



HOPE in Administration

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HOPE in 10 Minutes





Join the path to HOPE



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



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.



Core Assumption

of The Science of the Positive:

The POSITIVE exists, it
is real, and is 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**



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.



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



Positive Childhood Experiences Scale Items

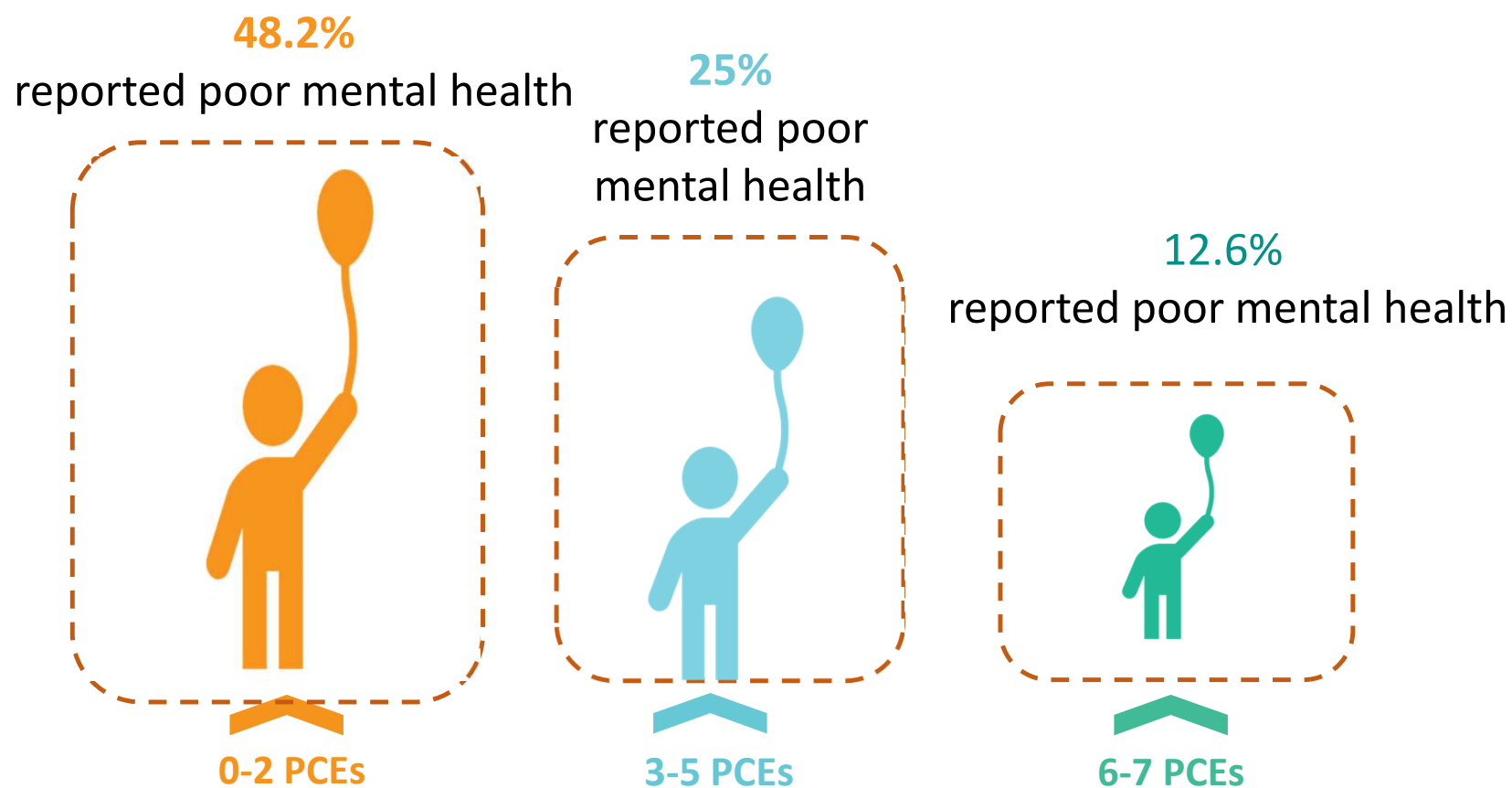
Thinking back to your childhood, how often did you:

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”)

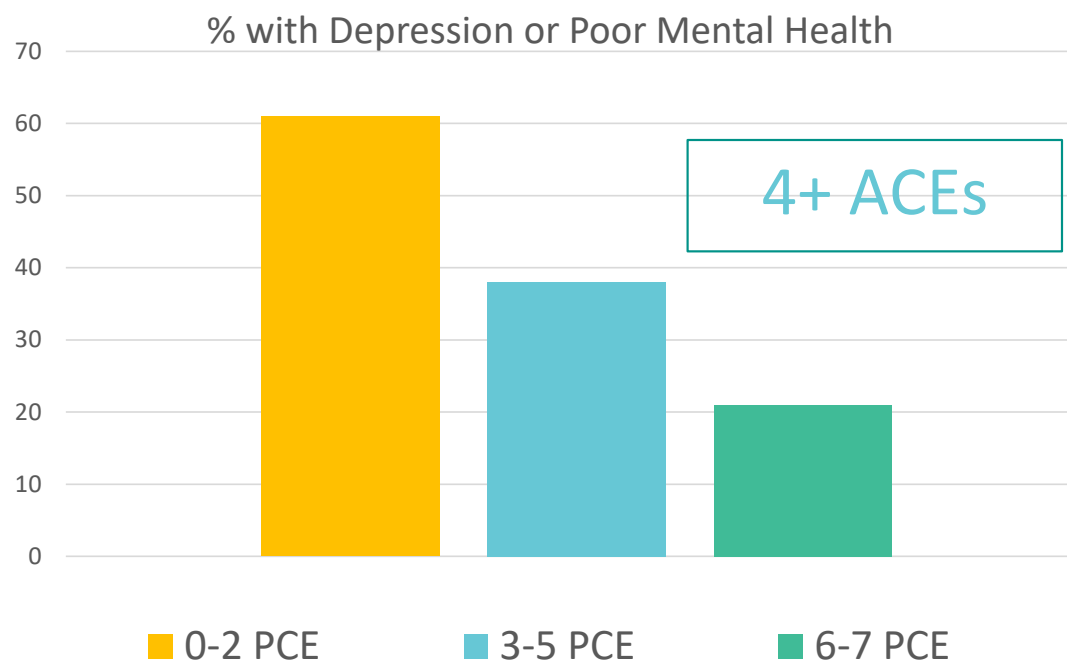
Positive Childhood Experiences (PCEs) Protect Adult Mental Health



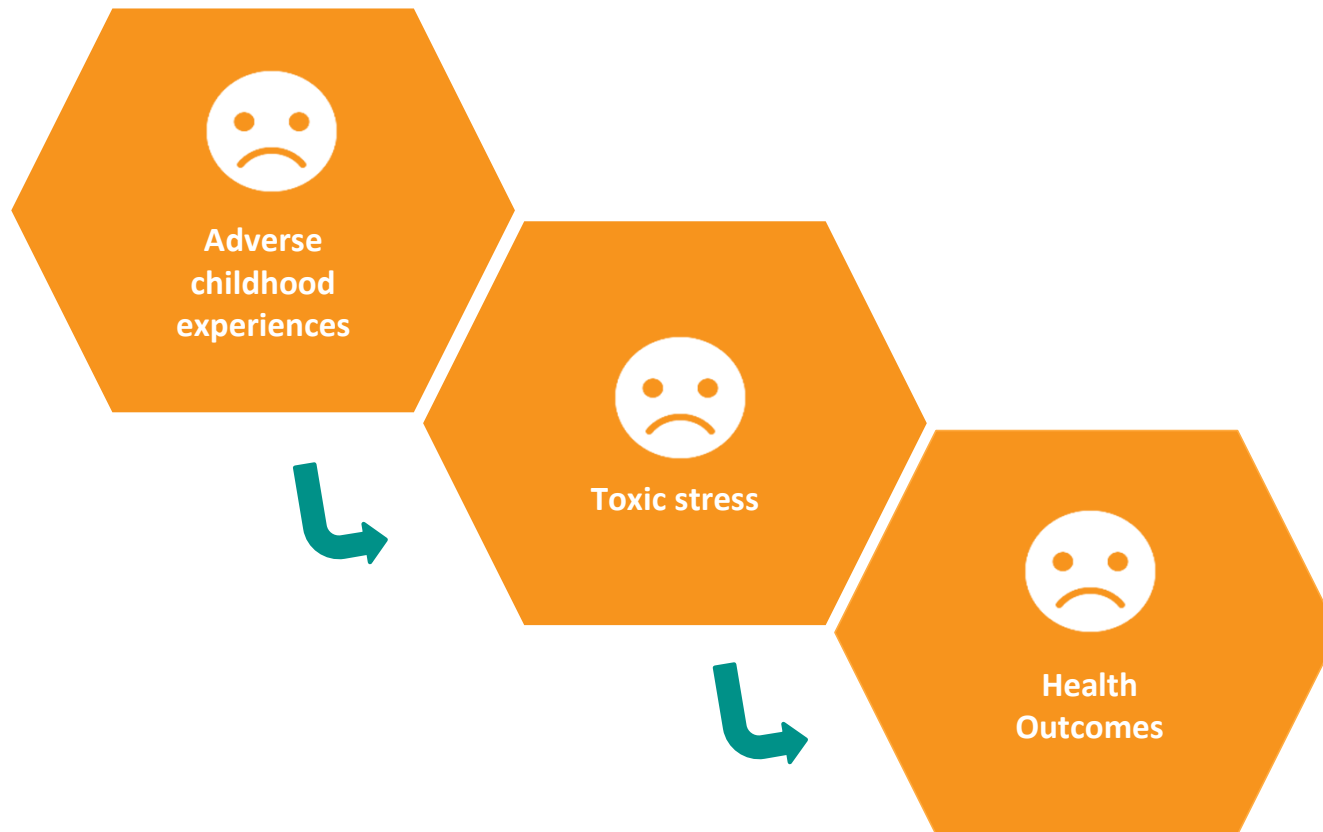
Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019 Sep 9; e193007



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 Sep 9; e193007





HOPE Promotes Flourishing

POSITIVE CHILDHOOD EXPERIENCES:

- Prevent ACEs
- Block toxic stress
- Promote healing





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.



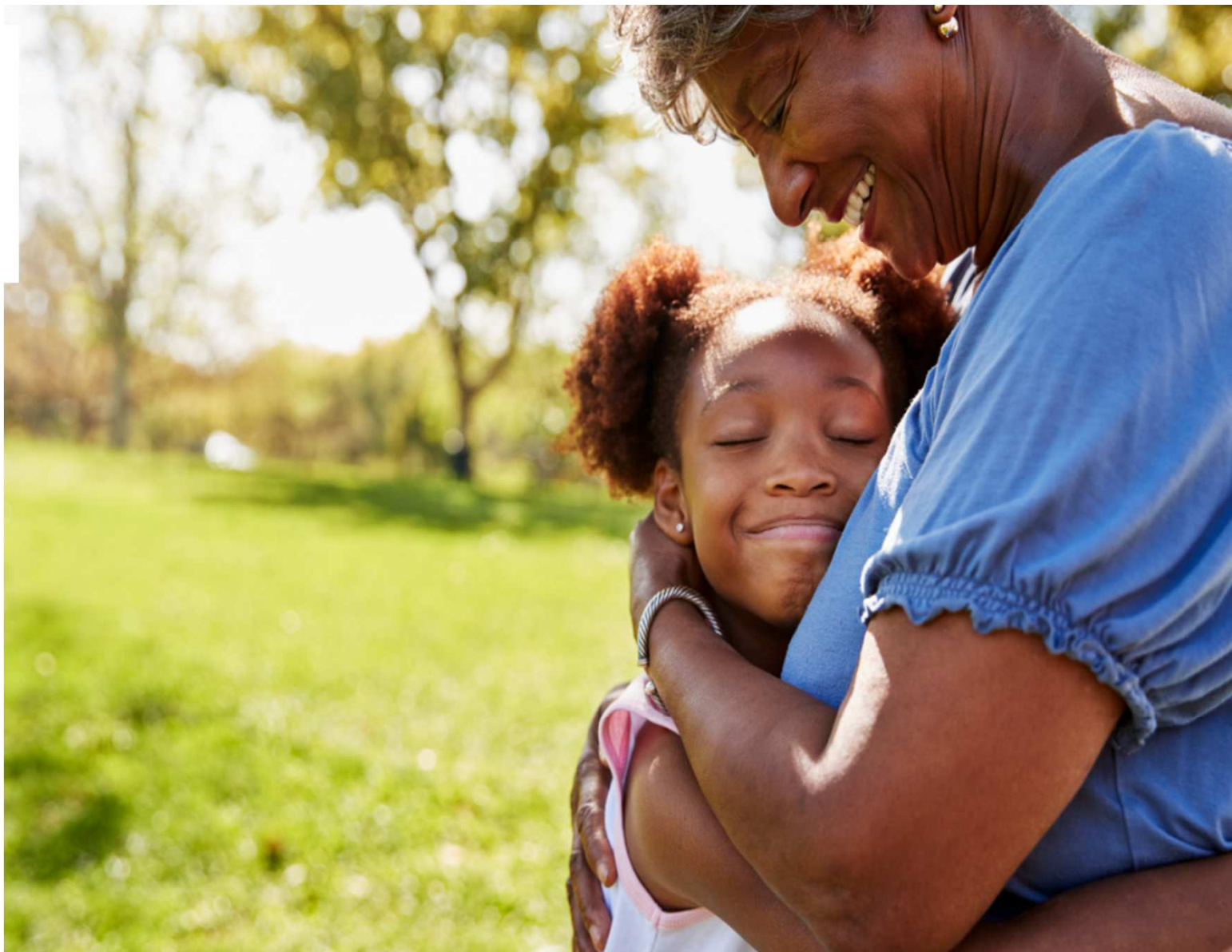
Social and civic engagement to develop a sense of belonging and connectedness.



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



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





QUESTIONS





What does HOPE mean to you?





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



HOPE for Policy Review: Breakout Groups





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.





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?



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 their child's growth and development.



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



Report Back



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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?



BREAK OUT GROUPS

What disparities do you see in your community?

- Disparities in access to your services
- Disparities in outcomes



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



Report Back



HOPE

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Creating HOPE-informed Intakes

Whiteboard Activity: What makes an intake HOPE-informed?





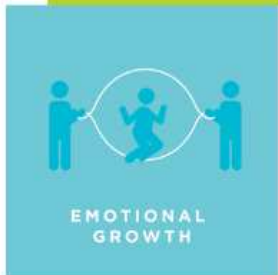
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How does that land?

Does it feel doable?

What are the barriers?





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.



Conversation



What is one thing you can commit to today to create a more HOPE-informed organization after this workshop?

HOPE

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

as an Anti-Racist Framework in Action

Relationships

The Four Building Blocks of HOPE—supportive relationships, safe, equitable, and stable environments, social and civic engagement, and emotional growth—can be incorporated into decision making at every level and in every sector to ensure that all children, including children of color, have what they need to thrive.

Environments

Access to the Four Building Blocks is often disrupted by systemic racism, historical trauma, and adverse childhood experiences. HOPE-informed agencies can partner with their communities, and together identify existing resources to promote HOPE and identify unmet needs. Working together, HOPE and our partners seek to ensure that every family and child can have those key experiences that promote resiliency.

Engagement

Racism is harmful to all of us. Anti-racist frameworks intentionally upend racist policies and practice in an effort to combat White supremacy. As author and anti-racist activist Ibram X. Kendi describes it, a racist policy is “any measure that produces or sustains racial inequality.” This work requires tacit acknowledgement that systems, institutions, policies, practices and norms privilege White people, even when they do not explicitly mention race. While bias operates at the individual level, providers, practitioners, and educators are also operating within systems built on racist foundations. In this resource, we will be focusing specifically on systemic racism and unconscious bias.

Growth

This resource walks the reader through the process of thinking about policy and

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LEARN Home Courses Subpages Home (HOPE: Healthy Outcomes from Positive Experiences)

H.O.P.E. (HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES)

Spreading HOPE

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

Tufts Children's Hospital

Year Published: 2020

Time to Complete: 10 min

Instructor: Robert Page, MD, PhD

Learning Level: Undergraduate

Primary Audience: Research participants/community members, Other adult team members

Prerequisite: None

Self-Directed: Communications and Testimony

Offering HOPE to Combat ACEs and Early Trauma

HOPE

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

HOPE – Healthy Outcomes from Positive Experiences – is a new way of seeing and talking about experiences that support children's growth and development into healthy, resilient adults.

Our research has led us to create a new paradigm, based on an understanding of how positive childhood experiences (PCEs) drive healthy development and mitigate the effects of adverse childhood experiences (ACEs). Positive experiences allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways. This shift in focus builds on previous understandings of the importance of experience in child development, including those ACEs associated with toxic stress.

Our Mission

We aim to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities.

The Four Building Blocks

Through our work we have identified four building blocks that promote positive experiences that help children grow into healthy, resilient adults. We know that PCEs in these four areas can buffer against long term health outcomes associated with adverse childhood experiences, and we want to help increase access to these opportunities for all children and families.

HOPE

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

10 Ways for Families to Promote Positive Childhood Experiences

Many of us are concerned about increased stress for our children and families, especially during COVID-19. We aren't powerless, though, and the unique circumstances of our current environment actually allow for new ways to engage and connect with our children. Using HOPE (Healthy Outcomes from Positive Experiences) as a guide, here are 10 suggestions to promote Positive Childhood Experiences now:

1. Think about social connection and physical distance, not social distance. The new way of the world ironically allows for increased connections with friends and loved ones far away. Take advantage of the extra time at home by having virtual story-time with Grandma, trivia night with cousins, or Zoom holiday dinners.
2. Talk with your children. Like us, children may be fearful or simply missing their routines. Connect with them. Ask them about their concerns. Their answers will guide you on how to talk with them. Reassure them that life will return to some semblance of normal at some point.
3. Reach out for support when you need it! Model for your child that everyone needs help sometimes, and it's ok to ask for it when you need it.
4. Reach out to support. Reach out to your friends or relatives, encourage your children to touch base with their friends, and check in on how they're feeling. Increase opportunities for your child to practice empathy and listening skills.

<https://positiveexperience.org/resources/>

HOPE

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HOPE

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

Positive Experiences are Key!

We have identified four building blocks that you can use to promote positive experiences for your child to help them build resilience!

The 4 Building Blocks of HOPE

RELATIONSHIPS

Nurturing, supportive relationships are critical for children to develop into healthy, resilient adults.

- Play and connect with your child(ren) regularly! Be silly, move your bodies, read a book. The options are endless!
- Help your child make connections with other adults in your life – aunts, uncles, coaches, pastors. It takes a village, and the larger the village, the more opportunities your child has for connection and support.

ENVIRONMENTS

Children thrive when they have safe, stable, equitable environments to live, learn, and play.

- Check your house for safety issues, like access to guns, medications, alcohol, and drugs. Create a plan to address any identified risks.
- Talk with your child(ren) about school. Do they feel safe there? Are they being treated well by their peers? If not, connect with their teacher and

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





Spreading

HOPE



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

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