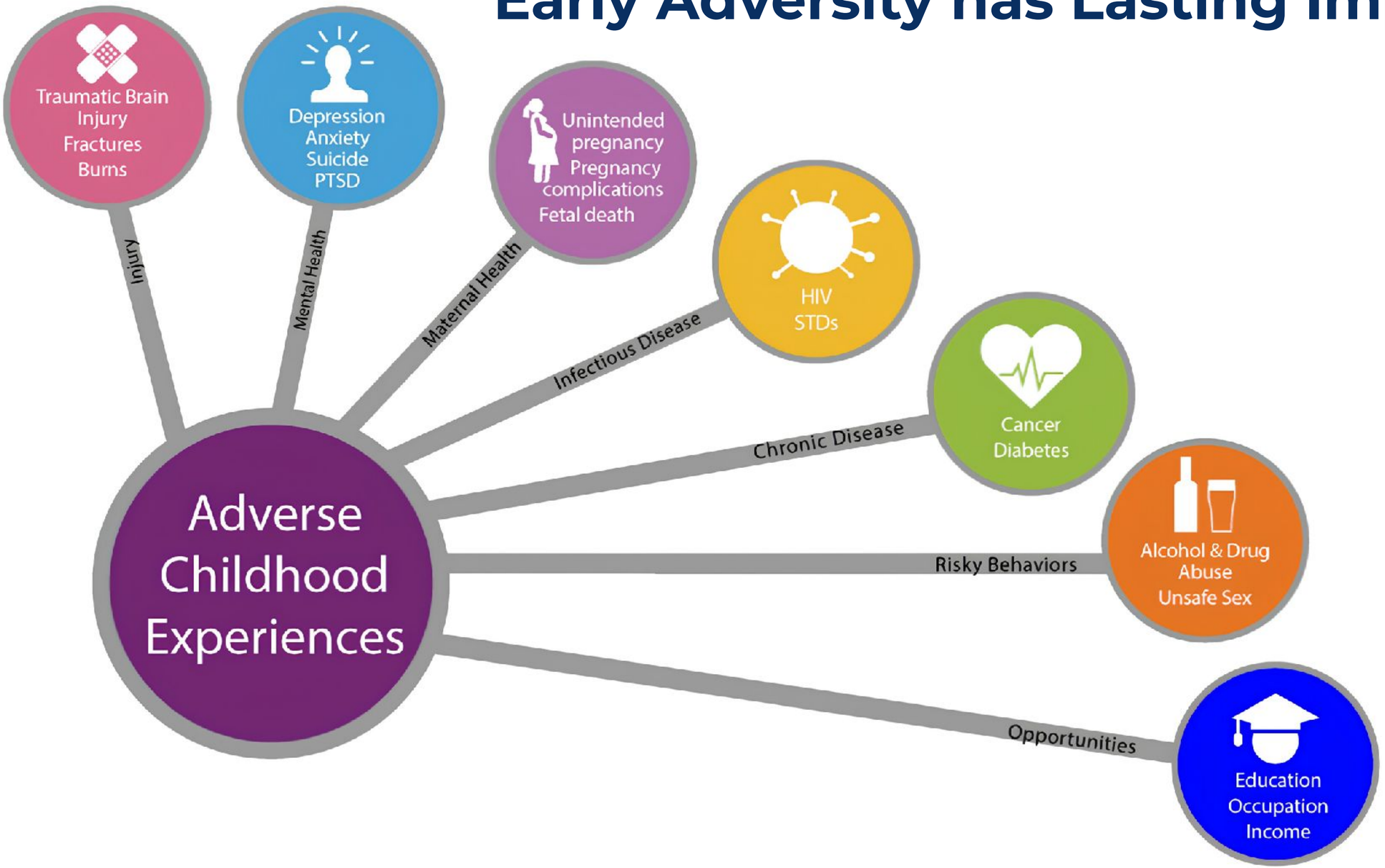
Other Adversity

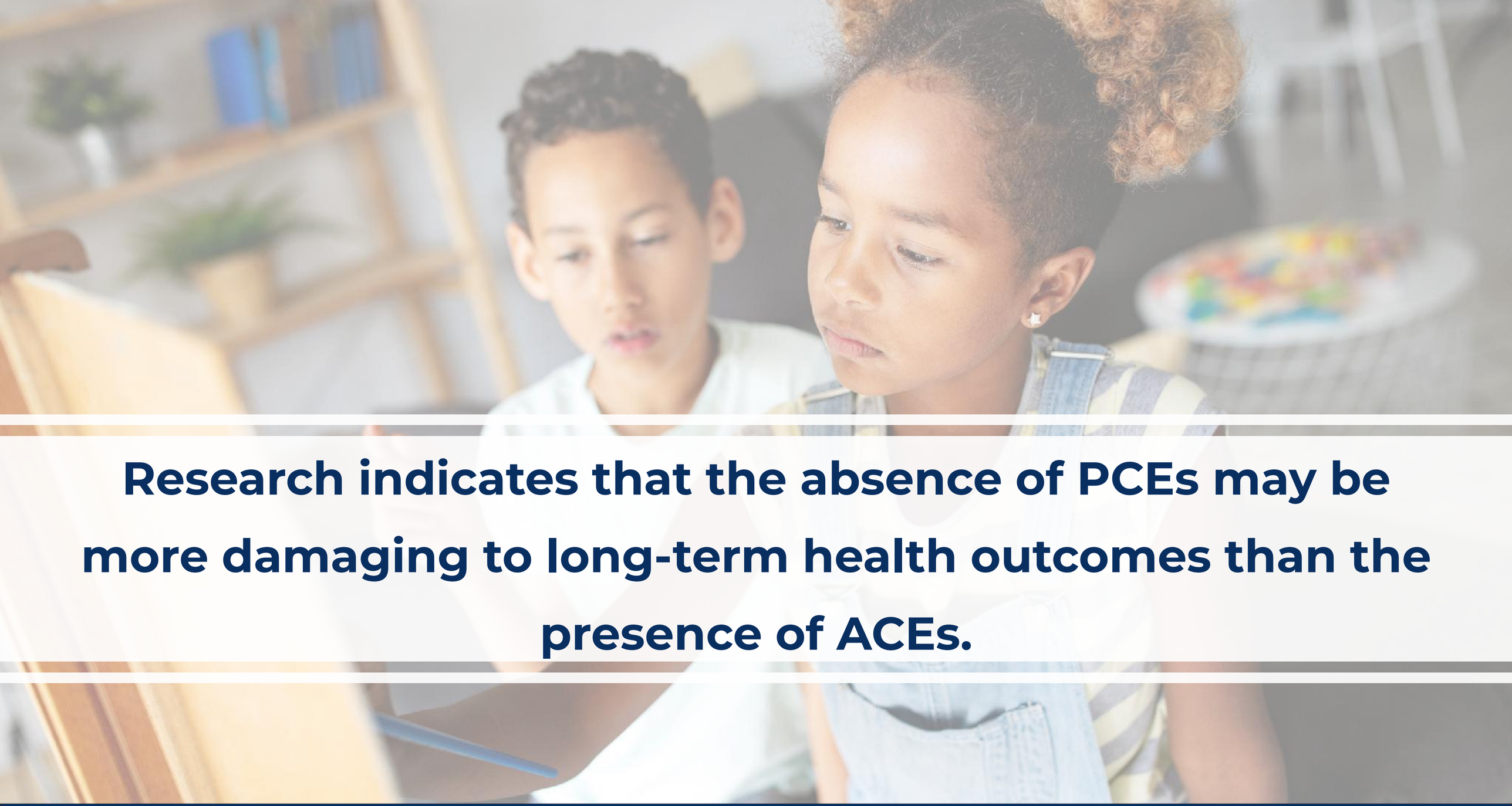
- Bullying
- Community violence
- Natural disasters
- Refugee or wartime experiences
- Witnessing or experiencing acts of terrorism

**The child lives with an adult who sexperiences one or more of these challenges*

Source: https://www.cdc.gov/violenceprevention/images/aces/Types-of-ACEs-medium.png?_=49550

Early Adversity has Lasting Impacts





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



HOPE is the “now what” to Adverse Childhood Experiences (ACEs)

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.



The Relationships Building Block



Stable nurturing relationships with other children and adults through interpersonal activities.

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

The Environment Building Block



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

The Engagement Building Block



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

The Emotional Growth Building Block



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



Speaking of Advocacy