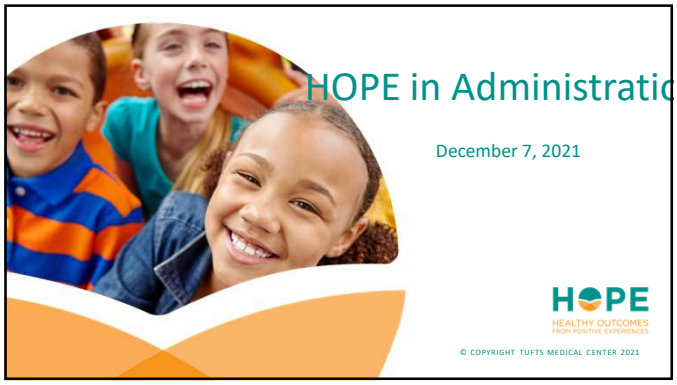
HOPE in Administratic
December 7, 2021
HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES
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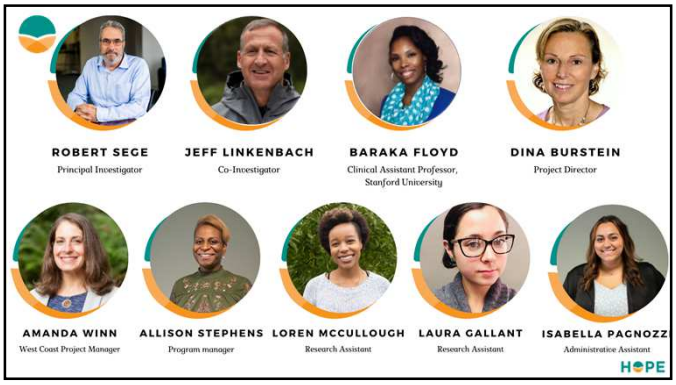
1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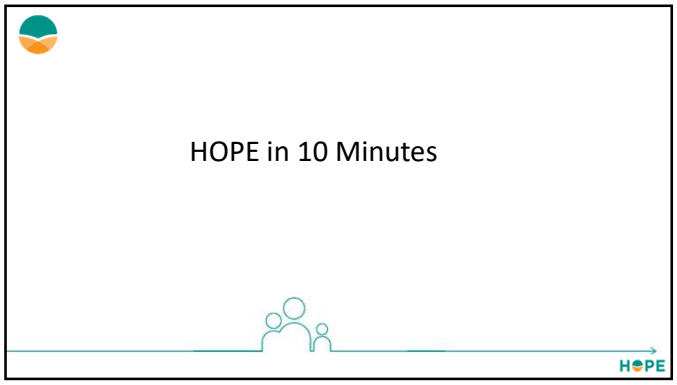
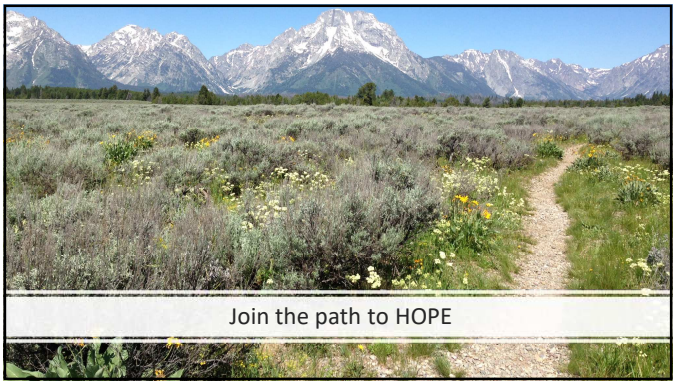

HOPE in 10 Minutes
HOPE

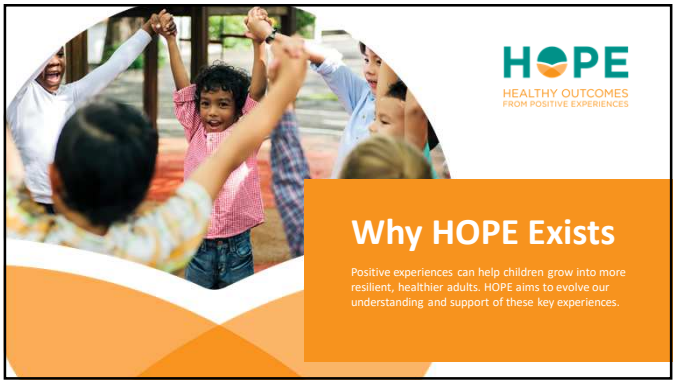
3


Join the path to HOPE

4

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

5


HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES
Why HOPE Exists
Positive experiences can help children grow into more resilient, healthier adults. HOPE aims to evolve our understanding and support of these key experiences.

6

Core Assumption

of The Science of the Positive:

The POSITIVE exists, it is real, and is worth growing

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

7

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**

HOPE

8

Yet, many systems 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 the challenges they face.

HOPE

9

Developing the positive childhood experiences score

PCEs NEW

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

HOPE

10

Positive Childhood Experiences Scale Items

Thinking back to your childhood, how often did you:

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")

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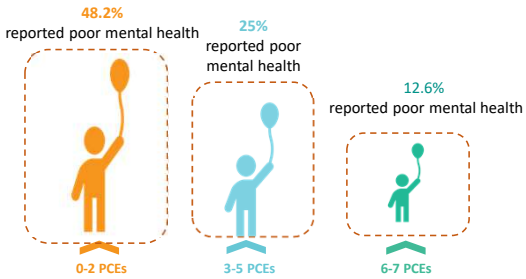
Positive Childhood Experiences (PCEs) Protect Adult Mental Health



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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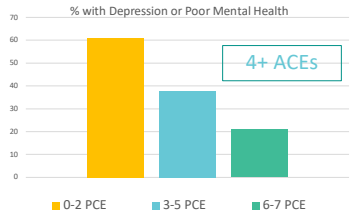
Positive Childhood Experiences Mitigate ACEs Effects



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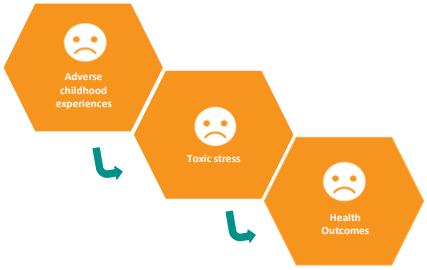

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HOPE Promotes Flourishing

POSITIVE CHILDHOOD EXPERIENCES:

- Prevent ACEs
- Block toxic stress
- Promote healing

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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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HOPE

Strengths-based, Child-centered, Family-led innovating around promoting access to the Four Building Blocks

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QUESTIONS

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What does HOPE mean to you?

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Poll

What do you want to do first?

- Analyze policies through a HOPE-informed lens
- Discuss disparities to access to the 4 Building Blocks in your community
- Brainstorm what a HOPE-informed intake form might look like

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HOPE for Policy Review: Breakout Groups

HOPE

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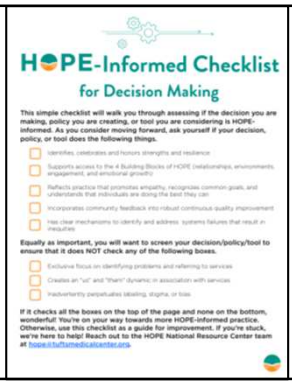

HOPE-Informed Checklist

for Decision Making

This simple checklist will walk you through assessing if the decision you are making, policy you are creating, or tool you are considering is HOPE-informed. As you consider moving forward, ask yourself if your decision, policy, or tool does the following things.

- [ ] Identifies, celebrates and honors strengths and resilience
- [ ] Supports access to the 4 Building Blocks of HOPE (relationships, environments, engagement, and emotional growth)
- [ ] Reflects practice that promotes empathy, recognizes common goals, and understands that individuals are doing the best they can
- [ ] Incorporates community feedback into robust continuous quality improvement
- [ ] Has clear mechanisms to identify and address systems failures that result in inequities

Equally as important, you will want to screen your decision/policy/tool to ensure that it does NOT check any of the following boxes.

- [ ] Exclusive focus on identifying problems and referring to services
- [ ] Creates an "us" and "them" dynamic in association with services
- [ ] Inadvertently perpetuates labeling, stigma, or bias

If it checks all the boxes on the top of the page and none on the bottom, wonderful! You're on your way towards more HOPE-informed practice. Otherwise, use this checklist as a guide for improvement. If you're stuck, we're here to help! Reach out to the HOPE National Resource Center team at hope@tuftsmedicalcenter.org.

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HOPE for Policy Review: Report Back

- What was your policy?
- Which of the 4 Building Blocks did it relate to?
- Did it increase access to the Building Block?
- Were there certain demographics of children who were more likely to be negatively impacted by the policy?
- What is your group's suggestion for making the policy HOPE-informed?

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HOPE for Policy Review

The Home Visitation Program operates year-round, visits are conducted weekly for an hour and a half. During the visits, the child must be present with the legal guardian.

As part of the program, the guardian and the child must attend two socializations a month. These socializations emphasize peer group interaction through age-appropriate activities. Children are supervised by the home visitor with parents observing at times. Parents discuss issues important to them and their child with the Home Visitor supervisor. Parents and child also have time to participate in activities together.

The purpose of the home visits is to help parents improve their parenting skills. Home visits assist parents in the use of the home as their child's primary learning environment and parents are provided with learning opportunities that enhance

HOPE

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Break Out Groups: 20 Minutes

- Choose a policy from one of your organizations to review as a group (5 minutes to choose one).
- Which Building Block does it relate to?
- How can you amend the policy so that it
  a. Leads with family strengths
  b. Promotes access to one or more of the Building Blocks

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Report Back

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HOPE

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HOPE as an Antiracist Framework

1. Start with Data: What is the racial disparity you are trying to address, and how does it connect with access to a HOPE Building Block?
2. Engage the Community: How do those most affected by the disparity feel? What do they see as the problem? What would they like to see in the solution?
3. Prioritize and Change Policy: What change can you make to increase access to one or more of the HOPE Building Blocks?

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BREAK OUT GROUPS

What disparities do you see in your community?

- Disparities in access to your services
- Disparities in outcomes

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BREAK OUT GROUPS

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

- Relationships
- Safe, stable, equitable environments
- Social and civic engagement
- Social and emotional growth

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Report Back

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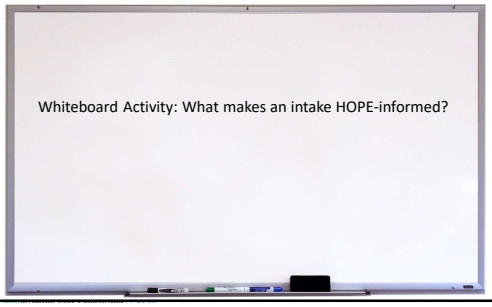
Creating HOPE-informed Intakes



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How does that land?

Does it feel doable?

What are the barriers?

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Poll

Based on that conversation, is your organization's intake HOPE-informed?

- Yes, absolutely!
- It has components of a HOPE-informed intake, but there are some edits to make.
- We have a way to go.

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Conversation

HOPE

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https://positiveexperience.org/resources/

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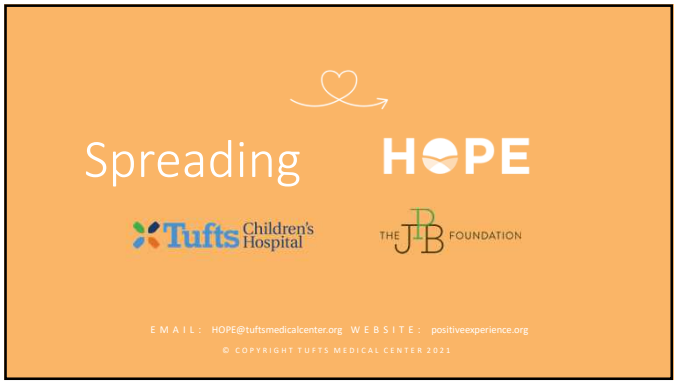
Join us in the HOPE transformation

LEARN
Visit our website
Download our material
Watch our videos
Complete our online modules

SHARE
Tell your colleagues
Encourage your agency to sign up for a workshop about implementing HOPE

ACT
Sign up for a Train the Facilitator
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

36


Spreading HOPE
Tufts Children's Hospital
THE JB FOUNDATION
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