



WSU COMMUNITY ENGAGEMENT INSTITUTE
**TRAUMA-INFORMED
SYSTEMS OF CARE**
Cultivating Compassionate Culture



Spreading H.O.P.E. in your Community

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HOPE



HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES



HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

**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**



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



Think of someone you know who had a challenging childhood but seems to be doing well today.

Turn to the person next to you and share 4-5 adjectives that you would use to describe that person.



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

Developing the Positive Childhood Experiences (PCEs) score

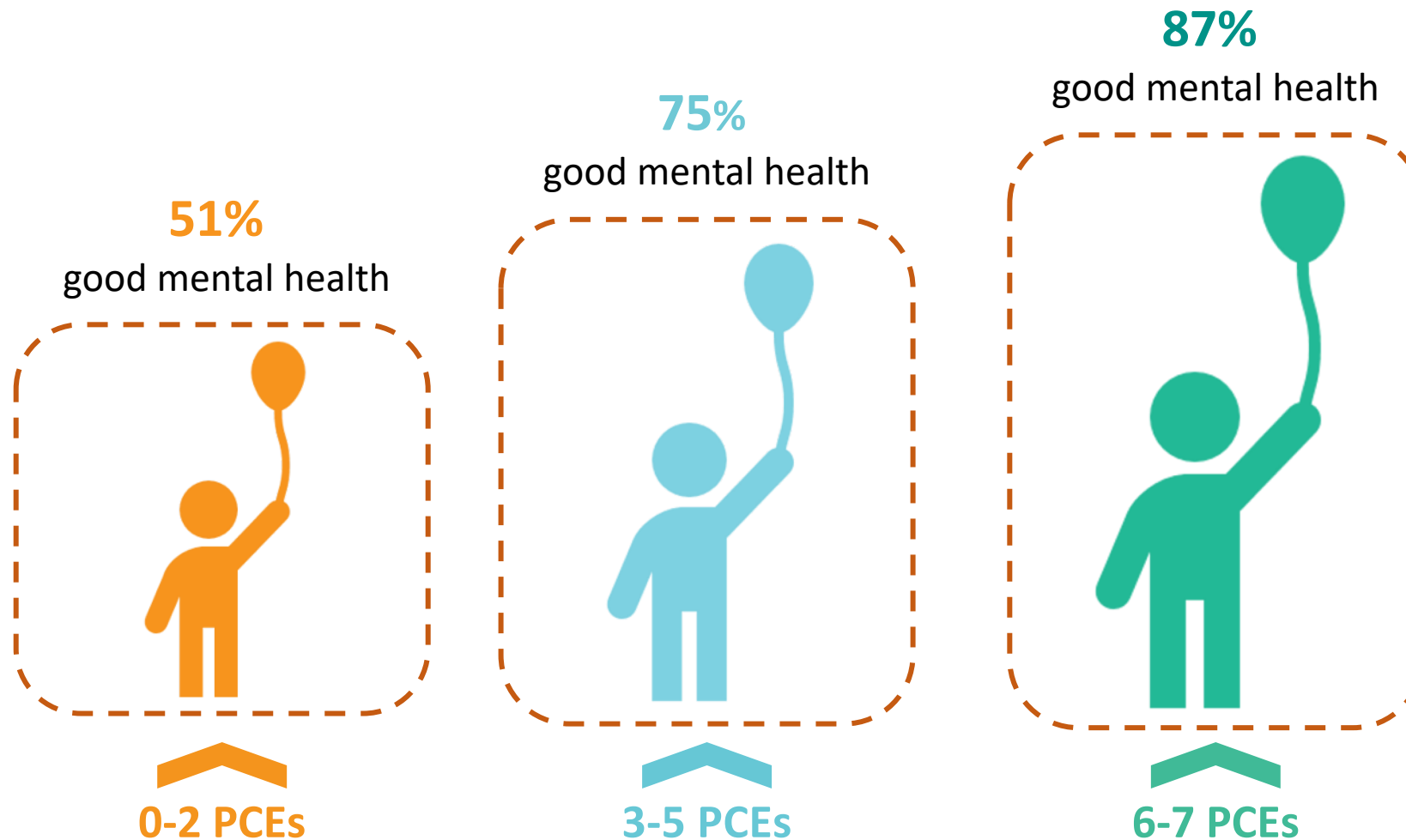


Positive Childhood Experiences & Adult Mental Health

As a child, how often did you:

- Feel able to talk to your family about feelings
- Feel your family stood by you during difficult times
- Enjoy participating in community traditions
- Feel a sense of belonging in high school
- Feel supported by friends
- Have at least two non-parent adults who took genuine interest in you
- Feel safe and protected by an adult in your home

Positive Childhood Experiences (PCEs) Protect Adult Mental Health



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

Higher PCEs Associated with Lower Substance Use

(2019 Montana BRFSS)



68% lower risk of
ever smoking
cigarettes



Less alcohol
consumption in
the past 30 days



71% lower risk of
lifetime
substance use

“Feeling safe and protected by an adult in the
home” had largest impact on alcohol use

Higher PCEs in Childhood Improve Adolescent Outcomes

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.

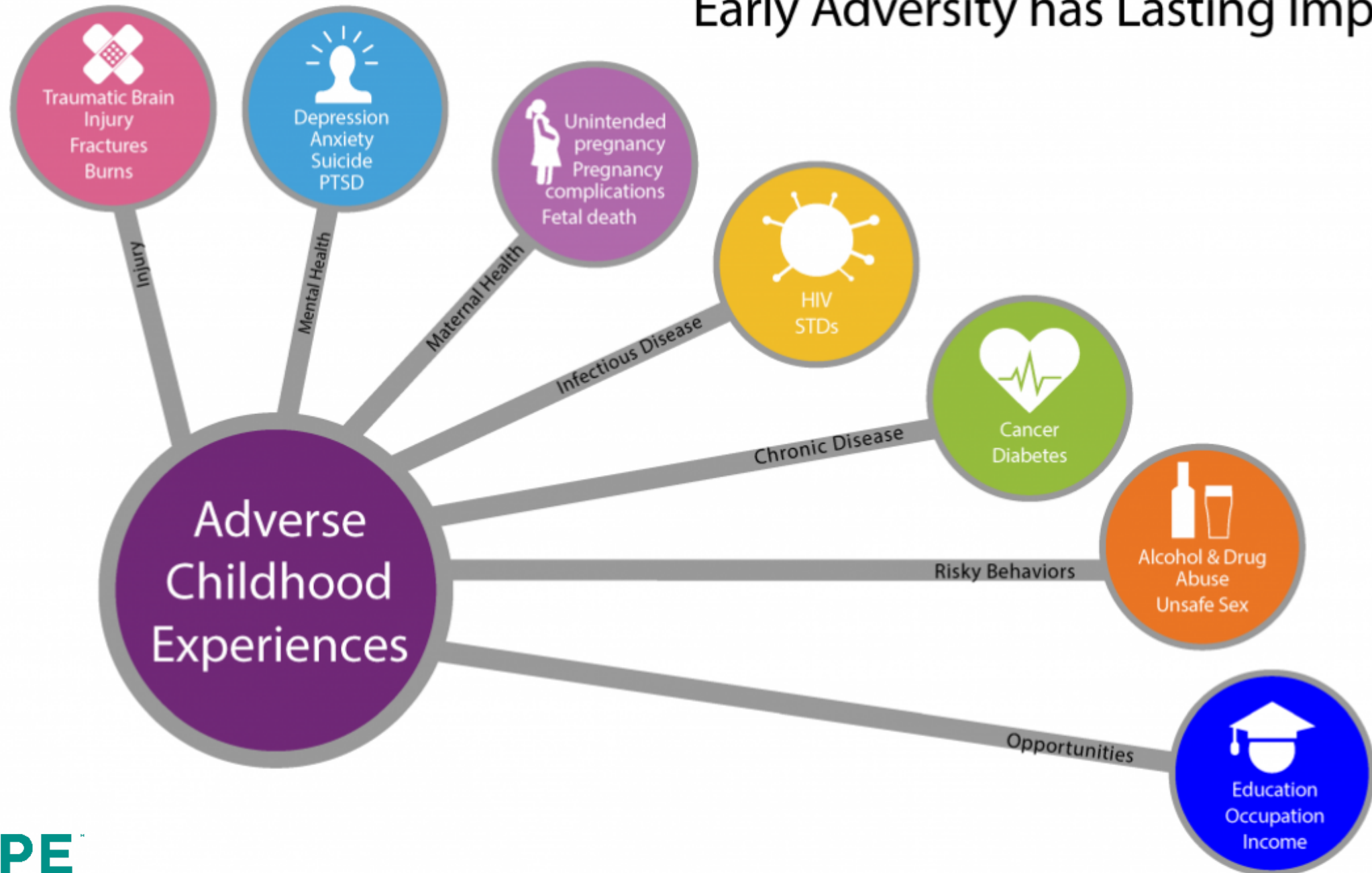


Improved
Mental
Health

Better
Academic
Skills



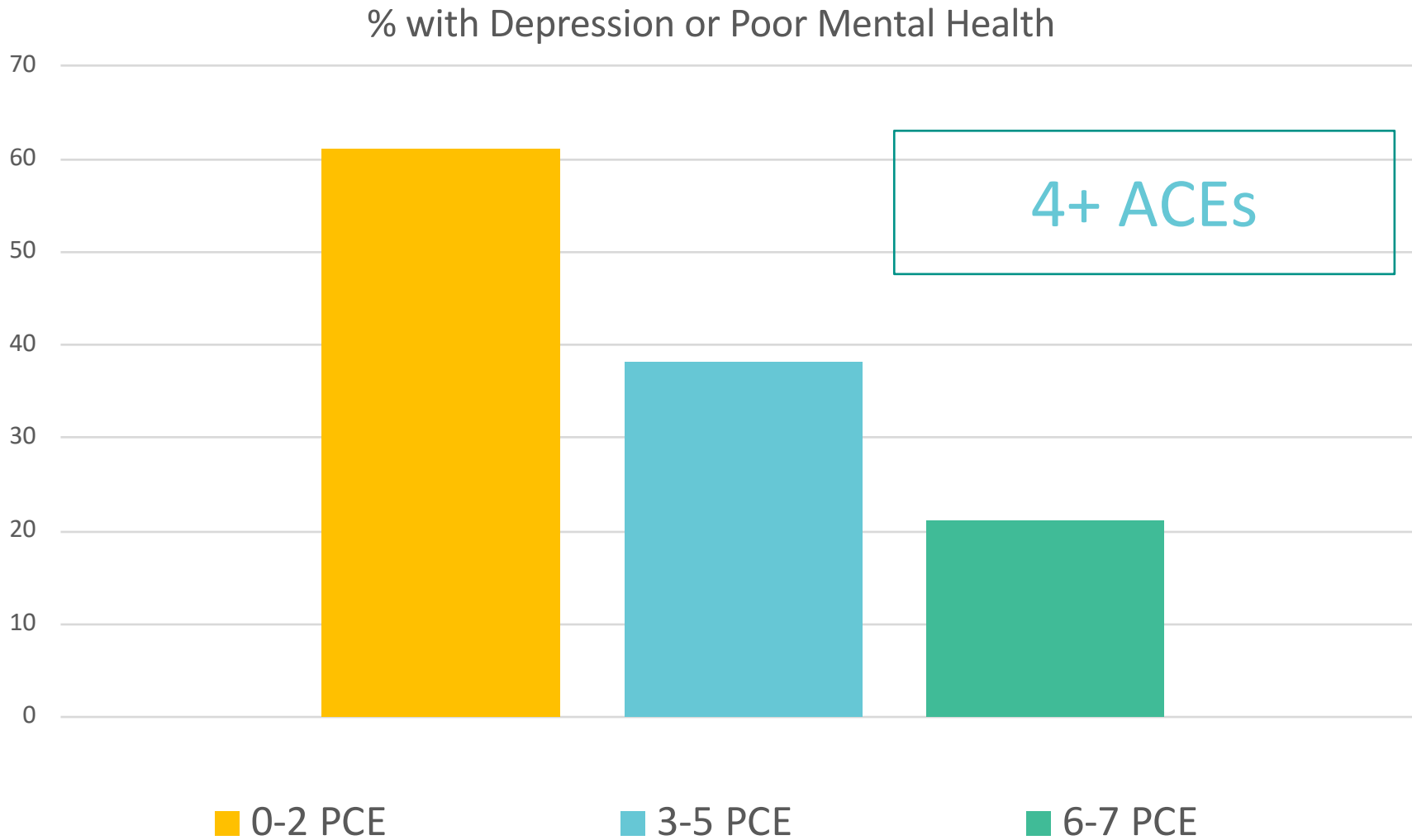
Early Adversity has Lasting Impacts





PACEs Connection thanks **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance. Please visit PACesConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

Positive Childhood Experiences Mitigate ACEs Effects





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

The Four Building Blocks of **HOPE**

Healthy Outcomes from Positive Experiences

Relationships



Engagement



Environment



**Opportunities for
Social Emotional
Development**





Relationships with
other children and
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.





What goes in the buckets?





Think back to the person you
identified earlier.

What do you think their PCEs
might have been?





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



Families are resilient.

HOPE celebrates their strengths.

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 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.

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

HOPE 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.

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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

“Relationships matter. The currency for systemic change was trust and trust comes through forming healthy working relationships.

**People, not programs,
change people.”**

~Bruce D. Perry, MD PhD

