



**Think about a positive
experience that stands
out to you from your
childhood. Hold that in
your mind as we talk.**



TODAY'S FACILITATORS

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SHARED LEARNING AGREEMENTS

Creating Safety

Today's topic may be upsetting. Please care for yourself & engage in a ways that feel safe to you.

Choice & Control

Know that you have choice in how you participate & we encourage you to lean into the process for learning & growing

Regulation

We encourage you to notice what your body & emotions are telling you as cues for practicing regulation as you need.

Relationships

Us connecting & sharing with one another fosters our learning & transferring ideas.

Reflection

We encourage reflecting on the content & ideas of others to foster self-awareness



Spreading HOPE



Partners in
Prevention

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES



Introduction to HOPE





HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.



Core assumption

from the Science of the Positive:

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





Many systems focus on the negative

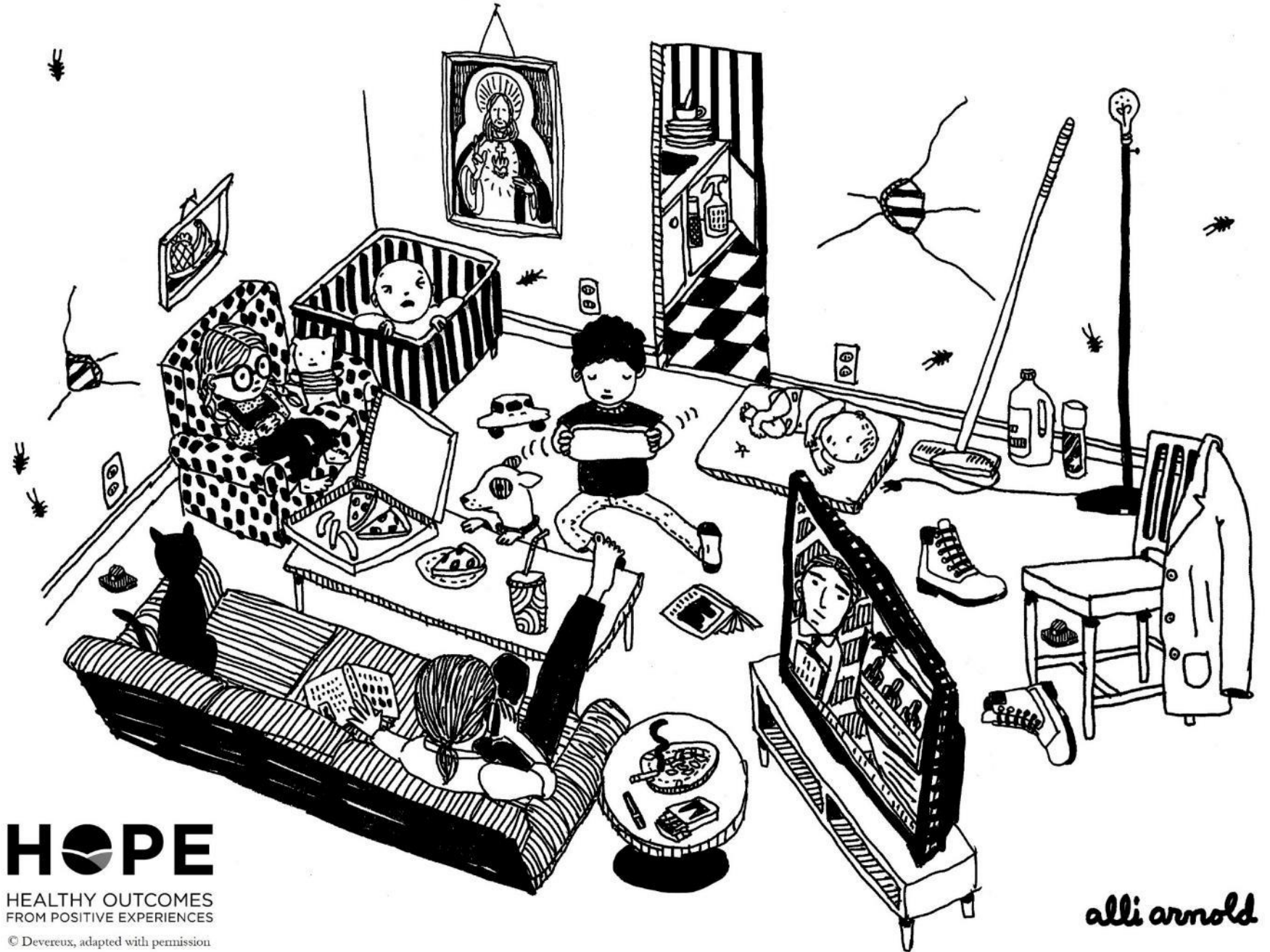
Screening tools, many of which codify implicit bias, create a presumption of deficit

HOPE shifts the narrative: people are defined by their strengths as well as their challenges.

HOPE creates a presumption of strength



As you join us,
please share what
stands out to you
in this picture in
the chat box.
What do you see?





Poll

Were risk or protective factors easier to see?

- A. Protective factors were easier to see
- B. Risk factors were easier to see
- C. They were about the same



Type 1 vs. Type 2 thinking

Type 1 thinking

- ✓ Fast, intuitive, unconscious thought
- ✓ Everyday activities
- ✓ Effortless
- ✓ Training and experience
- ✓ **Implicit bias**



Type 2 thinking

- ✓ Slow, calculating, conscious problem solving
- ✓ Takes more effort!
- ✓ Something novel
- ✓ **Perceiving variability**
- ✓ **Perspective taking**



Type 1 vs. Type 2 thinking

Implicit biases are imbedded in Type 1 thinking



Unconscious, immediate reactions to difference

Type 2 thinking can help us notice and navigate our biases



Slow, conscious strategies to mitigate bias



Poll

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!



ACEs and PCEs

ACEs

- 1998 study of employed people in Southern California
- Patients answered questions about their childhood
- Correlated with mental and physical health

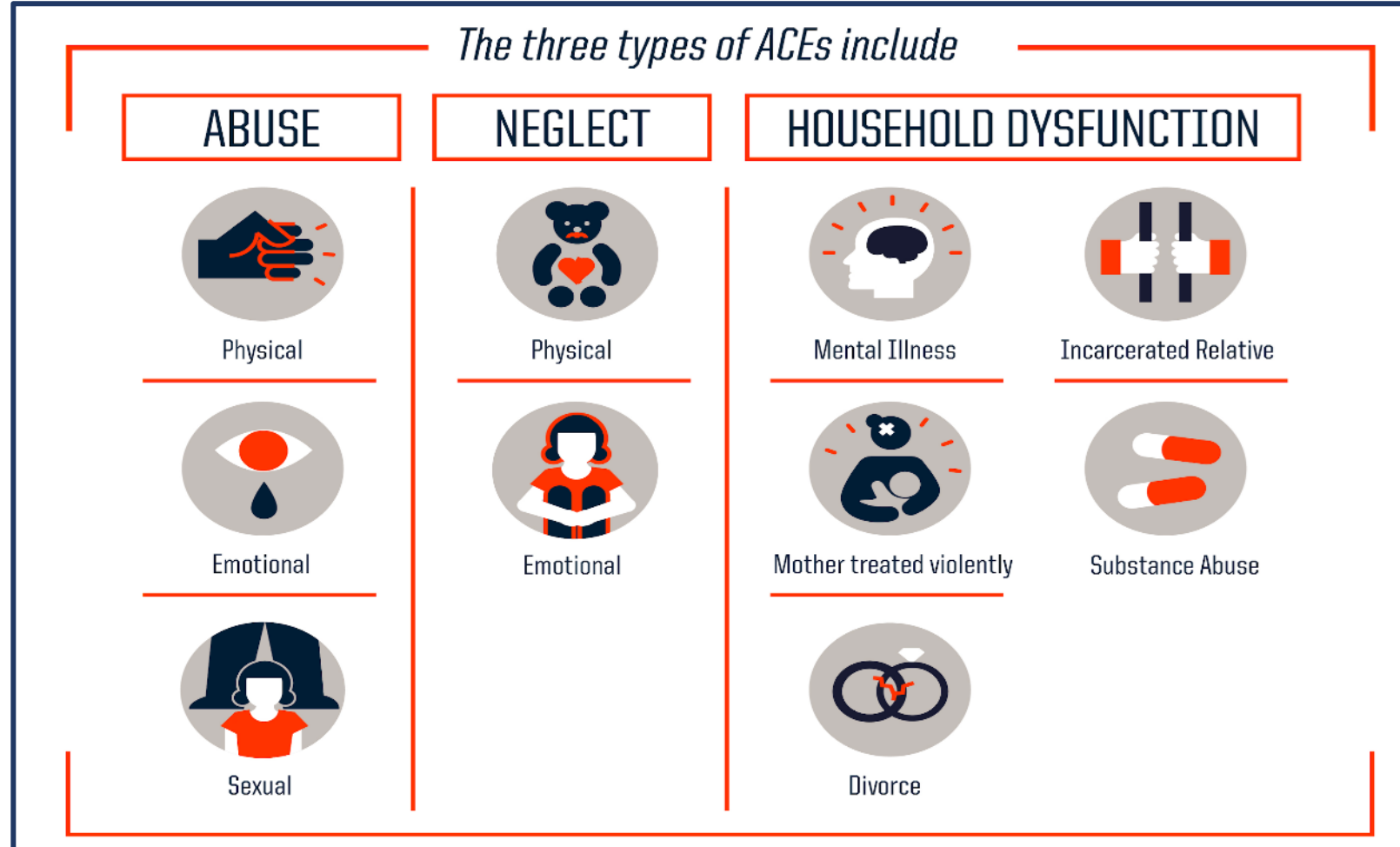
PCEs

NEW

- 2015 population study in Wisconsin
- Part of the Behavioral Risk Factor Surveillance Survey
- Asked about ACEs
- Asked about Positive Childhood experiences
- Correlated with mental health



Adverse Childhood Experiences (ACEs)

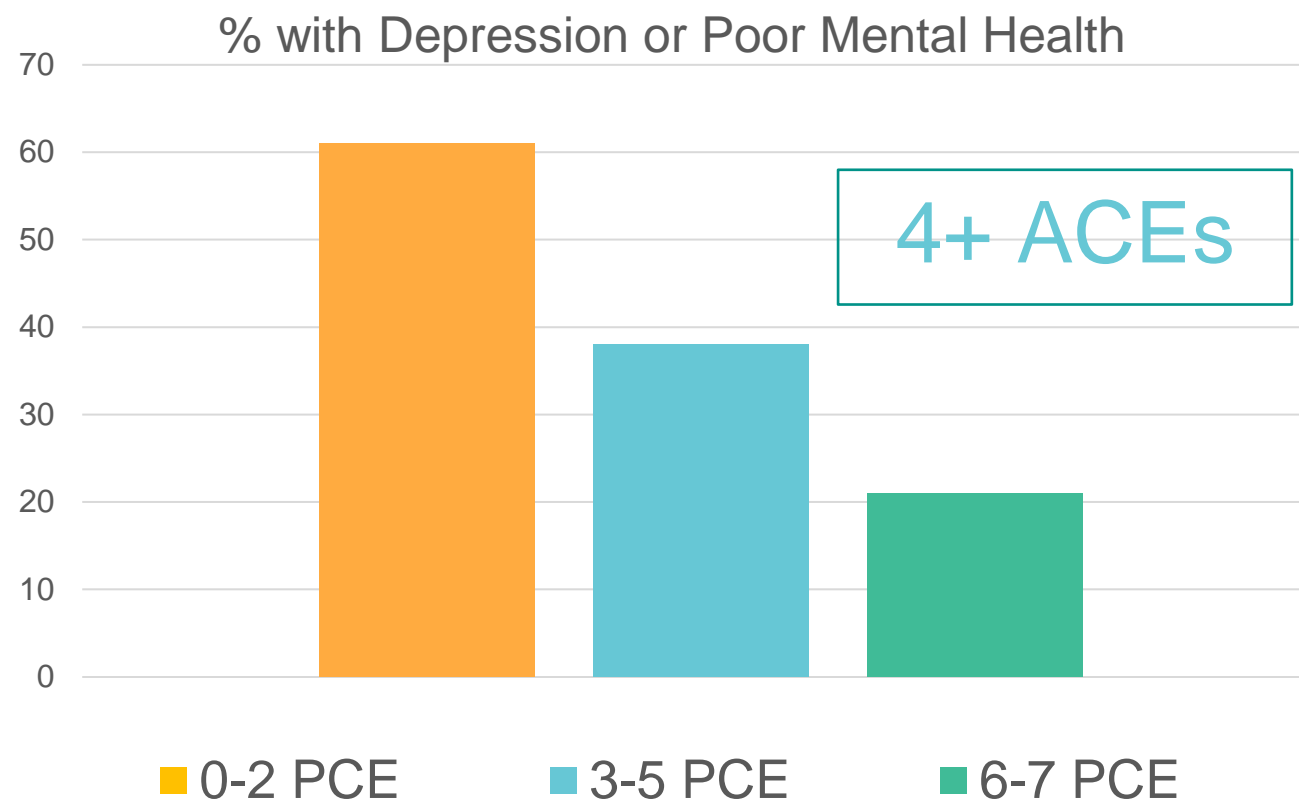




Adverse Community Environments are the root causes of ACEs



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



BREAK OUT ROOMS

Think about someone you know, personally or professionally, who had a challenging childhood but is fairly successful today.

Take 5 minutes to share in a breakout group some adjectives you would use to describe that person.





Poll

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

- 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





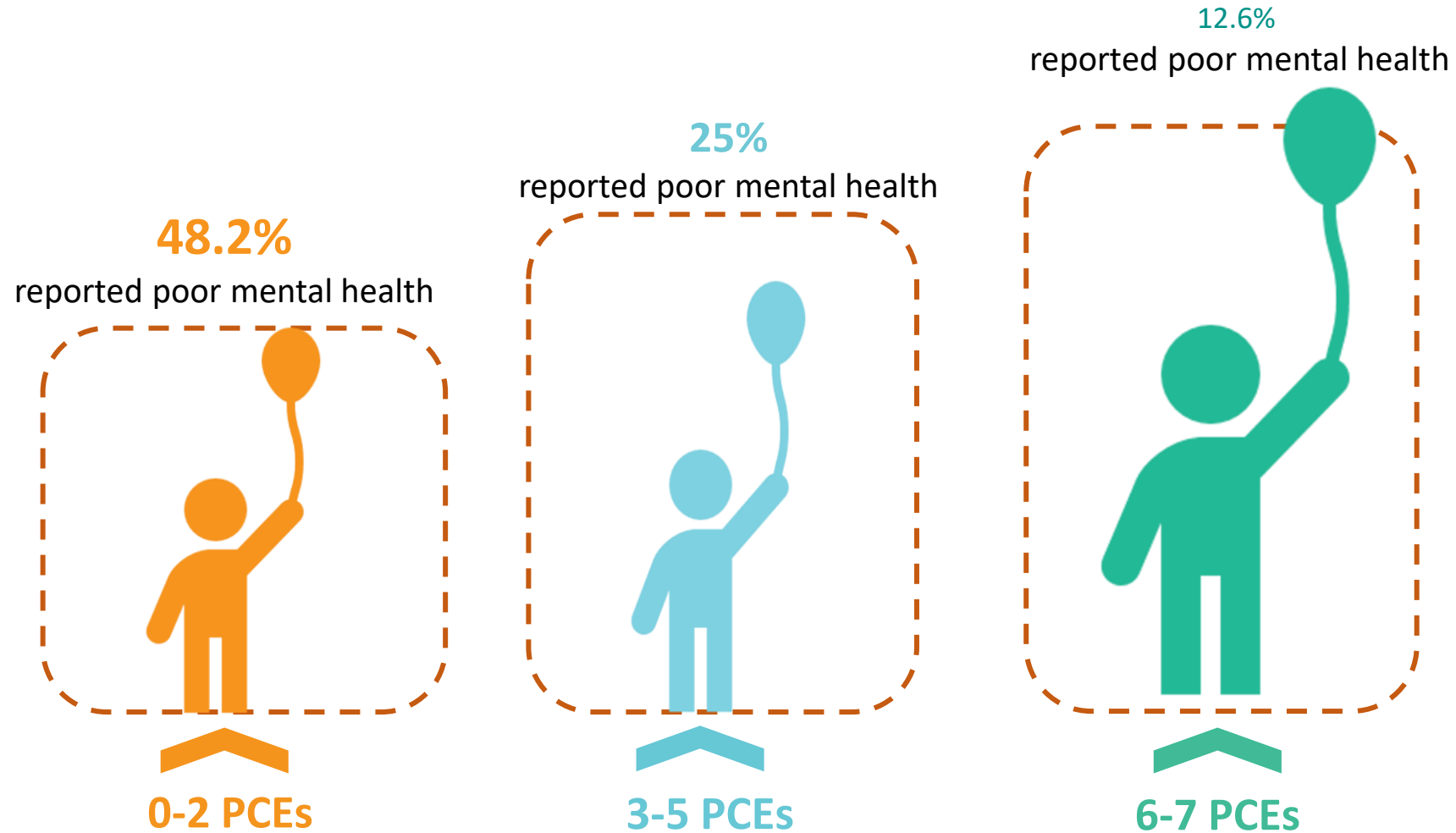
Positive Childhood Experiences scale questions



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





PCEs can positively affect adult health

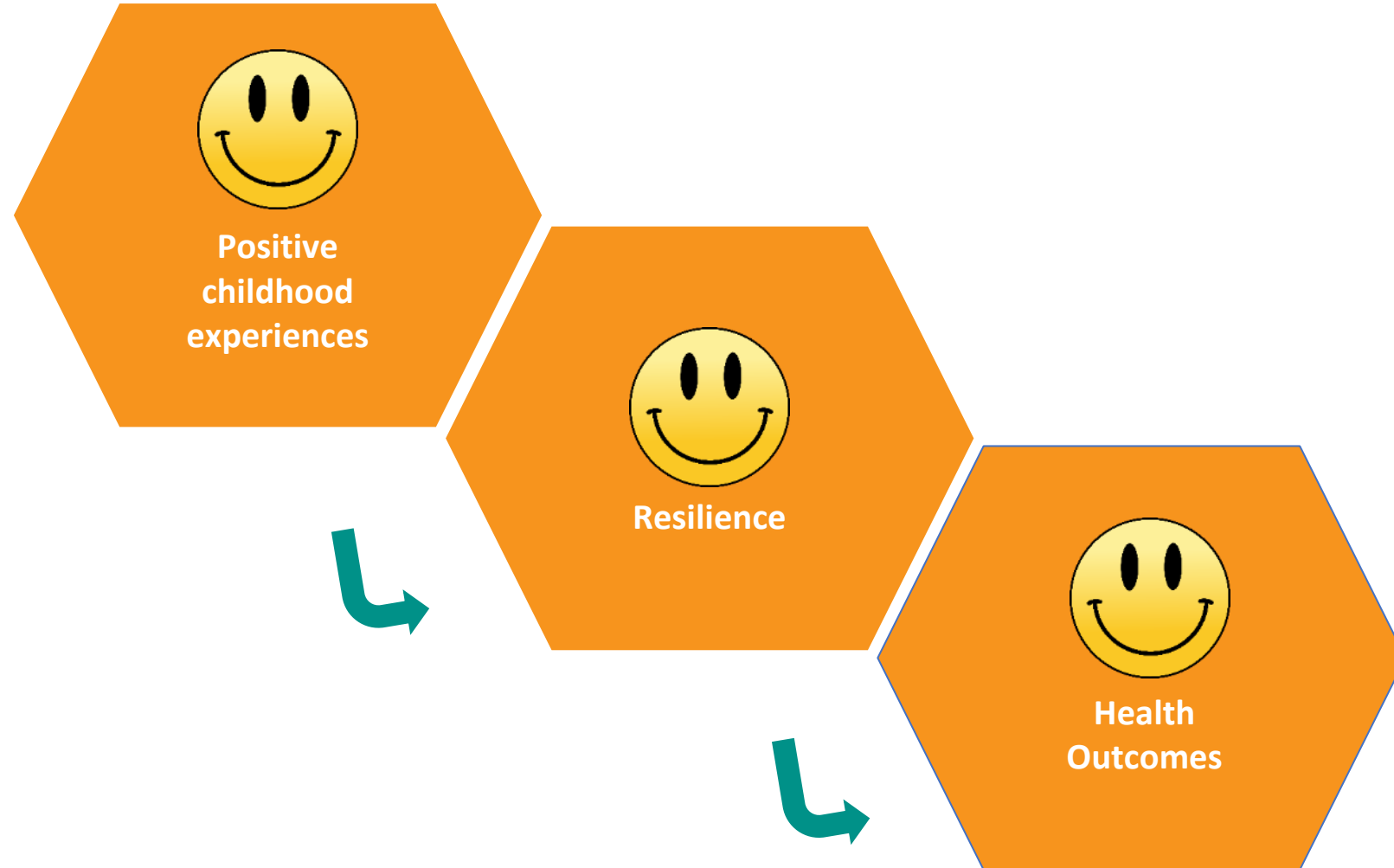


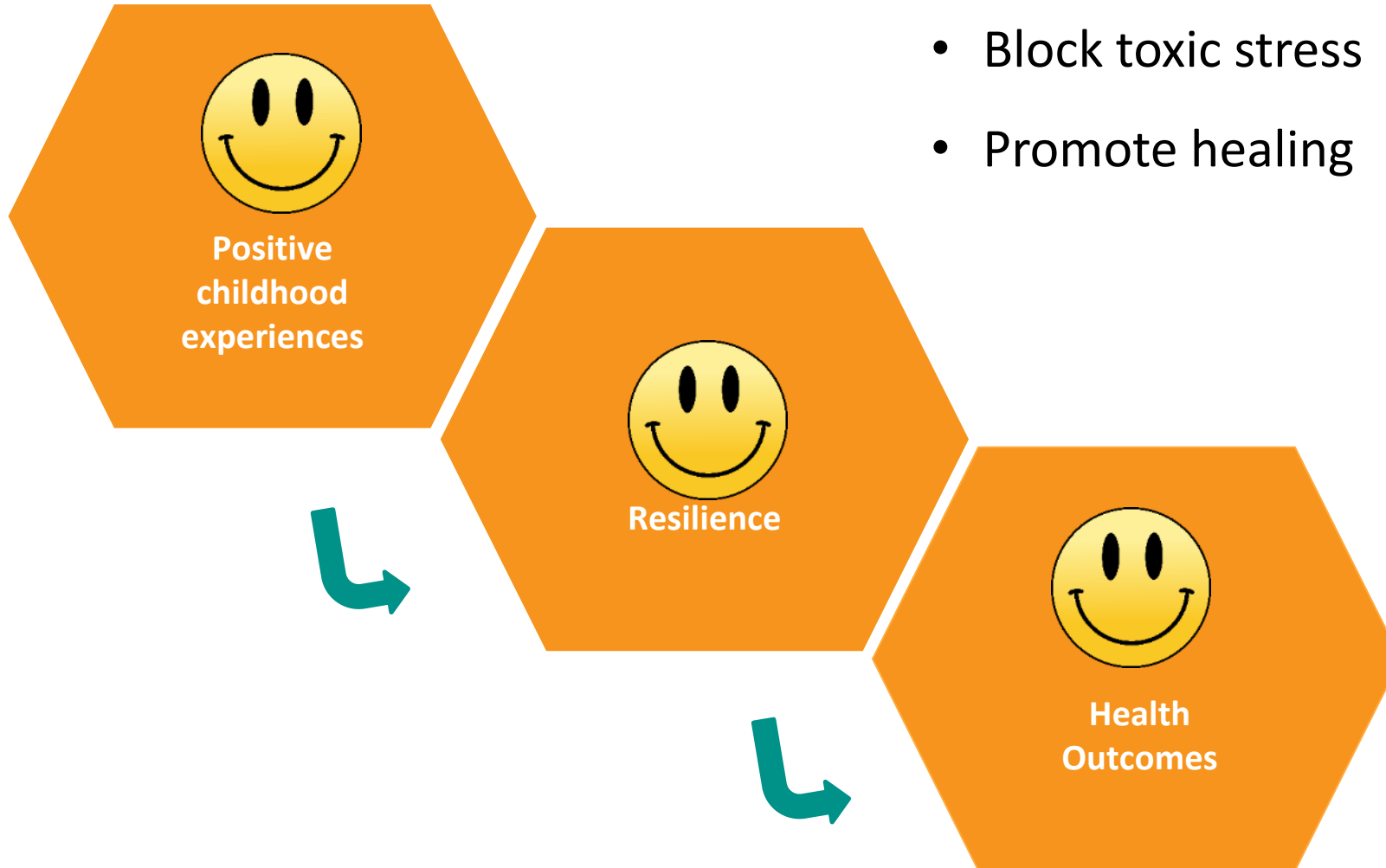
Photo by [Katherine Hanlon](#) on [Unsplash](#)





Positive Childhood Experiences:

- Prevent ACEs
- Block toxic stress
- Promote healing



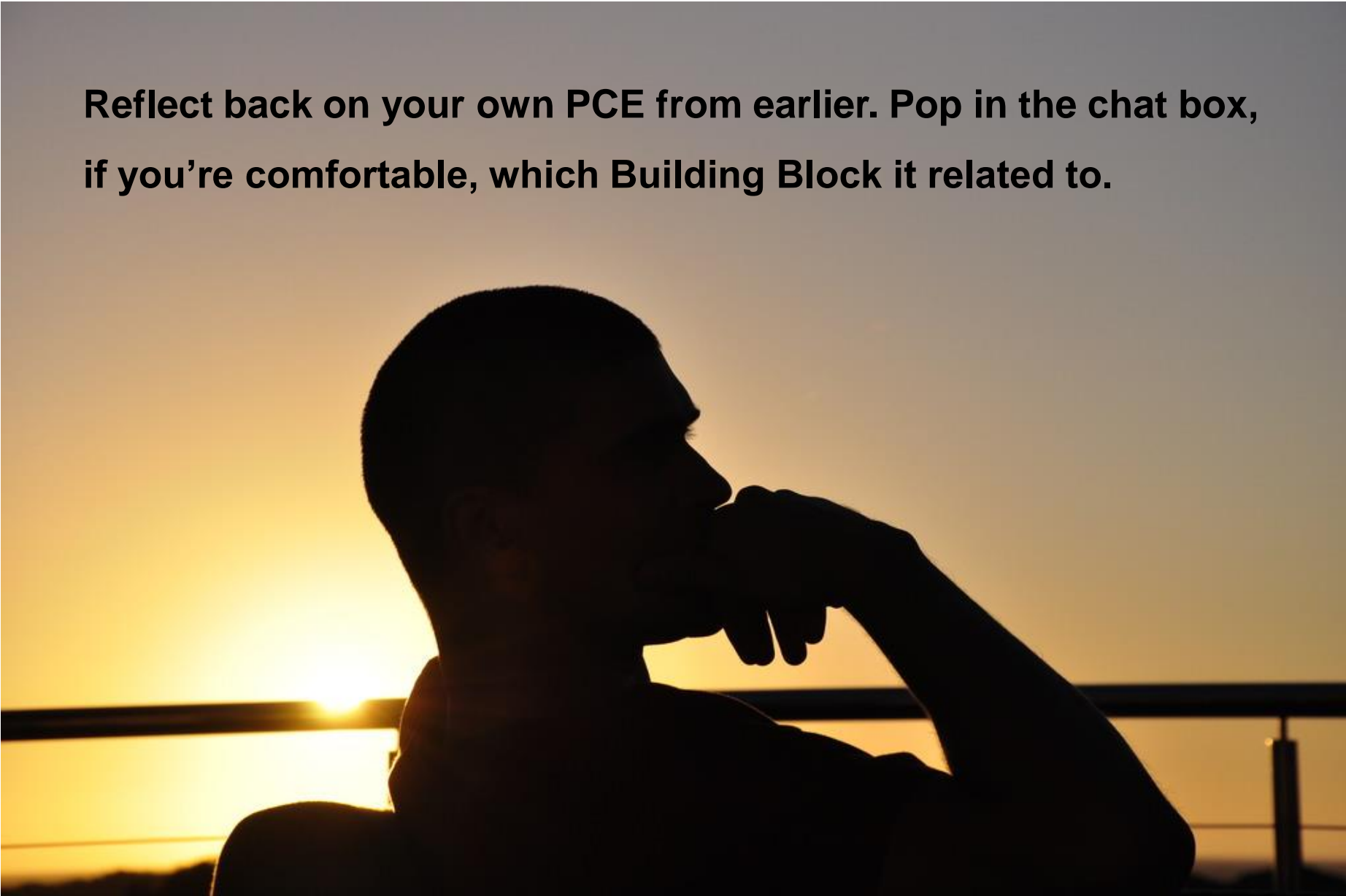


PCEs **protect** adult mental health...even
in the face of ACEs.

What does that mean to you?



Reflect back on your own PCE from earlier. Pop in the chat box, if you're comfortable, which Building Block it related to.





RELATIONSHIPS

Relationships with other children and with other adults through interpersonal activities.



ENVIRONMENT

Safe, equitable, stable environments for living, playing, learning at home and in school.



ENGAGEMENT

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



EMOTIONAL
GROWTH

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

The Four Building Blocks of HOPE





Relationships

The Four Building Blocks of HOPE



Relationships with other children and adults through interpersonal activities.



Where do you see this being promoted in your life?

What opportunities do you have to nurture this building block?





Environment

The Four Building Blocks of HOPE



Safe, equitable, stable
environments for living, playing,
learning at home and in school.



Where do you see this being
promoted in your life?

What opportunities do you
have to nurture this
building block?





Engagement

The Four Building Blocks of HOPE



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



**Where do you see this being
promoted in your life?**

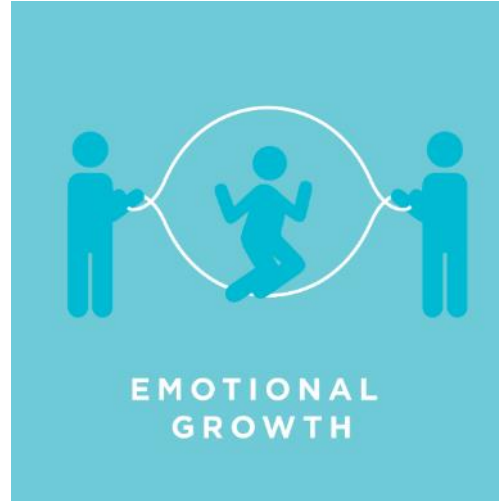
**What opportunities do you
have to nurture this
building block?**





Emotional Growth

The Four Building Blocks of HOPE



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



Where do you see this being promoted in your life?

What opportunities do you have to nurture this building block?





Discuss

Are there Building Blocks that are easier to connect to?

Harder to connect to?

Anything surprising?



Adversity and the Building Blocks of HOPE

We know that adverse childhood experiences can disrupt access to positive childhood experiences.



How can we increase a child's access to those building blocks where they might have experienced a disruption?

Child Abuse & Neglect...

Disrupts foundational
relationships

Disrupts safe home
environments

Family Disruption...

Disrupts safe
environments (home and
SDoH)

Adverse Community Environments...

Reduce **engagement**
Reduce opportunities for
emotional growth (peer
play)



BREAK OUT ROOMS

Think back on the person you spoke about at the beginning who had a challenging childhood but is fairly successful today.

Did the adjectives you used describe **strengths**, **adaptability** or **deficits**?





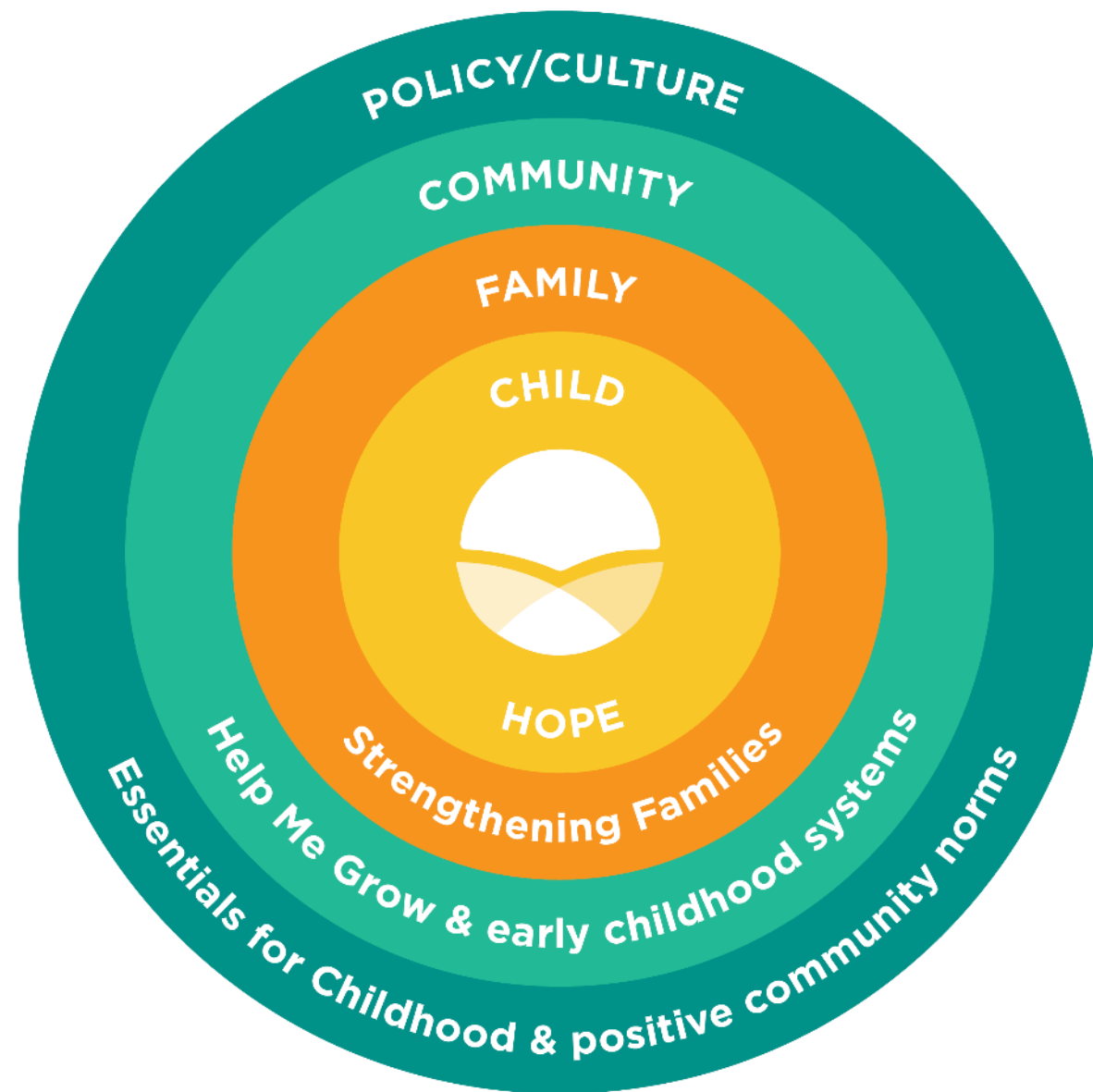
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

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





**HOPE focuses on the
child**





Common Framework

HOPE links related ideas

Relational Health

Social Determinants

Child-directed play

Parental wellbeing



Helps Providers
by

Understanding a family's strengths and hopes.

Provides a basis for collaborative problem solving

Reduces burnout



Promotes human
dignity



Families are Resilient. HOPE celebrates their strengths.



HOPE



Moments of HOPE

Moments of HOPE can occur:

In each encounter

During intake and assessments

When sharing referrals or community resources

When creating or revising policies

When designing programming
