



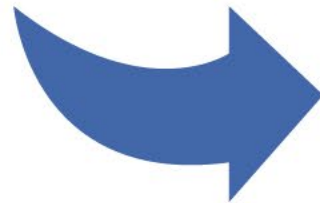
# Building HOPEful Communities Together

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# Learning

- The Healthy Outcomes from Positive Experiences (HOPE) framework is evidence informed approach to strengthening community resilience to respond to crisis and build an inclusive community. Research shows that access to Positive Childhood Experiences (PCEs) can mitigate the negative impact of ACEs, strengthen resilience on individual and community levels, and lead to positive health and mental health outcomes in adulthood. The HOPE framework provides with a blueprint to follow to identify our communities' strengths and provide support for access to PCEs which all children and youth need to thrive. The framework is scalable and can be applied on individual, group, or community level, in direct services and policy creation or systems change levels. This presentation will provide information about the research behind the framework and some insight into the opportunities we have as community to implement it on local level.



# Beginnings Matter Program Vision

# The Pair of ACEs

## ADVERSE CHILDHOOD EXPERIENCES

Maternal  
Depression

Homelessness

Divorce

Emotional/  
Sexual Abuse

Domestic  
Violence

Neglect

Mental  
Illness

Substance  
Abuse

Incarceration

## ADVERSE COMMUNITY ENVIRONMENTS

Discrimination

Lack of  
Opportunity

Violence

Poverty

Community  
Disruption

Poor  
Housing



# Community resilience looks like...



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# The HOPE framework





## 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 with a pink and white patterned headscarf, are sitting together and smiling. They appear to be in a classroom or community setting, engaged in an activity. The background is slightly blurred, showing other children 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.

## HOPE SHIFTS THE NARRATIVE

Positive experiences affect health outcomes. People are defined by their strengths as well as the challenges they face.



# Developing the Positive Childhood Experiences (PCEs) score

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 questions

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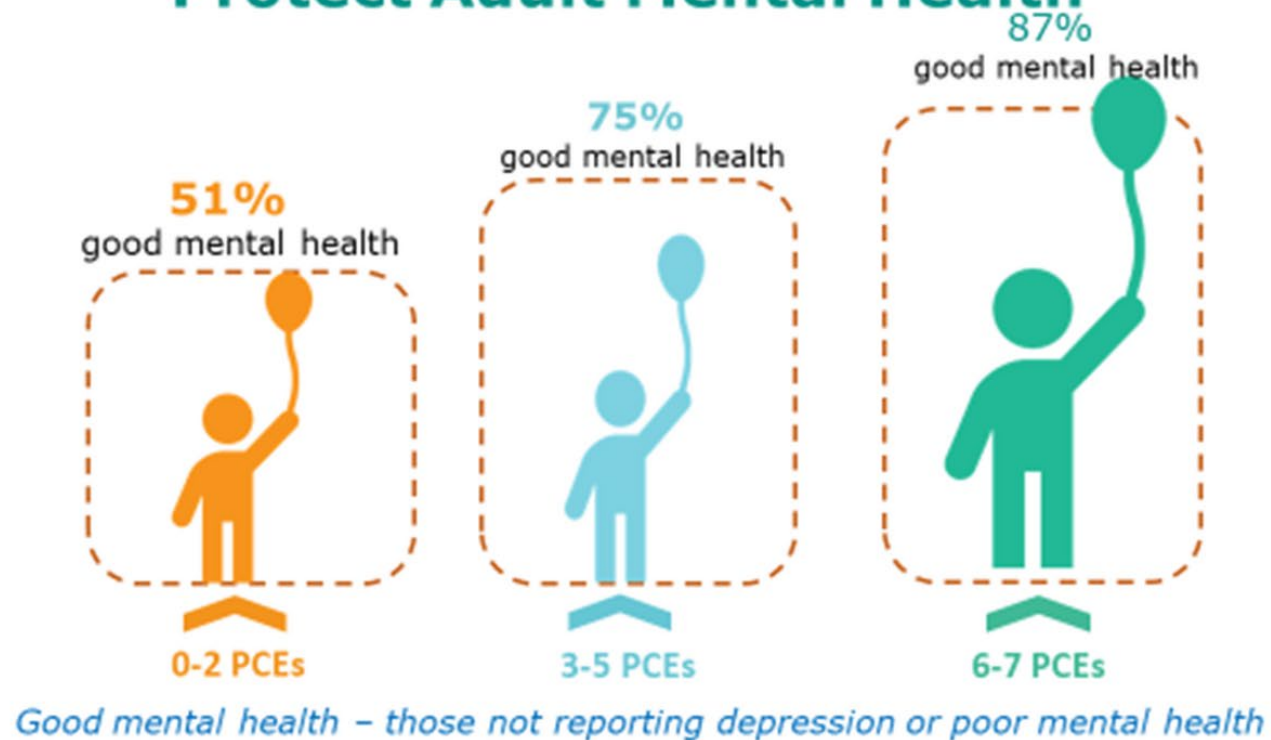


*As a child, how often did you ...*

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

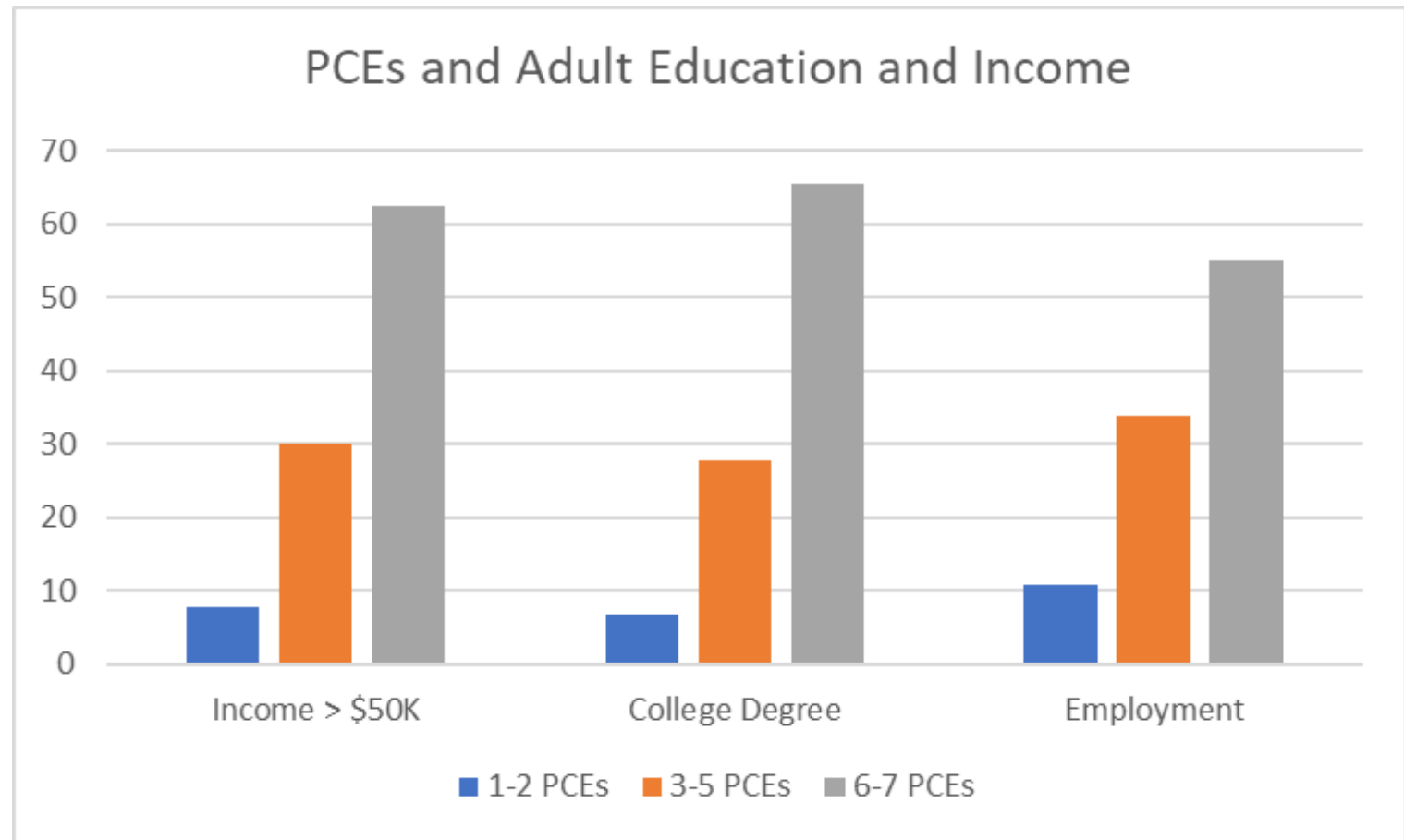


PCEs  
protect  
adult  
mental  
health



# Higher PCEs Associated With Educational Attainment & Income

National BRFSS Data (4 States)



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



# 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 Largestatewide Sample. Journal Of Community Health. 2022 Nov15:1-9.*



# Higher PCEs Protects Overall Health

2021 Tennessee BRFSS Data



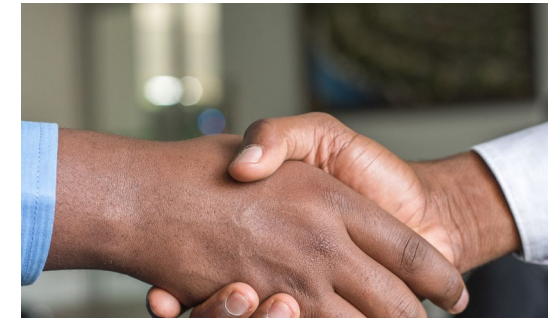
Lower Rates Of  
Depression



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 in Childhood Improve Adolescent Outcomes

National Longitudinal Survey  
of Australian Children

HOPE Framework

Validated in Prospective Study



Improved Mental  
Health

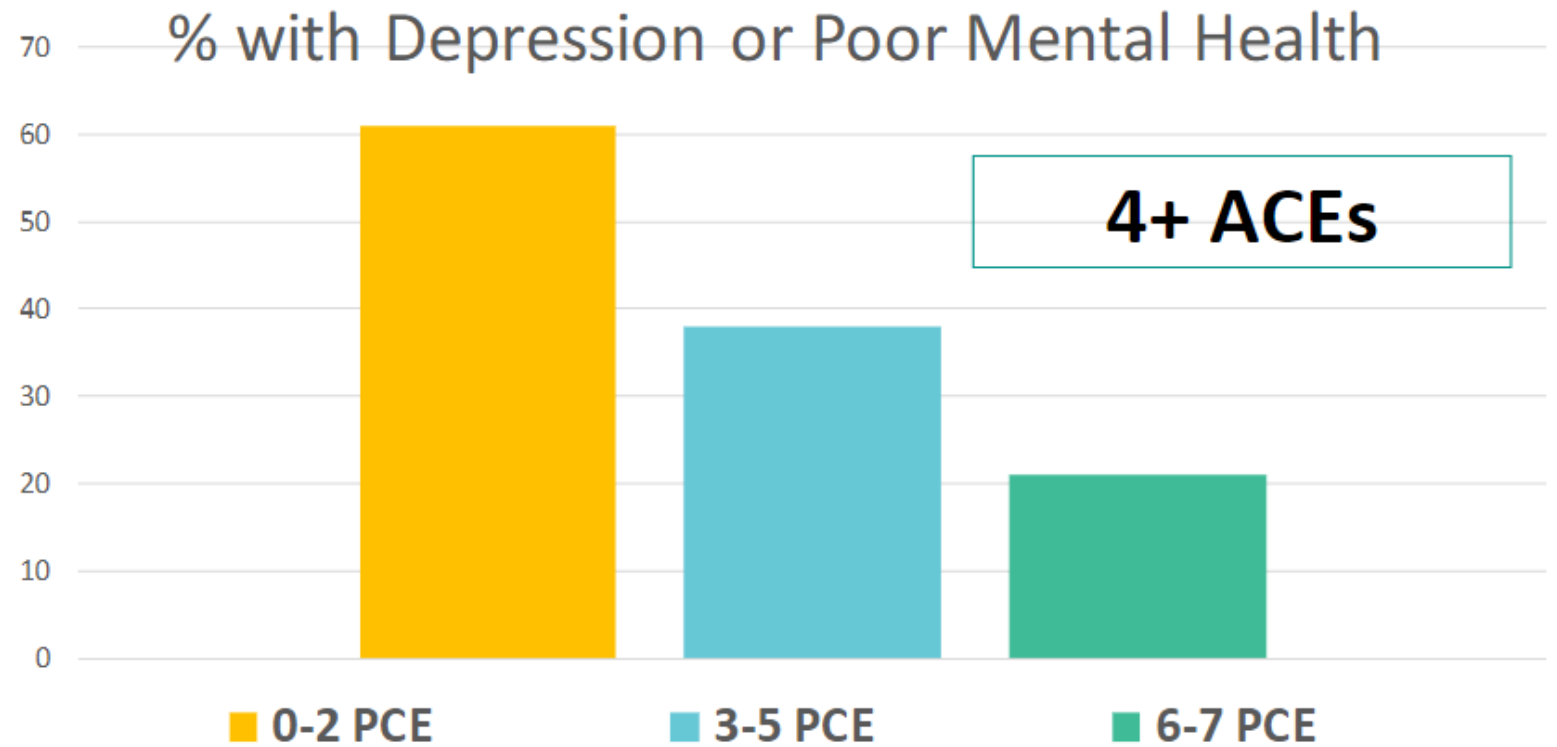


Better Academic  
Skills

*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.

# 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





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



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

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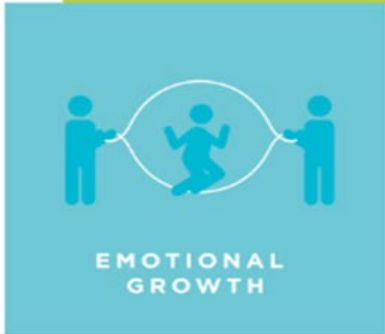
**Safe, equitable, stable environments** for living, playing, learning at home and in school.

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

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

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# The Four Building Blocks of HOPE











EMOTIONAL  
GROWTH

**“Hope is often misunderstood.  
People think it is simply passive wishful thinking.  
This is the opposite of real hope,  
which requires action and engagement.”**

**DR. JANE GOODALL**



**@JaneGoodallAU**

# 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 policies and processes to be HOPE-informed



We can help you become a HOPE champion in  
your community



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*Thank  
you!*



# References

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- Longhi, D., Brown, M., & Fromm Reed, S. (2021). Community-wide resilience mitigates adverse childhood experiences on adult and youth health, school/work, and problem behaviors. *American Psychologist*, 76(2), 216–229.

# Additional Resources

- [Essential Resources for Socially Connected Communities | Healthy Places by Design](#)
- HOPE framework - <https://positiveexperience.org/>
- PACEs Connection: [www.pacesconnection.com](http://www.pacesconnection.com)
- SDSU Social Policy Institute/Strategies 2.0. Building community resilience toolkit series. Retrieved from: <https://sdsusocialpolicyinstitute.org/category/toolkit/>
- [CAHMI Home](#)