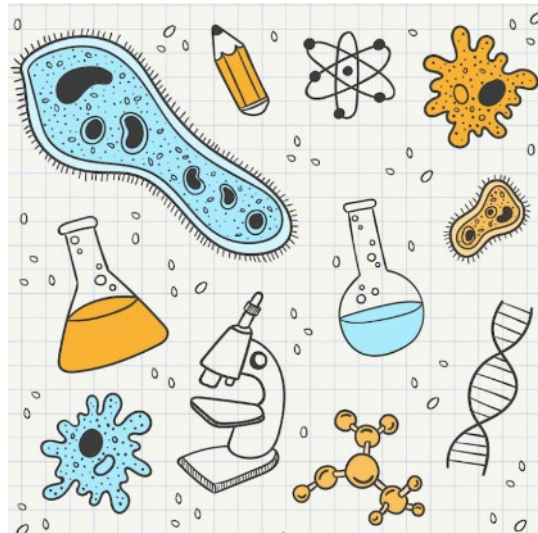




# Bob's Journey from Scientist to HOPEful Guy





# DULCE – Developmental Understanding and Legal Collaboration for Everyone

- [https://youtu.be/FqL\\_wntsmSE](https://youtu.be/FqL_wntsmSE)



# DULCE Universal Approach to Family Support

- **Meeting people where they are matters: 100%** of families offered choose to enroll and **79%** of families complete DULCE.
- **Community health workers increase quality -**
  - **92%** of families are screened for seven HRSN.
  - **65%** of families receive all well-child visits on time: DULCE implementation and CQI increasing this proportion by **50%**.
- **Family choice matters: 95%** of DULCE families with concrete support needs received resource referrals at time of positive screening results.
- **Screening for inclusion fails many families :**
  - **72%** of DULCE families with HRSN would have not been identified if risk-based enrollment criteria had been used.
  - **53%** of DULCE families who did not meet traditional risk criteria had HRSN.

Hold in your heart someone who  
had a difficult childhood and is now  
a thriving adult - maybe yourself, a  
family member, a friend, or a public  
figure





# Introduction to HOPE

**Robert Sege, MD, PhD**

Institute for Clinical Research and  
Health Policy Studies

Tufts Medical Center, Boston MA

**HOPE**®

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

**TuftsMedicine**  
Tufts Medical Center

THE **JIB** FOUNDATION



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



## 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

A group of diverse young children, including a girl in a pink and white patterned hijab, are sitting together and smiling. They appear to be in a classroom or community setting, engaged in a positive interaction. The background is slightly blurred, showing other people and a bright, indoor environment.

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.






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.

A photograph of a person carrying a child on their shoulders. The child is wearing a yellow shirt and has their arms outstretched. The person is wearing a striped shirt. The background is a bright, hazy sky at sunset or sunrise.

## Giving equal attention to the positive allows us to...

- Provide unbiased empathetic care
- Encourages providers to coach, not judge
- Build trust between patients, communities and practitioners
- Highlight the family and community strengths that increase well-being
- Allow respectful collaborative goal-setting

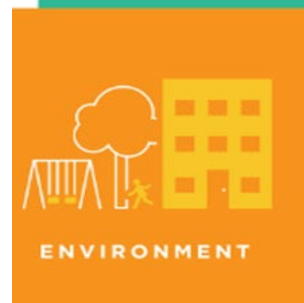


# The Four Building Blocks of HOPE



**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.

---

Robert D. Sege, Charlyn Harper Browne. 2017. Responding to ACEs With HOPE: Healthy Outcomes From Positive Experiences. *Academic Pediatrics*, 17:7 pS79-S85.



# Higher PCEs in Childhood Improve Adolescent Outcomes

National Longitudinal Survey  
of Australian Children

5000 children followed from  
birth to early adolescence

## HOPE Framework Validated in Prospective Study



Improved Mental  
Health



Better Academic  
Skills

Source: Guo, Shuaijun, et al. "Measuring positive childhood experiences: testing the structural and predictive validity of the health outcomes from positive experiences (HOPE) framework." *Academic Pediatrics* 22.6 (2022): 942-951.



# Positive Childhood Experiences and Adult Health Outcomes

2017 Wave of Panel  
Study of Income  
Dynamics (N=7,496)

HOPE Framework

Validated in Prospective Study



Improved Overall  
Health



Reduction in  
Psychiatric Diagnoses

Huang et al. Pediatrics 152 (1): July 2023



# Poll

**How much do you already know about positive childhood experiences?**

- A. Nothing - what are PCEs?
- B. A little - I have heard the term before.
- C. More than a little but probably still have a lot to learn.
- D. I am well versed in PCEs and their effects on health.
- E. I am a PCEs expert!



---

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





# 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



# Positive Childhood Experiences (PCEs) Protect Adult Mental Health

51%  
good mental health



0-2 PCEs

75%  
good mental health



3-5 PCEs

87%  
good mental health



6-7 PCEs

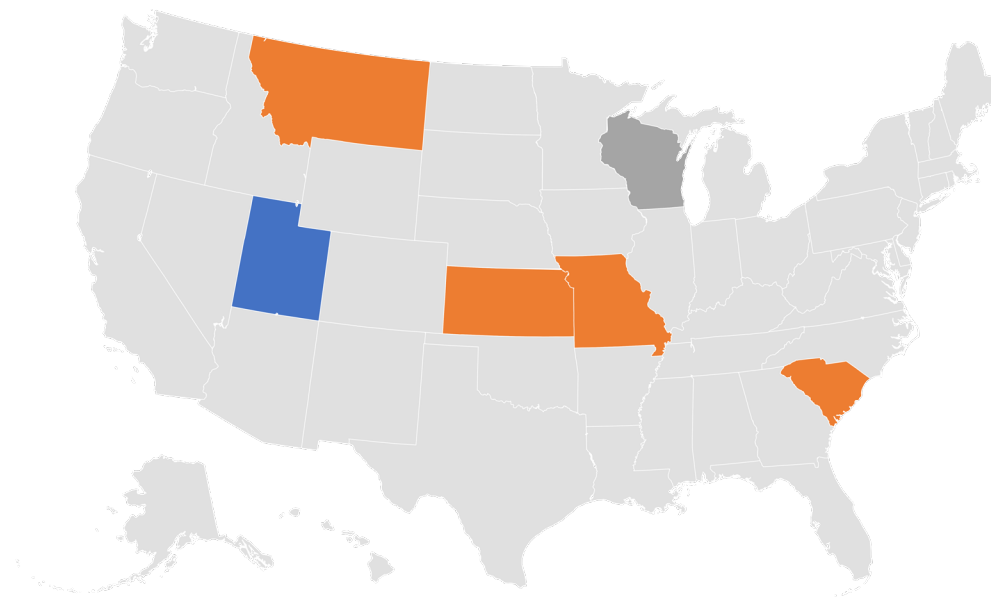
*Good mental health – those not reporting depression or poor mental health*



In Progress

## PCE data in BRFSS

- pending
- In process
- published



Powered by Bing  
© GeoNames, Microsoft, TomTom



# Higher PCEs Associated With Lower Substance Use

2019 Montana BRFSS Data



Less Cigarette  
Smoking



Less Alcohol  
Consumption



Lower Lifetime Odds Of  
Illicit Drug Use



Lower Lifetime Odds Of ANY  
Substance Use

Graupensperger S, Kilmer Jr, Olson Dc, Linkenbach Jw. Associations Between Positive Childhood Experiences And adult Smoking And Alcohol Use Behaviors In A Large statewide Sample. Journal Of Community Health. 2022 Nov;15:1-9.



# Higher PCEs Protects Overall Health

2021 Tennessee BRFSS Data



Lower Rates Of  
Depression



Lower Rates Of Heart  
Disease



Improved Physical  
Health



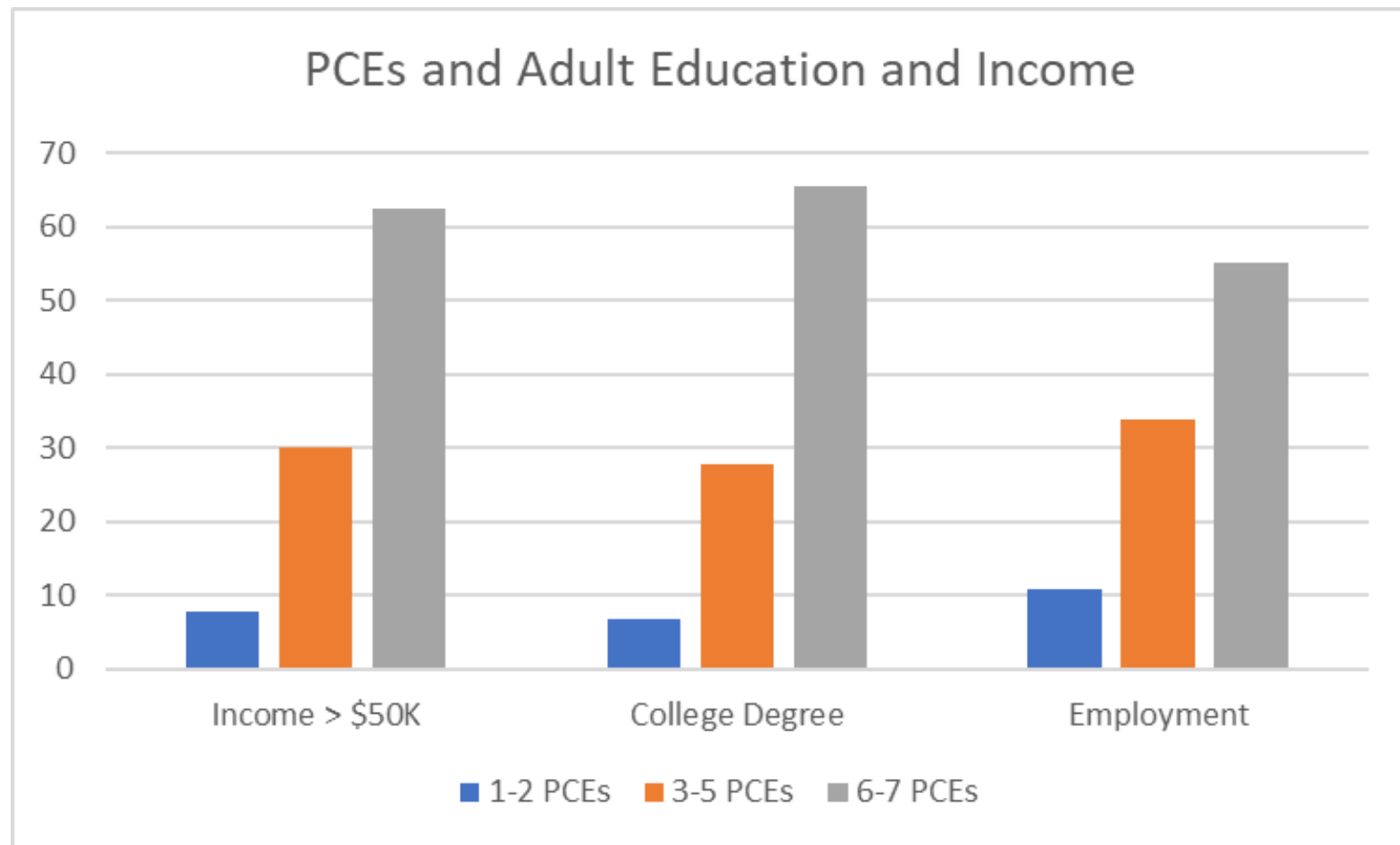
More Likely To Be  
Employed

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



# Higher PCEs Associated With Educational Attainment & Income

National BRFSS Data (4 States) – Work in Progress



Preliminary BRFSS results from 4 states, unpublished. Courtesy of E. Swedo, CDC



# Poll

How much do you already know about Adverse Childhood Experiences?

- A. Nothing - what are ACEs?
- B. A little - I have heard the term before.
- C. More than a little but probably still have a lot to learn.
- D. I am well versed in ACEs and their effects on health.
- E. I am a ACEs expert!

# Types of ACEs



## **ABUSE**

---

- Emotional
- Physical
- Sexual

# Types of ACEs



## **ABUSE**

---

- Emotional
- Physical
- Sexual



## **NEGLECT**

---

- Emotional
- Physical



# 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

\* The child lives with a parent, caregiver, or other adult who experiences one or more of these challenges. ACEs slides courtesy of CDC

## Types of ACEs



### ABUSE

- Emotional
- Physical
- Sexual



### NEGLECT

- Emotional
- Physical



### HOUSEHOLD CHALLENGES\*

- Substance misuse
- Mental illness
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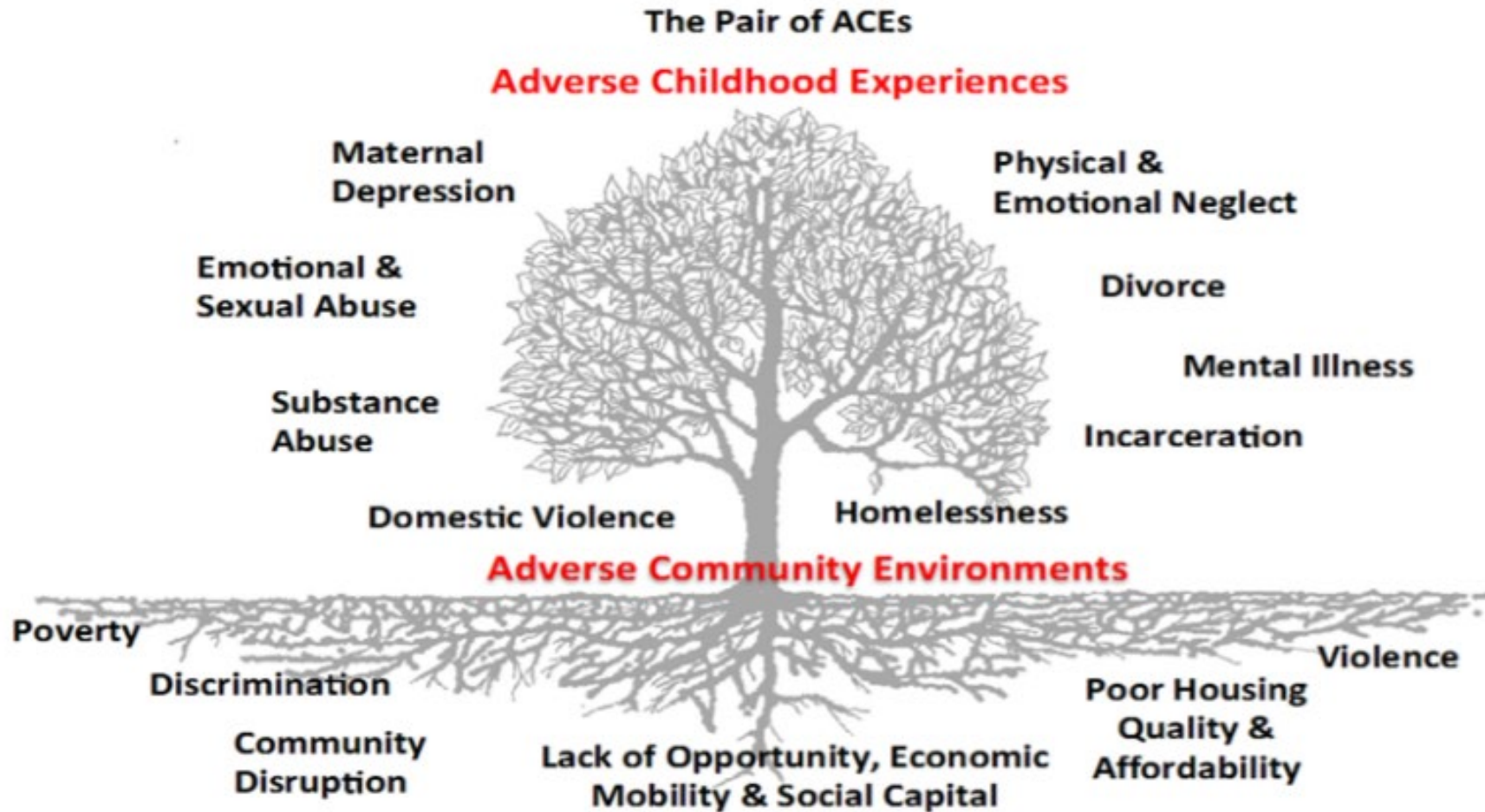
## Other Adversity



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

\* The child lives with a parent, caregiver, or other adult who experiences one or more of these challenges. ACEs slides courtesy of CDC

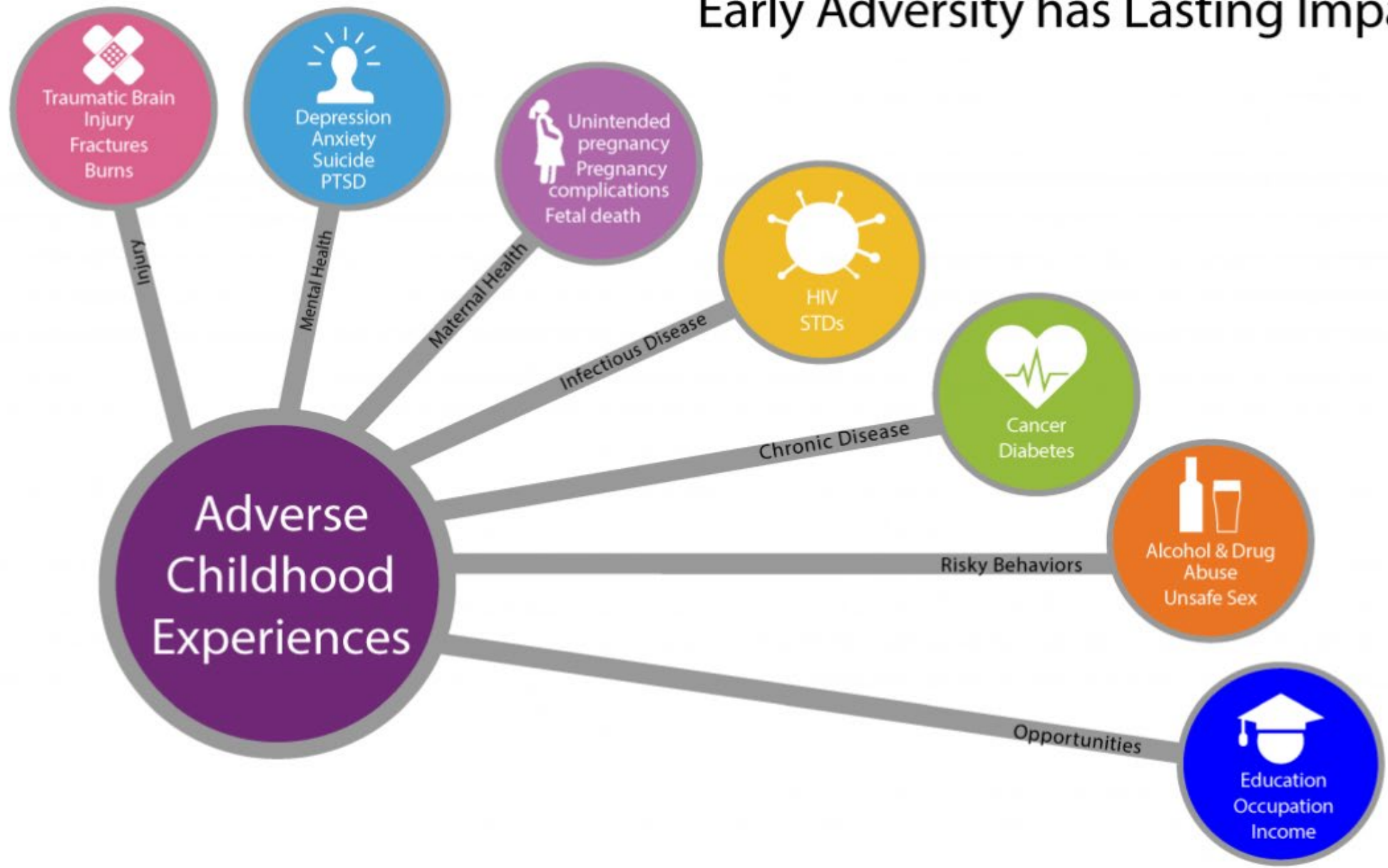
# Adverse Community Environments are the Root Causes of ACEs



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



# Early Adversity has Lasting Impacts





Do ACEs determine our fate?

# ***Risk Factors are not Predictive Factors because of Protective Factors***

National Academy of Medicine,  
2009

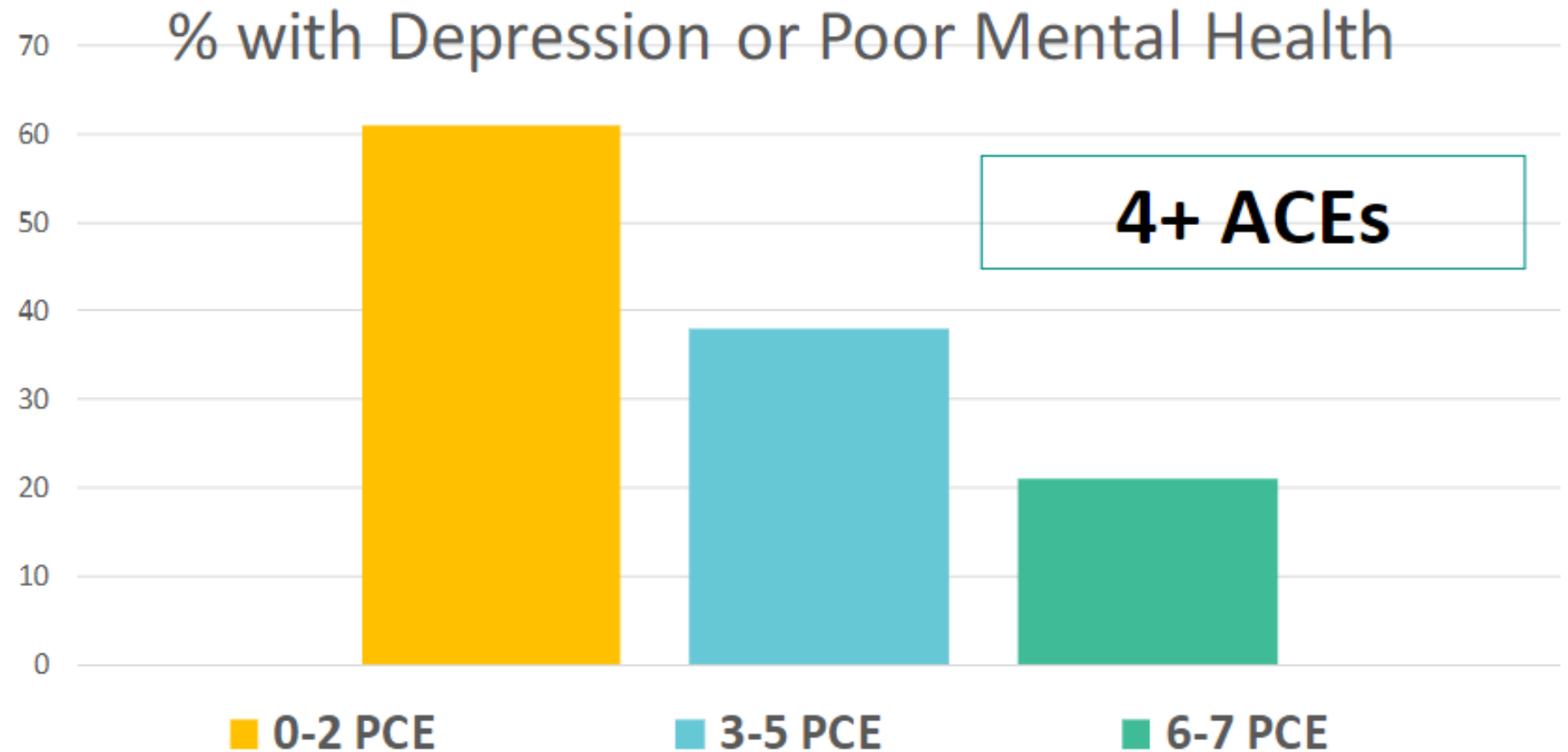


Carl Bell, MD, 1948-2019

noted Chicago Psychiatrist and human rights advocate



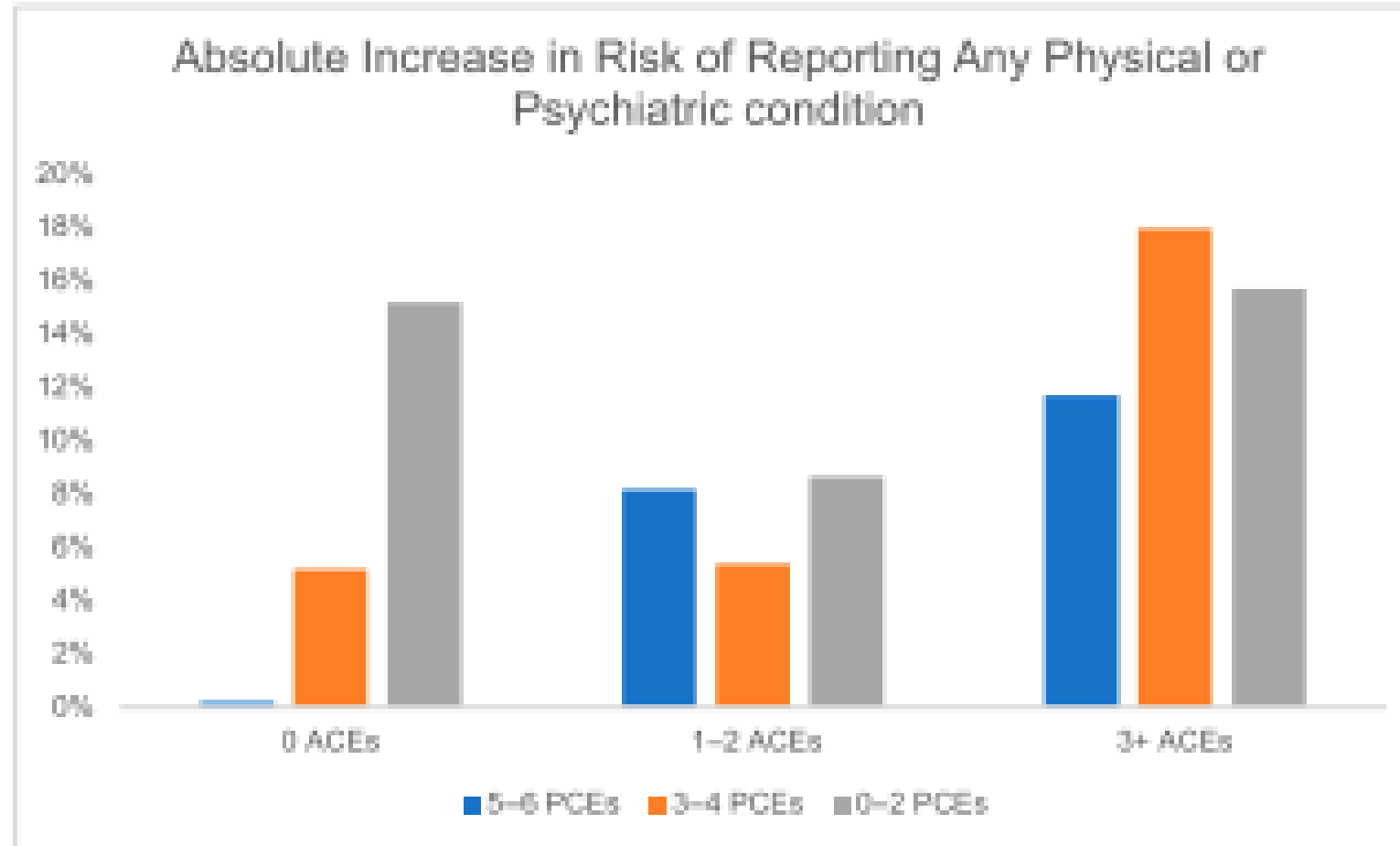
# PCEs reduce the effects of ACEs



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



Cher X. Huang, Neal Halfon, Narayan Sastry, Paul J. Chung, Adam Schickedanz; Positive Childhood Experiences and Adult Health Outcomes. *Pediatrics* July 2023; 152 (1): e2022060951. 10.1542/peds.2022-060951



# 5 Lessons From The Trauma-Informed Care Revolution

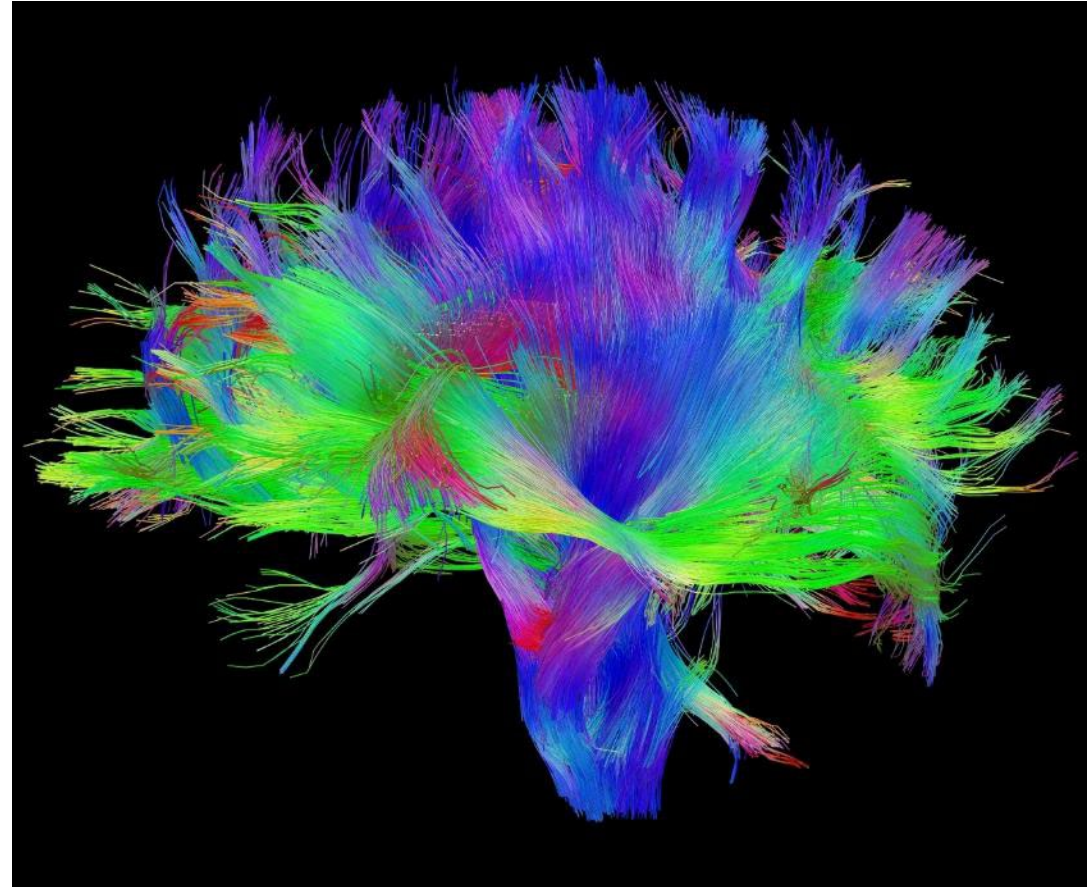
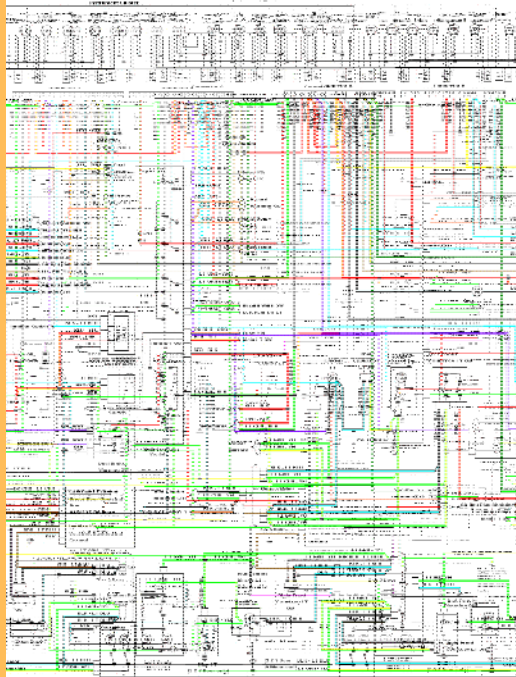
1. Children's brains respond to experience
2. Birth-3 and adolescence are sensitive stages
3. Therapeutic importance of childhood experiences
4. Most adults understand why childhood experience matters
5. People can heal, even after past trauma





# Neuroplasticity: How the brain re-wires after trauma

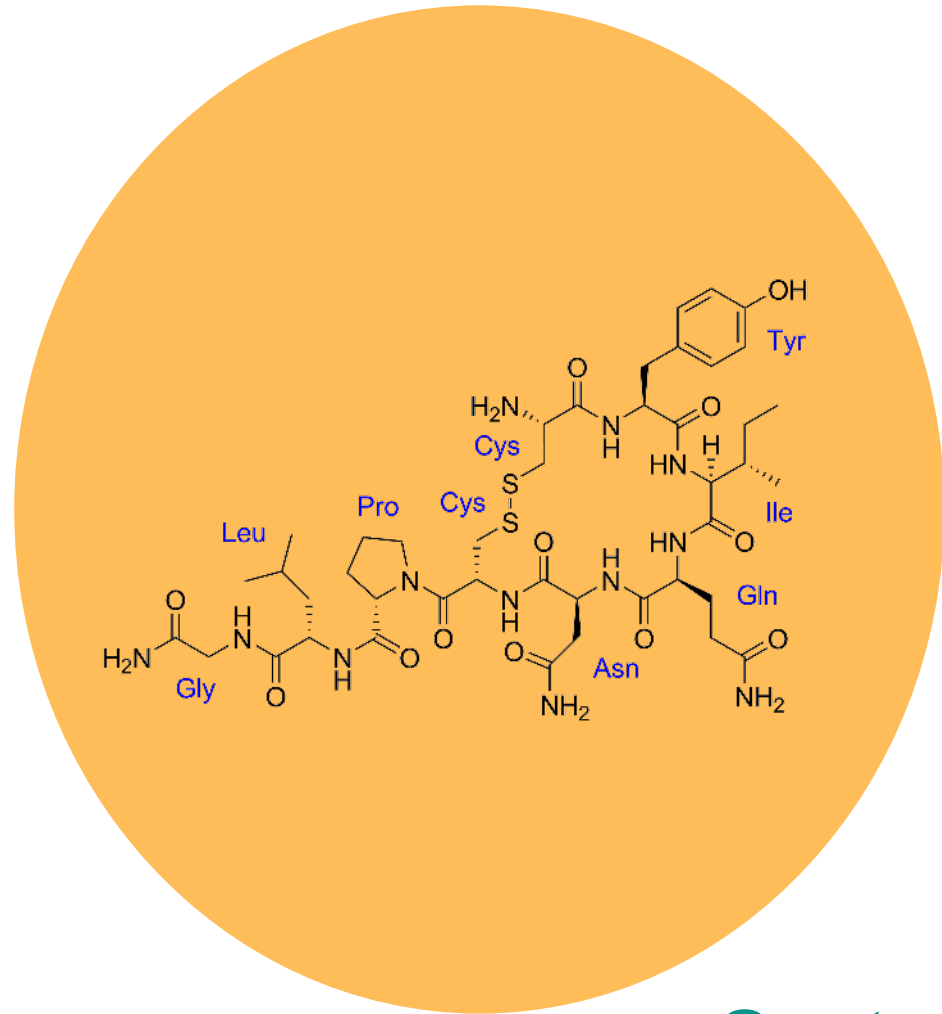
# 1. Brains can re-wire throughout life



Medicaldaily.com

*Neurons that fire together **wire** together*

## 2. Love changes brain function

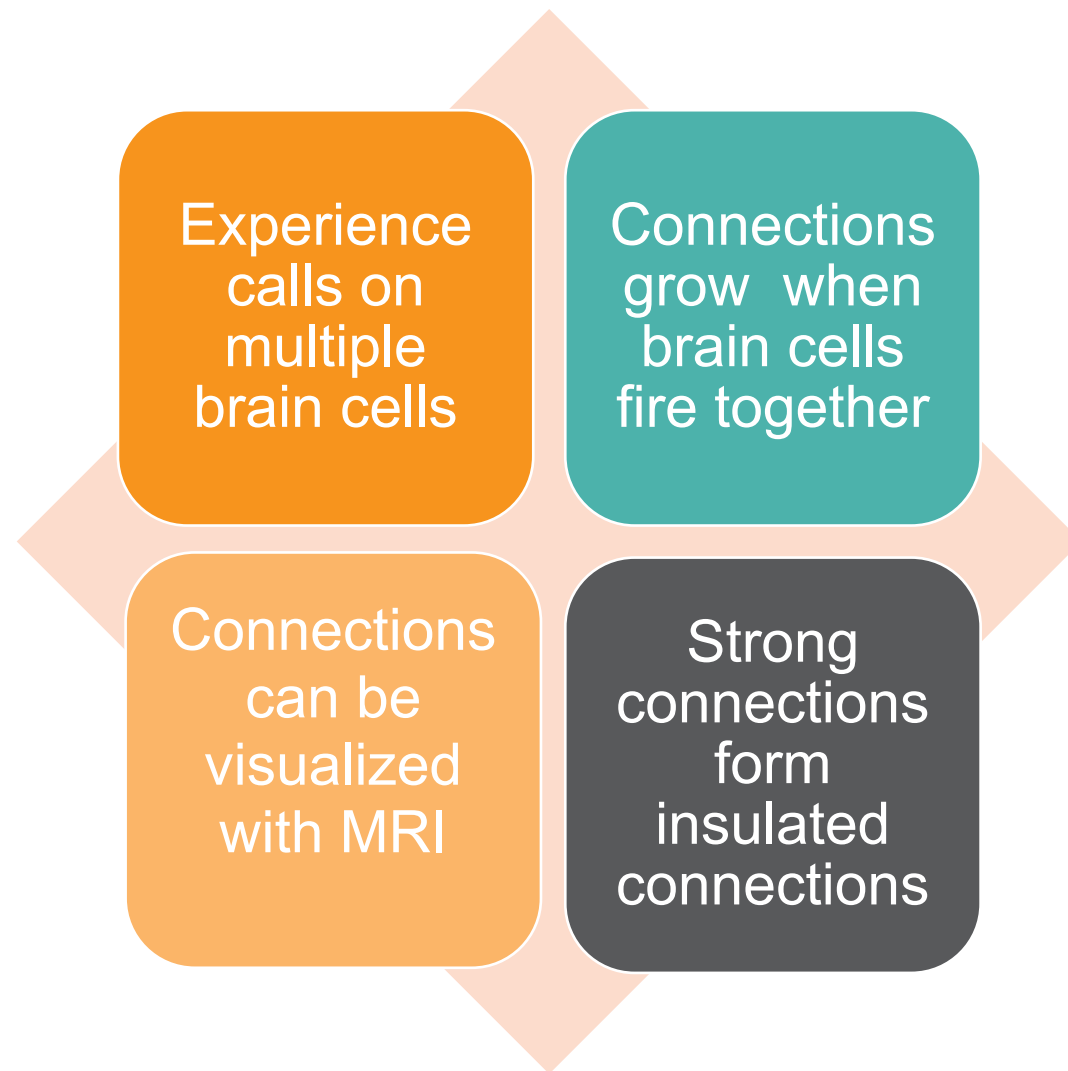


Neurogrow.com

**Oxytocin** *release changes brain function*



# Human brains respond to experience





# HOPE Research



Surveys – What are the lifelong effects of childhood experience?



Brain science – what happens in the brain?



Implementation science – how to change care?



Clinical trials - does it help patients?



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



## Let That Sink In...

PCEs protect adult mental health even in the  
face of ACEs

**What does that mean to you?**



RELATIONSHIPS



ENVIRONMENT



ENGAGEMENT



EMOTIONAL  
GROWTH

# The Four Building Blocks of HOPE







# 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 Engagement 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



# Multigenerational Approach





# Families are Resilient. HOPE celebrates their strengths.





**HOPE**<sup>®</sup>

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

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







# Questions?



# HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

## as an Anti-Racist Framework in Action



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.



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.



**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.

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



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 affects 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.

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

# 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.

# HOPE HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

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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



**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.



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



# Spreading

# HOPE

**Tufts**Medicine  
Tufts Medical Center

THE **J****D****B** FOUNDATION

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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