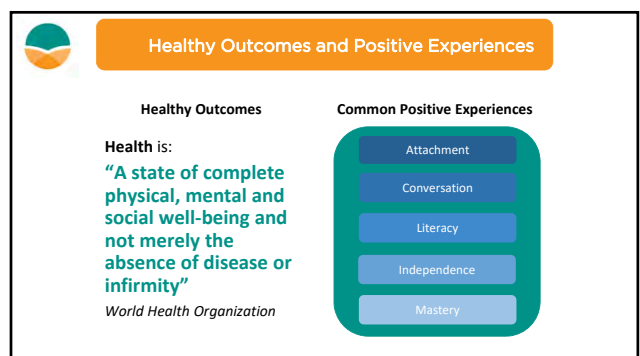
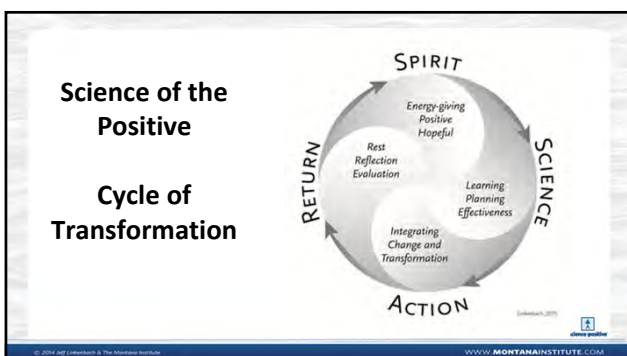
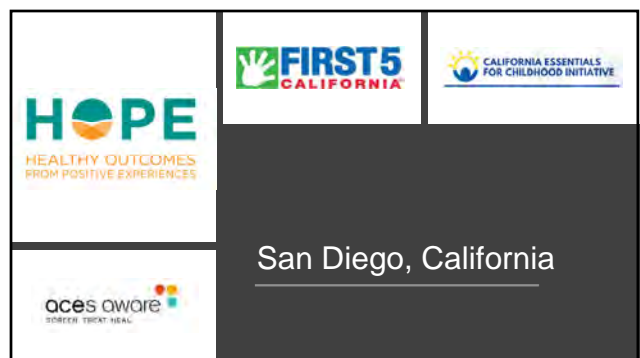
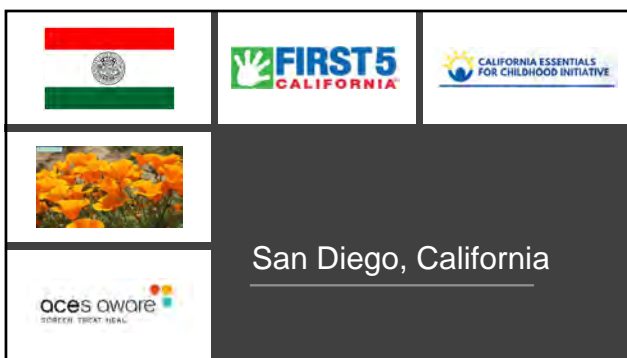


Continuing on the path to HOPE



Overview

HOPE provides a language that:

- Is based on strong science
- Honors human dignity, equity, and empathy
- Supports a paradigm shift towards a strength-based approach
- Infuses positive experiences in the prevention, mitigation, and healing from ACEs
- Offers building blocks for flexible adaptation and adoption

Experience Shapes Human Brain Development

Spirit
Unlimited human capacity

Old Science
Trauma effects brain development and health

New Science
Positive experiences affect brain development and health

Action
HOPE - Healthy Outcomes from Positive Experiences

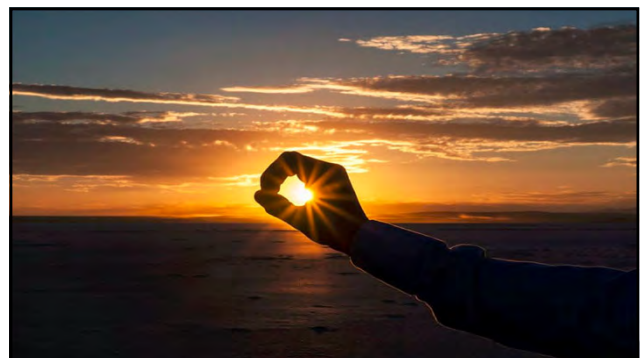
Experience Shapes Human Brain Development

Spirit
Unlimited human capacity

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Trauma effects brain development and health

New Science
Positive experiences affect brain development and health

Action
HOPE - Healthy Outcomes from Positive Experiences




Why do you do the work you do?

One word would to describe WHY you do the work you do

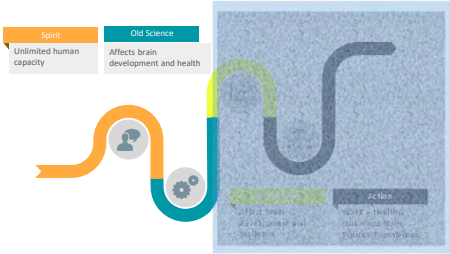
Start the presentation to see live content. For screen share software, share the entire screen. Get help at podiv.com/help

Take home message...

Brains can heal!




Experience Shapes Human Development



Poll #1

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

- 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 an ACEs expert!




Adverse Childhood Experiences (ACEs)

The three types of ACEs include:

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION
Parental Divorce	Physical Abuse	Parental Mental Illness
Parental Substance Abuse	Emotional Abuse	Parental Domestic Violence
Sexual Abuse	Parental Neglect	Parental Substance Abuse
Peer Abuse	Parental Household Dysfunction	Parental Incarceration
Stress	Parental Poverty	Parental Homelessness


Image courtesy of RWJF



ACEs cause chronic disease: Population attributable fractions by ACEs score

Outcome	1 ACE	2-3 ACE	4 or more	Overall
CHD	2.6	3.4	6.6	12.7
Asthma	4.2	8.1	11.7	24.0
Depression	6.4	14.7	23.0	44.1
Heavy Drinker	5.6	9.0	9.3	23.9
Education < HS			4.6	4.6

Merrick MT, Ford DC, Ports KA, et al. *Vital Signs: Estimated Proportion of Adult Health Problems Attributable to Adverse Childhood Experiences and Implications for Prevention* – 25 States, 2015–2017. MMWR Morb Mortal Wkly Rep. ePub: 5 November 2019



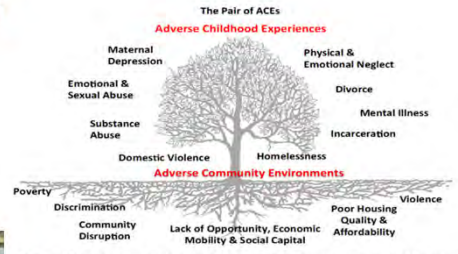
The Pair of ACEs

Adverse Childhood Experiences


- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence
- Poverty
- Discrimination
- Community Disruption

Adverse Community Environments

- Physical & Emotional Neglect
- Divorce
- Mental Illness
- Incarceration
- Homelessness
- Poor Housing Quality & Affordability
- Violence
- Lack of Opportunity, Economic Mobility & Social Capital



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. 586-593. DOI Information: 10.1016/j.acp.2016.12.011



Adverse Childhood Experiences and Other Risk Factors for Toxic Stress

The three types of ACEs include:

- ABUSE:** Physical, Emotional, Sexual
- NEGLECT:** Physical, Emotional
- HOUSEHOLD DYSFUNCTION:** Mental Illness, Substance Abuse, Intergenerational Trauma

Additional community and societal factors that contribute to toxic stress:

- Poverty
- Institutional racism
- Historical Trauma
- War and migration
- Neighborhood effects

Image courtesy of RWJF

HOPE supports anti-racist practice

Risk: People and families viewed as defective

HOPE: Appreciation of strengths and resilience

Risk: Diagnose problems that often result from systemic oppression

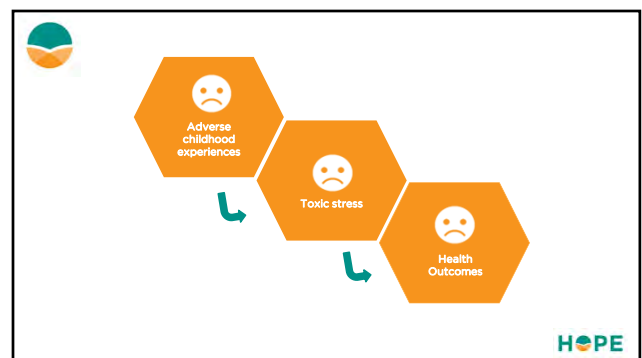
HOPE: Therapeutic services are *not* the only solutions

HOPE and Health Equity: Changing Mindsets

Aspirations of HOPE –informed practice:

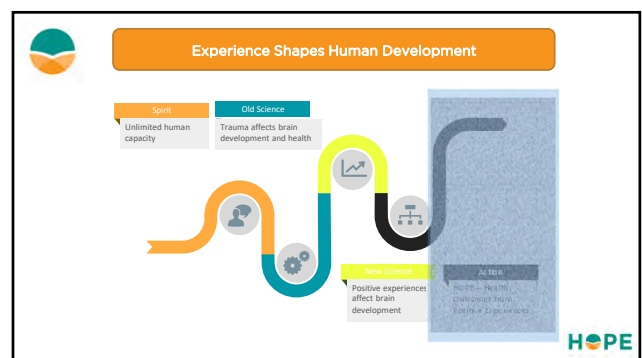
Joint decision-making, recognizing family expertise

Dignity, partnership, and lasting relationships.



ACEs are only part of the picture


- ✓ Many people with 4 or more ACEs are OK
- ✓ Other experiences affect the brain
- ✓ Do positive experiences affect outcomes too?



Poll #2

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

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




ACEs

- 1998 study of employed people in the Pacific Northwest
- Patients answered questions about their childhood
- Correlated with mental and physical health

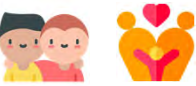
PCEs NEW

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




Positive Childhood Experiences (PCEs) questions asked how often respondent:

- Felt able to talk to their family about feelings
- Felt their family stood by them during difficult times
- Enjoyed participating in community traditions
- Felt a sense of belonging in high school
- Felt supported by friends
- Had at least two non-parent adults who took genuine interest in them
- 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 and Adult Mental and Relational Health in a Statewide Sample
Associations Across Adverse Childhood Experiences Levels

CONCLUSIONS: Associations between adverse childhood experiences (ACEs) and risks for adult depression, poor mental health, and insufficient social and emotional support have been documented. Little is known about how positive childhood experiences (PCEs) express with and may moderate the effect of ACEs on adult mental and relational health.

OBJECTIVE: To evaluate associations between adult-reported PCEs and (1) adult depression and/or poor mental health (DPMH) and (2) adult-reported social and emotional support (SMSE) across ACEs exposure levels.


DESIGN, SETTING, AND PARTICIPANTS: Data were from the cross-sectional 2015 Wisconsin Behavioral Risk Factor Survey, a random-digit-dial telephone survey of noninstitutionalized Wisconsin adults 18 years and older (n = 4888). Data were weighted to be representative of the entire population of Wisconsin adults in 2015. Data were analyzed from September 2016 and January 2018.

Bethell C, Jones J, Gombajev 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;173(10):930-937.




Positive Childhood Experiences (PCEs) Protect Adult Mental Health

➤➤➤ **6-7 vs. 0-2 PCEs:** Adults reporting 6-7 PCEs have **72% lower odds** of having depression or poor mental health compared to those reporting 0-2 PCEs.
48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.




0-2 PCEs versus **6-7 PCEs**

Bethell C, Jones J, Gombajev 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;173(10):930-937.




Positive Childhood Experiences (PCEs) Protect Adult Mental Health

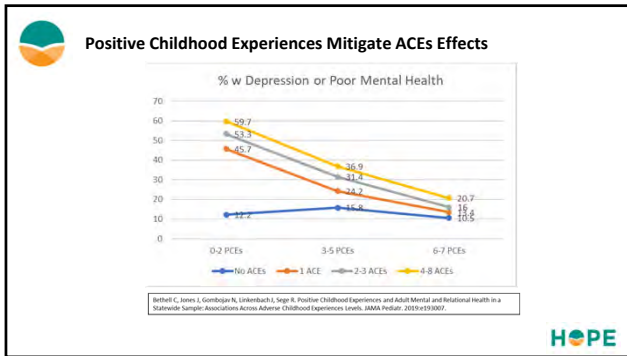
➤➤➤ **6-7 vs 3-5 PCEs:** Adults with 6-7 PCEs have **50% lower odds** of adult depression or poor mental health compared to those with 3-5 PCEs.
25% v. 12.6%, OR 0.50; 95% CI 0.36-0.69. 1.8x higher rate for 3-5 vs. 6-7 PCEs.



3-5 PCEs versus **6-7 PCEs**

Bethell C, Jones J, Gombajev 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;173(10):930-937.





Biological mechanisms of action

Toxic stress model built on observed changes in brain architecture from adversity

Growing evidence of broader brain plasticity

- Stroke recovery
- Brain changes observed with positive experiences
- Post-traumatic brain growth
- Role of oligodendrocytes in recovery



Experiences build brain super highways

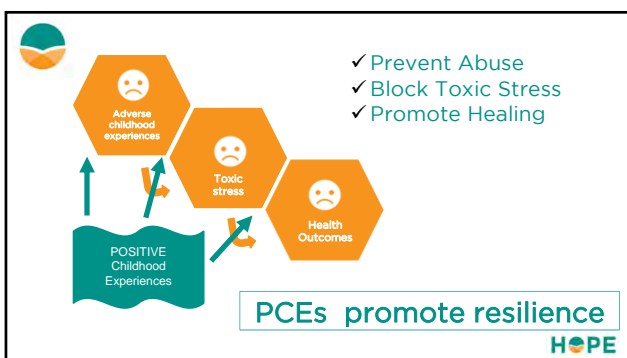
Experiences that **promote** oligodendrocyte development:

- exercise,
- social interactions,
- environmental stimulation.

Experiences that **suppress** oligodendrocyte development:

- sedentary lifestyle,
- social isolation
- environmental deprivation.

Tomlinson et al. (2016) Behavioral experiences as drivers of oligodendrocyte lineage dynamics and myelin plasticity. Neuropharmacology. 110: 548-562.

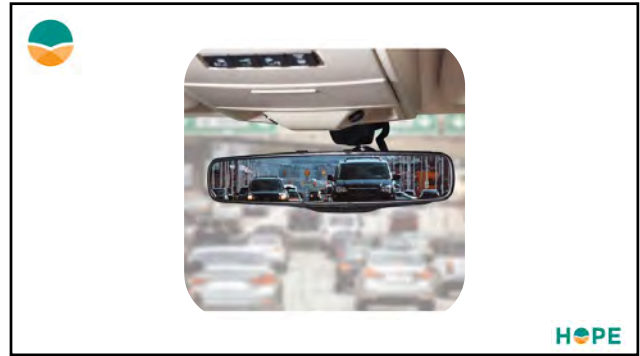


- ### Temperature Check
1. I am good with this - I can begin to see how this fits with my work
 2. Sounds good - I am looking forward to figuring out how this fits in my work
 3. I have lots of questions
 4. All of the above!

Experience Shapes Human Development

Action
HOPE - Healthy Outcomes from Positive Experiences

HOPE



4 Building Blocks of HOPE

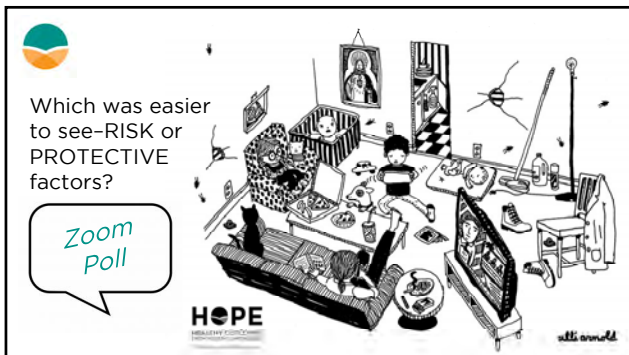
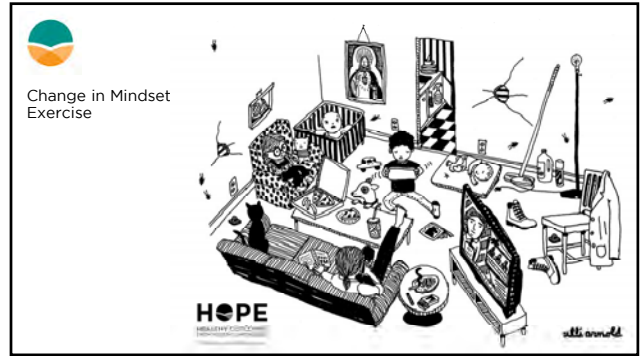
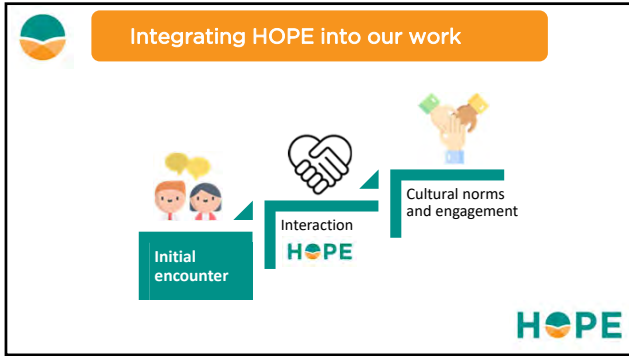
<p>1 Relationships</p> <ul style="list-style-type: none"> ...with other children ...with other adults ...through interactive activities 	<p>2 Environment</p> <ul style="list-style-type: none"> • Safe, equitable, & stable • Living, playing, & learning • Positive school & home environments
<p>3 Engagement</p> <ul style="list-style-type: none"> • Develop a sense of connectedness • Social/civic activities 	<p>4 Opportunities for Social Emotional Development</p> <ul style="list-style-type: none"> • Playing with peers • Learning self-reflection • Collaboration in art, sports, drama, & music

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

HOPE

Integrating HOPE into our work


HOPE



Type 1 vs. Type 2 thinking

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

HOPE



Changing our own professional norms

From:
Screen and refer

To:
Understand and support



Bringing HOPE into our work

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#HOPE #ECHO

Two Sessions after Break:

1. Providers: Bringing HOPE into Direct Service

2. Policy-makers: Organizational transformation with HOPE

4 Building Blocks of HOPE



<p>1 Relationships</p> <ul style="list-style-type: none"> • Build trust & rapport • Build rapport & trust • Develop shared goals 	<p>2 Environment</p> <ul style="list-style-type: none"> • Safe, equitable & stable • Strong, positive & learning • Positive school & home environments
<p>3 Engagement</p> <ul style="list-style-type: none"> • Develop a sense of connection • Socialize activities 	<p>4 Opportunities for advancement</p> <ul style="list-style-type: none"> • Provide opportunities for growth • Encourage self-advocacy • Develop skills & confidence

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#HOPE #ECHO

Poll: Which do you plan to attend?

1. Providers: Bringing HOPE into Direct Service


2. Policy-makers: Organizational transformation with HOPE

4 Building Blocks of HOPE

<p>1 Relationships</p> <ul style="list-style-type: none"> • Build trust & rapport • Build rapport & trust • Develop shared goals 	<p>2 Environment</p> <ul style="list-style-type: none"> • Safe, equitable & stable • Strong, positive & learning • Positive school & home environments
<p>3 Engagement</p> <ul style="list-style-type: none"> • Develop a sense of connection • Socialize activities 	<p>4 Opportunities for advancement</p> <ul style="list-style-type: none"> • Provide opportunities for growth • Encourage self-advocacy • Develop skills & confidence

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Stretch Break

Return at 10:45:

Providers: Bringing HOPE into Direct Service

Policy-makers: Organizational Change to Support HOPE

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