

Fostering HOPE (Healthy Outcomes from Positive Experiences) during COVID-19



Tuesday, June 16, 2020
1:30 PM – 3:00 PM

Webinar Housekeeping

Use **Drop Down Menu** to:

- Mute and Unmute
- Open Participant Pane
- Open Chat

The screenshot shows a Zoom webinar interface. At the top, a navigation bar includes buttons for RETURN, Audio, Mute Me, Participants, Chat, Annotate, and Q&A. A blue arrow points from the 'Participants' button to the 'Use Drop Down Menu to:' text. Below the navigation bar, the main content area displays the webinar title 'Essentials for Childhood Initiative' and the date 'Friday, April 24, 12:30 PM - 1:30 PM'. On the right side, the 'Participant Pane' is open, showing a list of participants: 'Hannah James (Host)' and 'daniela (me)'. A blue circle highlights the icons for Mute and Unmute, with an arrow pointing to the text 'Mute and Unmute'. Another blue circle highlights the icons for Turn Webcam ON and OFF, with an arrow pointing to the text 'Turn Webcam ON and OFF'. Below the participant list, the 'Raise Your Hand' icon is circled in blue, with an arrow pointing to the text 'Raise Your Hand'. At the bottom, the 'Chat' pane is open, showing a list of recipients: 'Host', 'Presenter', 'Host & Presenter', 'Host, Presenter & Panelists', 'All Participants', 'All Panelists', and 'Hannah James'. A blue circle highlights the 'Send to: Host' dropdown menu, with an arrow pointing to the text 'Chat Sent to:'. The Windows taskbar is visible at the bottom of the screen.

Participant Pane

Mute and Unmute

Turn Webcam ON and OFF

Raise Your Hand

Chat

Sent to:

- HOST for tech issues only
- ALL to engage with participants



Today's Facilitators



Elena Costa
Program Coordinator
Essentials for
Childhood Initiative



David Dodds, PhD, MPH
Deputy Director,
Evaluation, First Five
California, and Data
Subcommittee Co-Chair



Lori Turk-Bicakci, PhD, MA
Director, Lucile Packard
Foundation, and Data
Subcommittee Co-Chair



V

Vision

All California children, youth, and families thrive in safe, stable, nurturing relationships, and communities where they live, work, and play.



M

Mission

Support and participate in mutually reinforcing activities and strategies across multiple agencies and stakeholders that optimize the health and wellbeing of all children in California.





Today's Agenda

1	Fostering HOPE (Healthy Outcomes from Positive Experiences) during COVID-19
2	Q&A with Dr. Sege and Dr. Burstein
3	Facilitated Discussion
4	Next Steps



Purpose

- Present research and data supporting the **benefits and importance of Positive Childhood Experiences (PCEs)**, background on the HOPE Project, and the relevance to ACEs screening and working with families during COVID-19.
- Participants will be given the opportunity to **share stories of inspiration, concern and self-care**, discuss how they relate to the **four building blocks of HOPE**, and implications for front line workers.
- Determine how you might utilize the information shared to expand or enhance your efforts to address and improve child wellbeing?

Viewpoints and thoughts shared are not necessarily representative of the California Department of Public Health, the California Department of Social Services, or the state of California





Robert Sege, MD, PhD
HOPE Project
Director, Center for Community-
Engaged Medicine
Tufts Medical Center



Dina Burstein, MD, MPH
HOPE Project
Project Director, Center for
Community-Engaged
Medicine





HOPE: Healthy Outcomes from Positive Experiences

June 16, 2020

Robert Sege, MD, PhD, Dina Burstein, MD, MPH, and Chloe Yang

proud member of  **wellforce**

Tufts Medical Center

Floating Hospital
for Children
at **Tufts** Medical Center

Our purpose for today

1. Review HOPE - Healthy Outcomes from Positive Experiences
2. Data regarding CA and the 4 Building Blocks of HOPE
3. Stories of HOPE in the time of Coronavirus
4. Create 101 ways of measuring HOPE / hope in CA

Healthy Outcomes and Positive Experiences

Health Outcomes

World Health Organization:

"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

Common Positive Experiences

Attachment

Conversation

Literacy

Independence

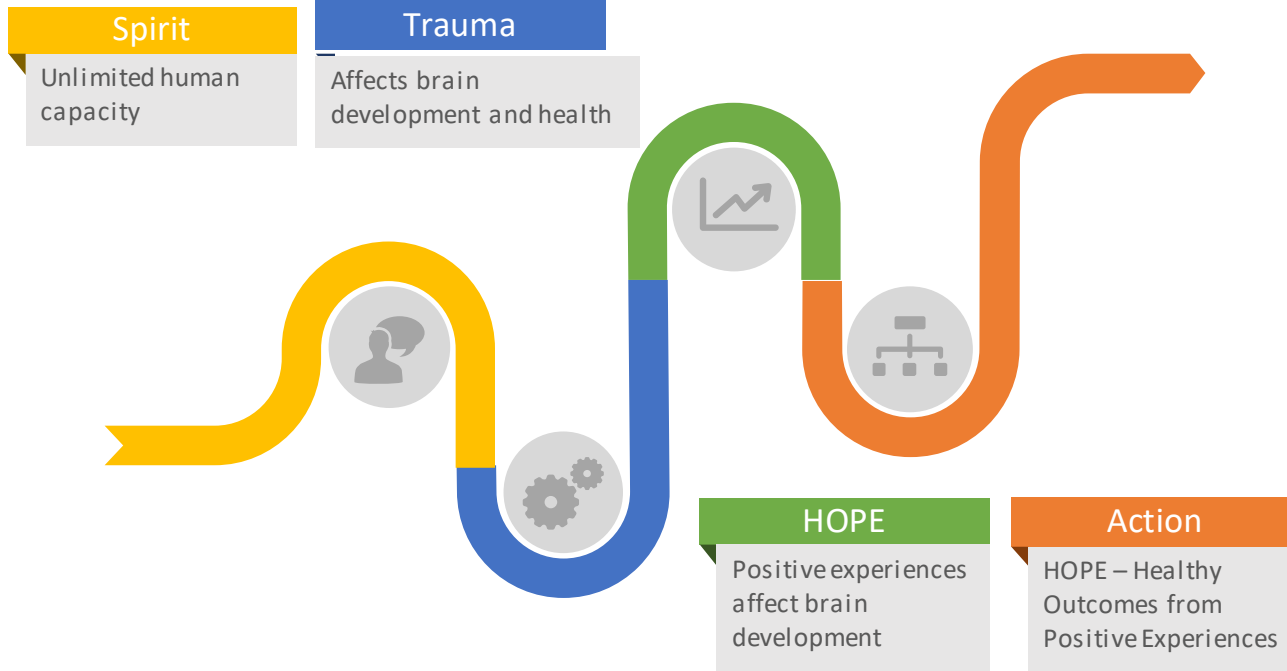
Mastery

Overview

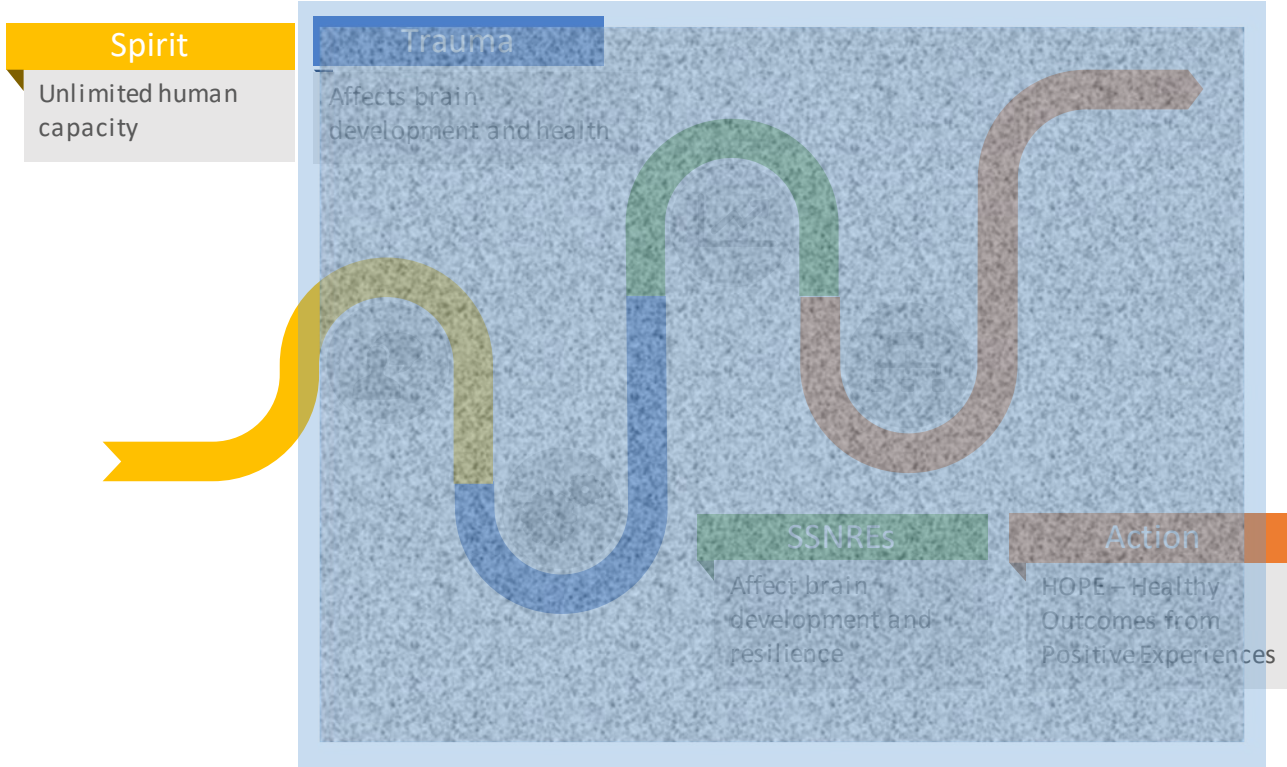
HOPE provides a language that:

- 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



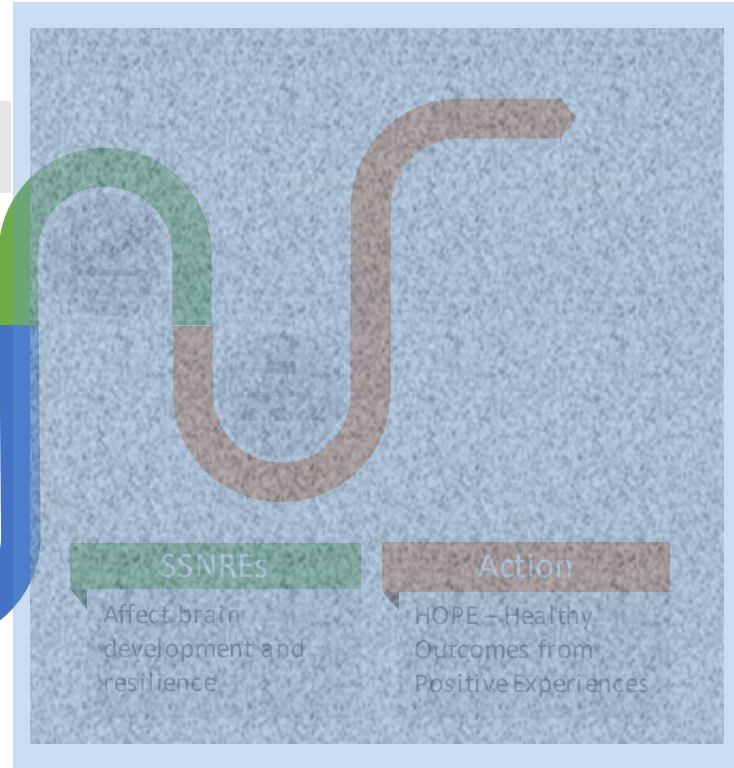
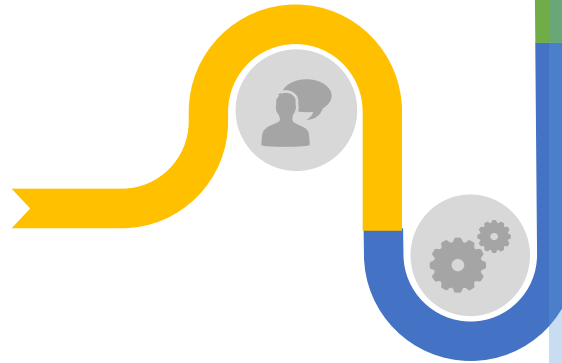
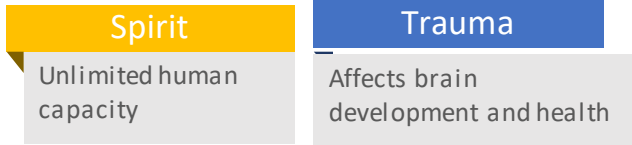
Experience Shapes Human Brain Development



Why do you do the work you do?

A word cloud featuring various terms in different colors and sizes. The most prominent words are 'passion', 'children', 'hope', 'empathy', 'change', 'resilience', 'love', 'compassion', 'advocacy', 'purpose', 'difference', 'connection', and 'impact'. Other visible words include 'transform', 'resources', 'community', 'inspire', 'people', 'assist', 'knowledge', 'builder', 'bridge', 'passionate', 'support', 'holistic', 'trauma', 'make', 'justice', 'readiness', 'families', 'reform', 'pay', 'understand', 'rodents', 'future', 'ministry', 'help', 'fun', 'trauma', 'make', 'readiness', 'families', 'reform', 'pay', 'try', 'empower', 'learn', 'compassion', 'inspiration', 'advocacy', 'advocate', 'safety', 'care', 'purpose', 'supervision', 'need', 'meaningfulness', 'difference', 'connection', and 'impact'.

Experience Shapes Human Brain Development



Adverse Childhood Experiences and Other Risk Factors for Toxic Stress

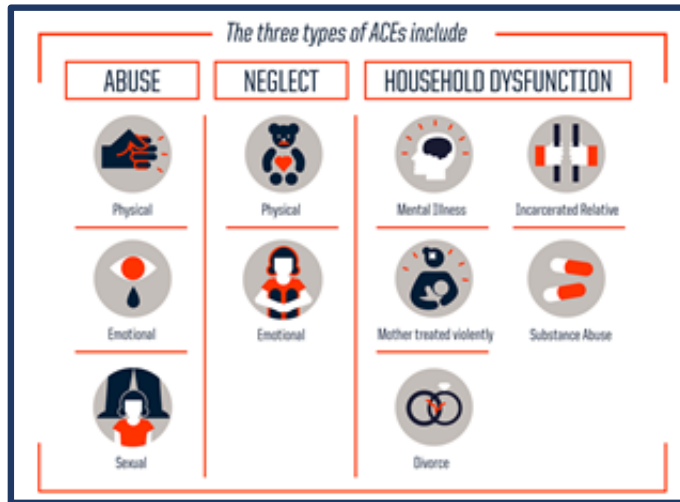


Image courtesy of RWJF

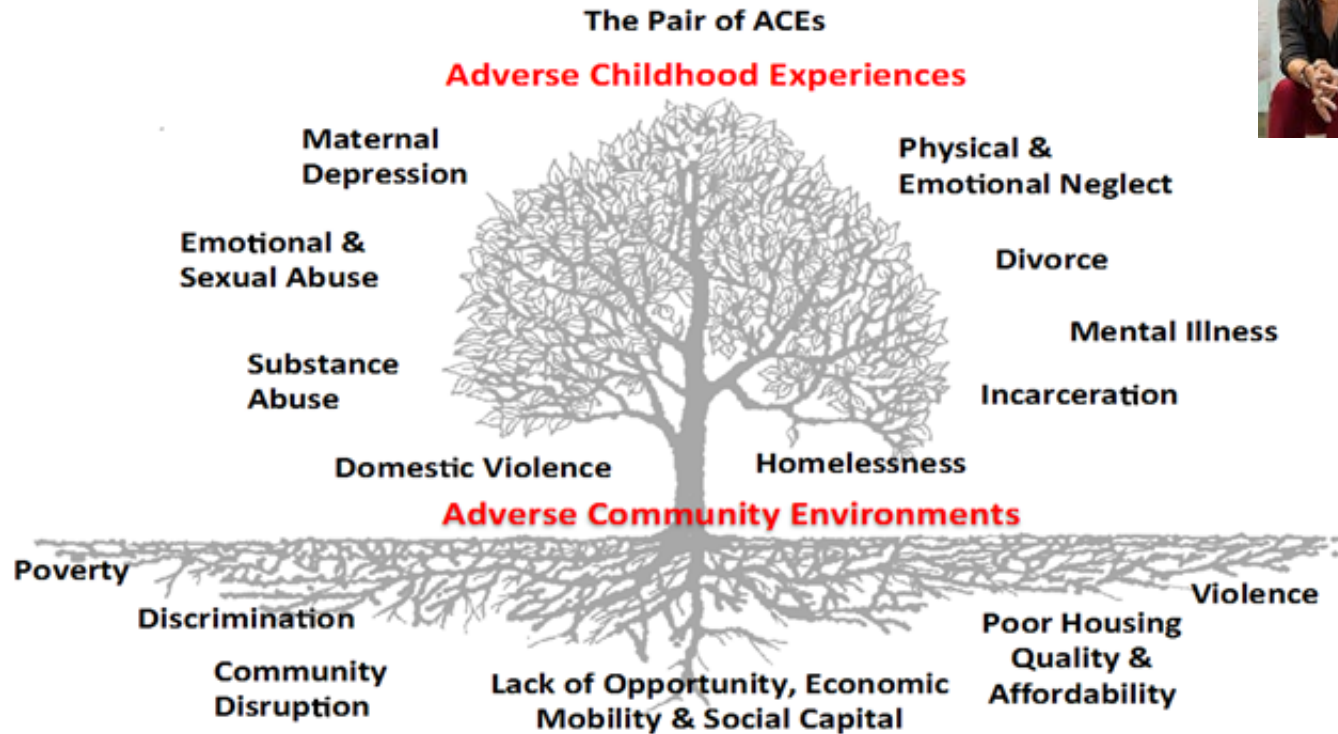
Additional community and societal factors that contribute to toxic stress:

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

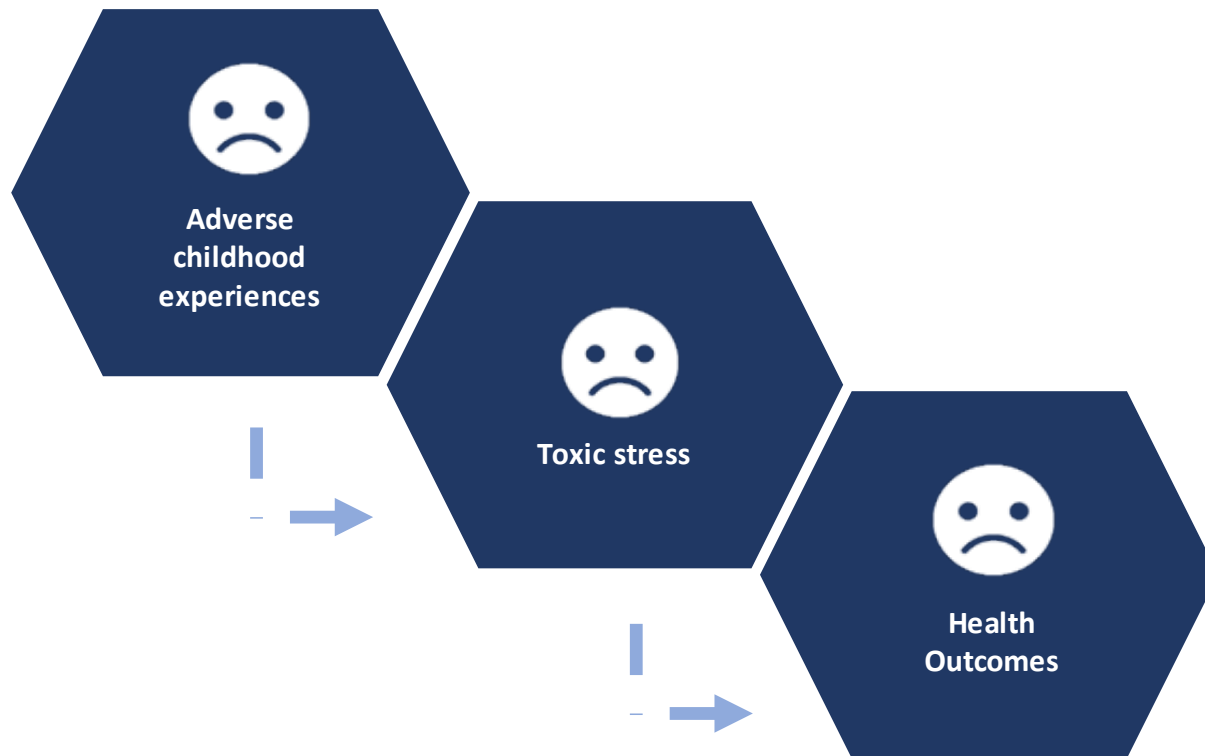
ACEs cause chronic disease: Population attributable fractions by ACEs score

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



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](https://doi.org/10.1016/j.acap.2016.12.011)

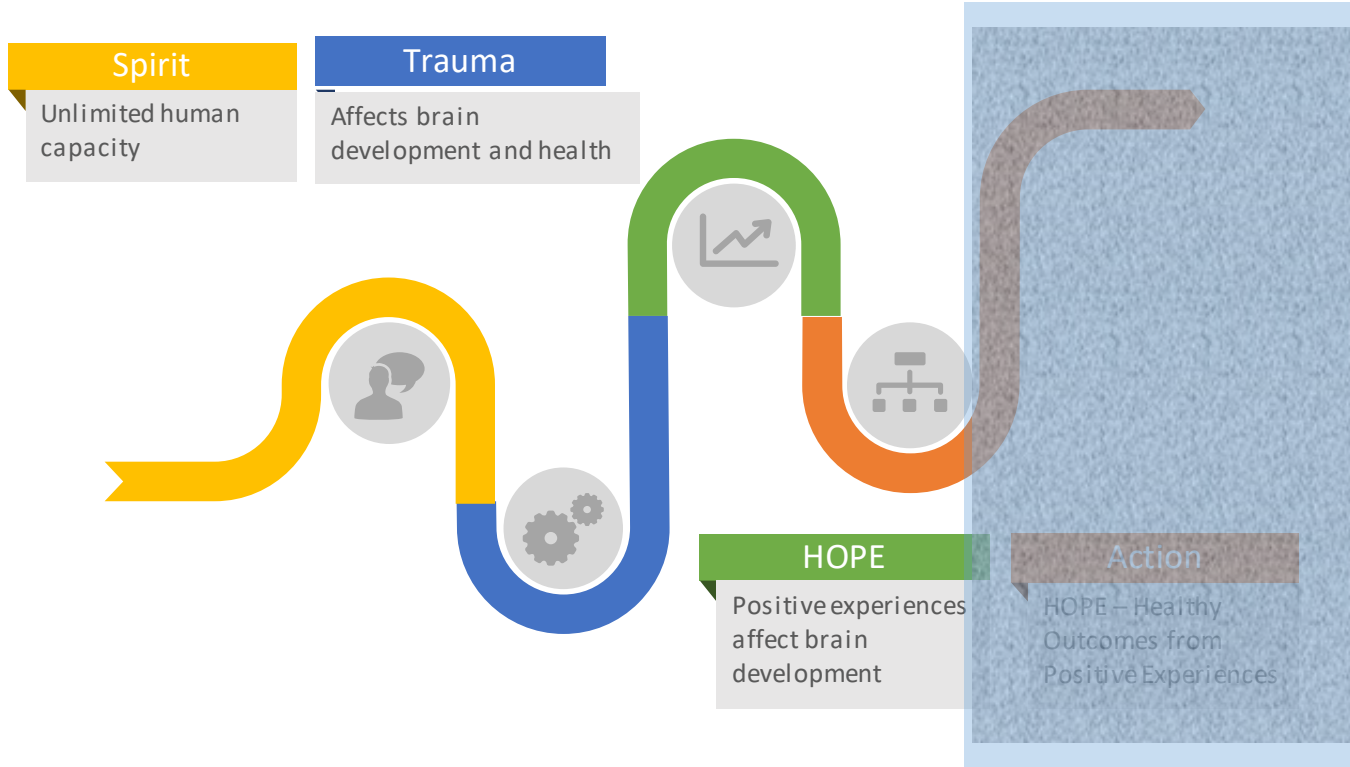




ACEs are only part of the picture

- Many people with 4+ ACEs are OK
- Other experiences affect the brain
- Do positive experiences affect outcomes?

Experience Shapes Human Brain Development



We studied PCEs just like ACEs

ACEs

- 1998 study of employed people in SoCal
- 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

Cumulative Positive Childhood Experiences Score

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

1. Felt able to talk to their family about feelings
2. Felt their family stood by them during difficult times
3. Enjoyed participating in community traditions
4. Felt a sense of belonging in high school
5. Felt supported by friends
6. Had at least two non-parent adults who took genuine interest in them
7. 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”)

Original Investigation

Next 3 slides

September 9, 2019

Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample

Associations Across Adverse Childhood Experiences Levels

Christina Bethell, PhD, MBA, MPH¹; Jennifer Jones, MSW²; Narangerel Gombojav, MD, PhD¹; [et al](#)

[> Author Affiliations](#) | [Article Information](#)

JAMA Pediatr. 2019;173(11):e193007. doi:10.1001/jamapediatrics.2019.3007

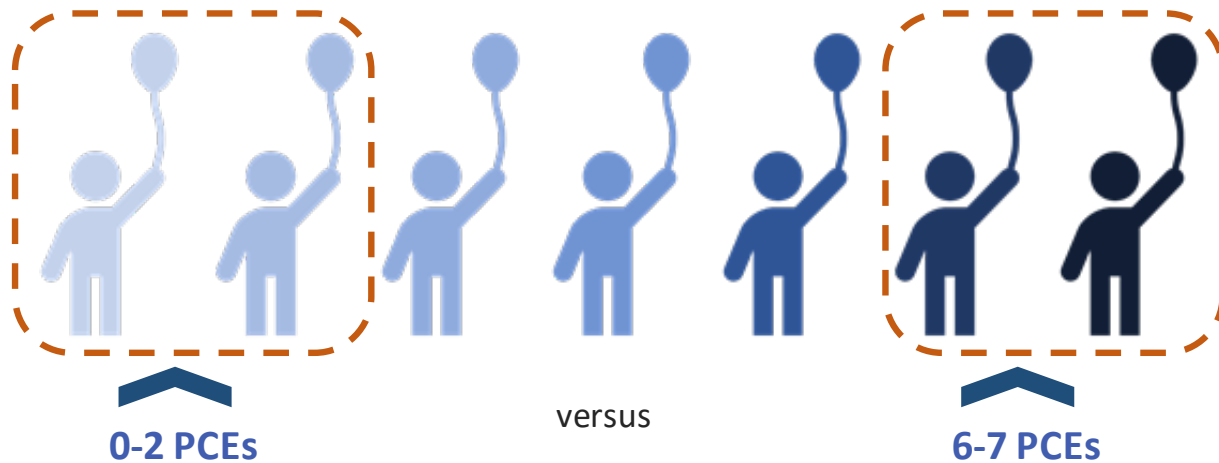
Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019:e193007.

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.

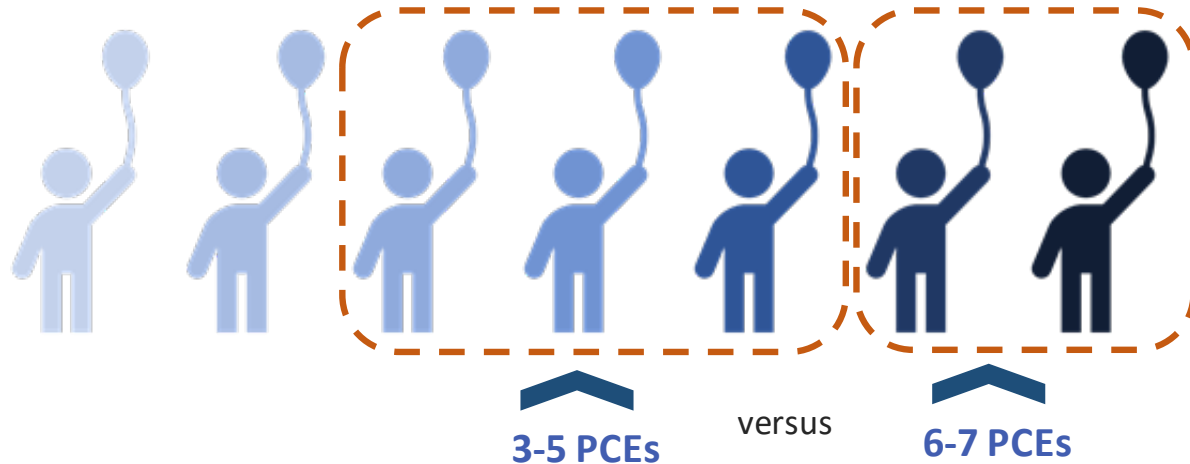
48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.



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. 1.98x higher rate for 3-5 vs. 6-7 PCEs.



POLL

Interaction between ACEs and PCEs

60% individuals with 4 or more ACEs and 0-2 PCEs report Depression or Poor Mental Health

If they have 6-7 (rather than 0-2) PCEs, what proportion will have this outcome:

10%

20%

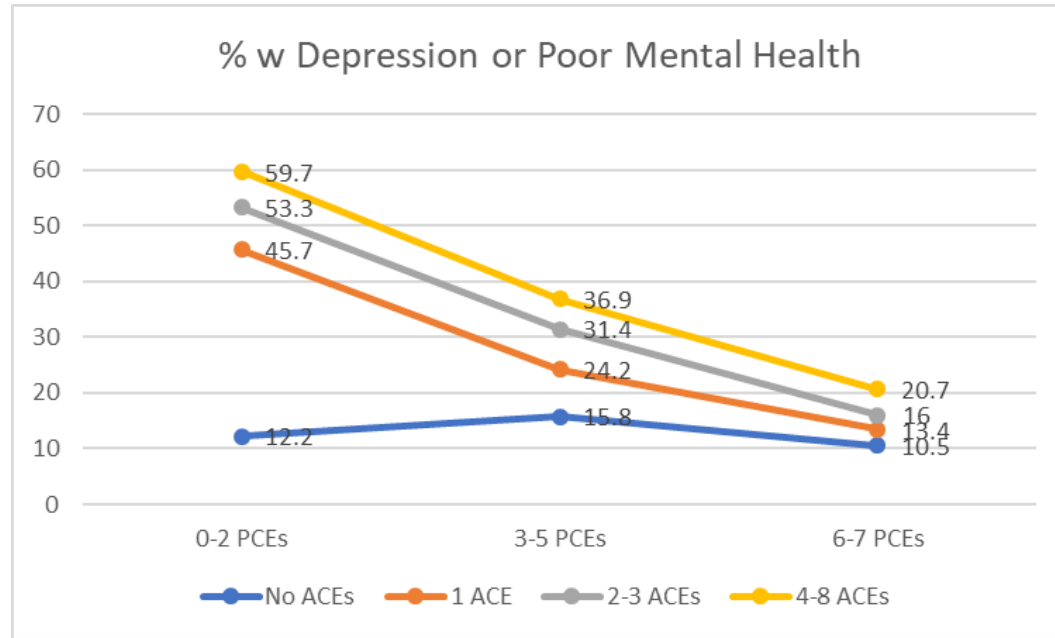
40%

60%

Positive Childhood Experiences (PCEs) Mitigate ACEs



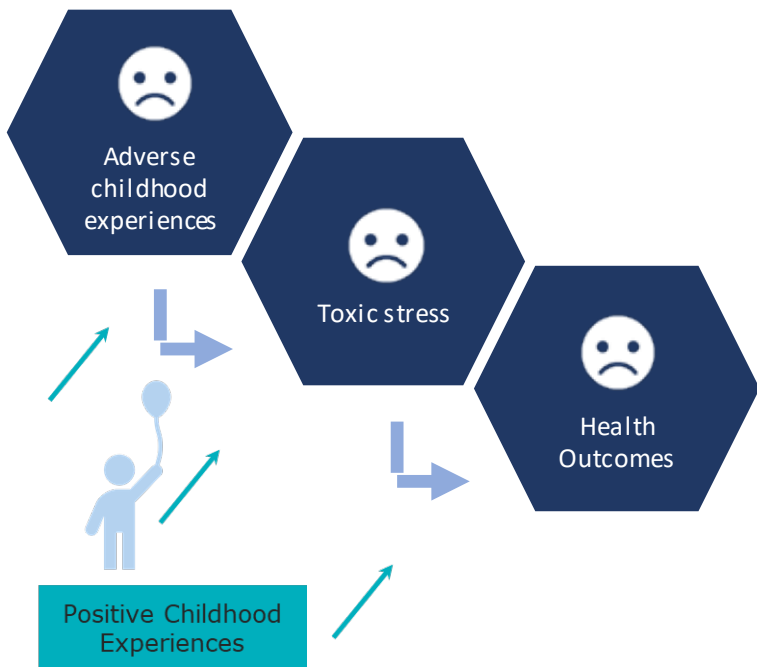
PCE effects stratified by ACEs





ACEs are only part of the picture

- Many people with 4+ ACEs are OK
- Other experiences affect the brain
- Do positive experiences affect outcomes?



PCEs Block ACEs

- Prevent ACEs
- Reduce risk of toxic stress
- Promote healing from toxic stress

Biological mechanism 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



4

Building Blocks of HOPE

1



Relationships

- ...with other children
- ...with other adults
- ...through interactive activities

2



Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

3



Engagement

- Develop a sense of connectedness
- Social/civic activities

4



Opportunities for Social Emotional Development

- Playing with peers
- Learning self-reflection
- Collaboration in art, sports, drama, & music

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

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Safeguards for Youth

A compilation of the latest data on protective factors and supportive services that promote California children's health and well-being.

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kidsdata.org/adversity

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Building Blocks of **HOPE**

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Foundational relationships protect vs. trauma

Angel memories significantly moderated associations between maltreatment and PTSD (but not depression) symptoms, comorbid psychopathology, and children's trauma exposure.

Volume 31, Special Issue 1 (The effect of maltreatment experiences on maltreating and dysfunctional parenting: A search for mechanisms)
February 2019, pp. 173-187

Protective factors that buffer against the intergenerational transmission of trauma from mothers to young children: A replication study of angels in the nursery

Angela J. Narayan ^(a1) ^(a2), Chandra Ghosh Ippen ^(a2), William W. Harris ^(a3) and Alicia F. Lieberman ^(a2) 

DOI: <https://doi-org.ezproxy.library.tufts.edu/10.1017/S0954579418001530>

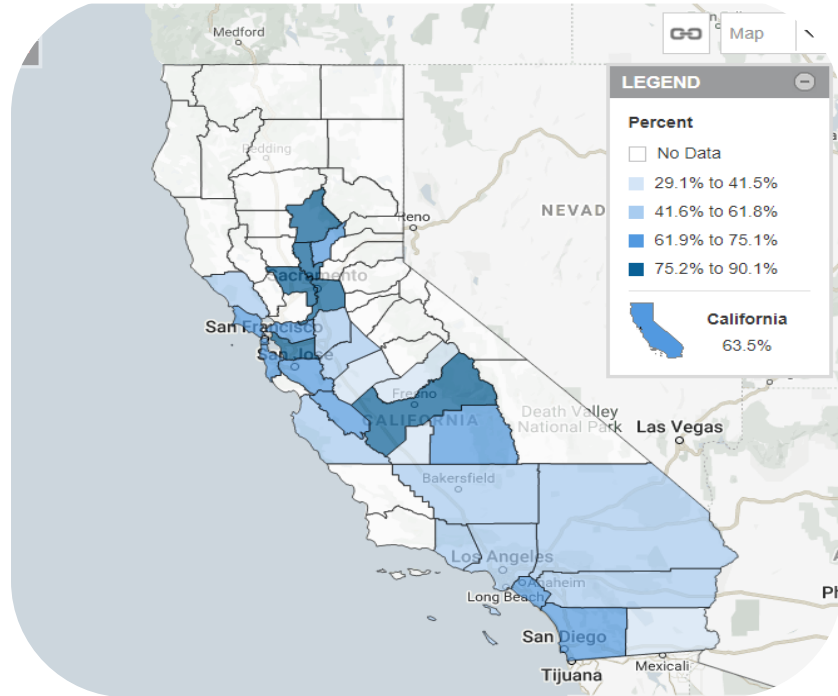
Published online by Cambridge University Press: 13 February 2019

Abstract

This replication study examined protective effects of positive childhood memories with caregivers ("angels in the nursery") against lifespan and intergenerational transmission of trauma. More positive, elaborated angel memories were hypothesized to buffer associations between mothers' childhood maltreatment and their adulthood



Most Californians read to their young children every day



4

Building Blocks of **HOPE**

2



Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

Family environment promotes health

CULTURE OF HEALTH

By Christina D. Bethell, Narangerel Gombojav, and Robert C. Whitaker

Family Resilience And Connection Promote Flourishing Among US Children, Even Amid Adversity

ABSTRACT The outcome of flourishing and its predictors have not been well documented among US children, especially those who face adversity. Using data for 2016 and 2017 from the National Survey of Children's Health, we determined the prevalence and predictors of flourishing among US children ages 6–17. A three-item index included indicators of flourishing: children's interest and curiosity in learning new things, persistence in completing tasks, and capacity to regulate emotions. The national prevalence of flourishing was 40.3 percent (29.9–45.0 percent across states). At each level of adverse childhood experiences, household income, and special health care needs, the prevalence of flourishing increased in a graded fashion with increasing levels of family resilience and connection. Across the sectors of health care, education, and human services, evidence-based programs and policies to increase family resilience and connection could increase flourishing in US children, even as society addresses remediable causes of childhood adversity.

DOI: 10.1377/hlthaff.2018.05425
HEALTH AFFAIRS 38,
NO. 5 (2019): 729–737
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Attribution (CC BY 4.0) license.

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education at the Columbia-
Bassett Program of the
Columbia University Vagelos
College of Physicians and
Surgeons, in New York, New
York, and the Bassett Medical
Center in Cooperstown, New
York.

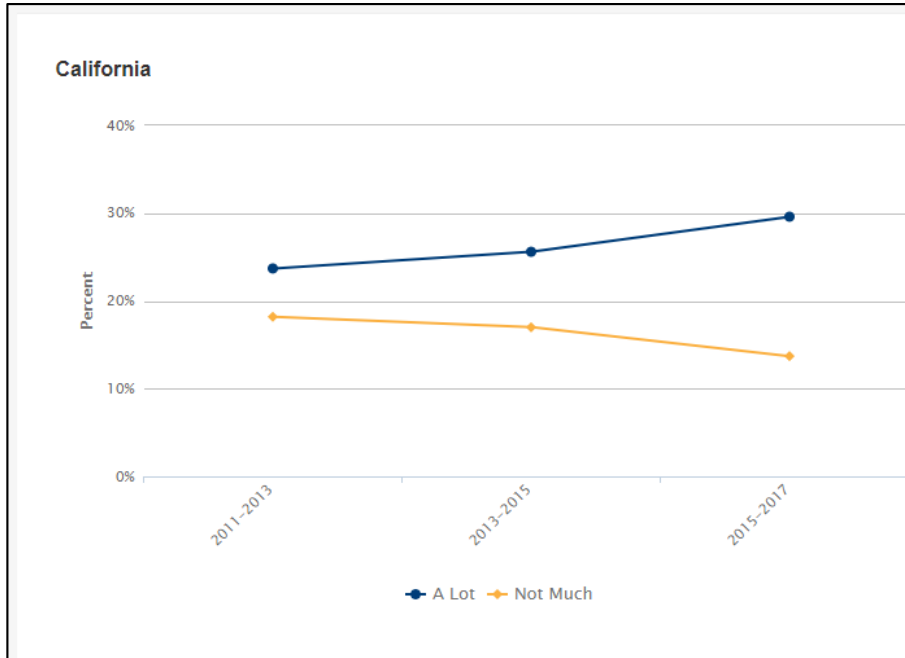
Flourishing:

1. Interest and curiosity
2. Persistence in completing tasks
3. Capacity to regulate emotions

Family resilience and connection:

- how families face problems,
- share ideas, and
- share demands

More schools foster youth resilience



Staff reports:

School fosters youth resilience or asset promotion

4

Building Blocks of HOPE

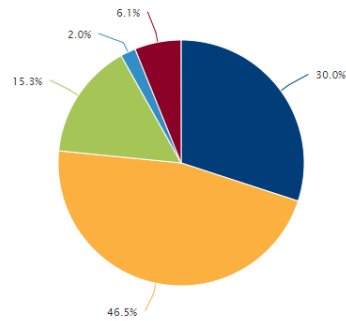
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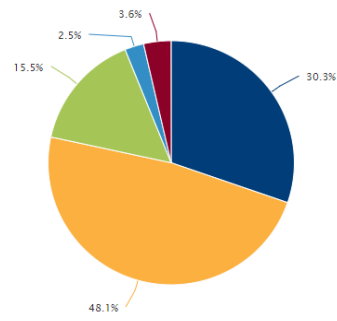
Engagement

- Develop a sense of connectedness
- Social/civic activities

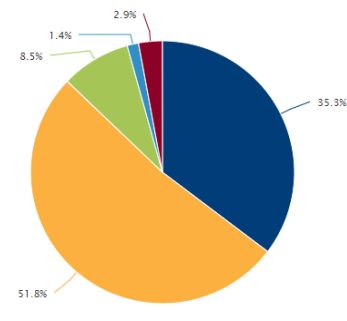
Schools in CA give students opportunities to make a difference



Elementary School



Middle School



High school

Strongly Agree Agree Disagree Strongly Disagree Not Applicable

Teens support their communities



Matt Casertano and Dhruv Pai started the grocery delivery service called "Teens Helping Seniors."

Example:

"Teens Helping Seniors" from CNN.com

4

Building Blocks of **HOPE**

4



Opportunities for Social Emotional Development

- Playing with peers
- Learning self-reflection
- Collaboration in art, sports, drama, & music

POLL: Racial Tension at School

When California teachers were surveyed, approximately what proportion *agreed* or *strongly agreed* that there was racial tension at school?

- 10%
- 20%
- 33%
- 50%
- 60% or more

Children's empathy grows at school

- 78.6% of CA high school staff agree or strongly agree that students respect each other's differences, AND
- 19% of CA High School staff agree or strongly agree that there is cultural or racial tension at school

4

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HOPE: Healthy Outcomes from Positive Experiences

<https://positiveexperience.org>

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

Poll –
reaching
families
during
COVID

Compared to normal times, what proportion of families did your agency reach during *safer at home* orders. Please include both physical and virtual encounters:

- 10%
- 30%
- 70%
- 75% or more
- Don't know / not applicable



Write on your own about:

1. A family (or families) or event that has **INSPIRED** you.
2. **CONCERNS** that have arisen in your work, including stories about a struggling family or group.



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Community Sharing

Use chatbox for discussion

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

Chat box

101 ways to measure HOPE in California



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HOPE: Healthy Outcomes from Positive Experiences

<https://positiveexperience.org>

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

After today

Stay connected

<https://Positiveexperience.org>

**Balancing ACEs with HOPE on
ACES Connection**

Stay HOPEful



Q&A with Dr. Sege and Dr. Burstein





Facilitated Discussion Question

Given Dr. Sege's and Dr. Burstein's presentation and our current public health crisis:

- ☉ How might you utilize the **information shared** to expand or enhance your efforts to address and improve child wellbeing?

Next Steps





Contact Information

For more information or to connect with the facilitators, please see the below contact details:

- Elena Costa at elena.costa@cdph.ca.gov
California Essentials for Childhood (EfC) Initiative Program Coordinator
- Lori Turk-Bicakci at Lori.Turk@lpfch.org
Lucile Packard Foundation, and Data Subcommittee Co-Chair
- David Dodds at ddodds@ccfc.ca.gov
First Five California, and Data Subcommittee Co-Chair

Announcements



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Safeguards for Youth

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**STAY HOME. SAVE
LIVES. CHECK IN.**



More Information at [covid19.ca.gov](https://www.covid19.ca.gov)

Stay Home, Save Lives, Check-in Campaign

<https://www.gov.ca.gov/2020/03/31/governor-newsom-launches-campaign-to-protect-health-and-well-being-of-older-californians-during-covid-19-pandemic/>

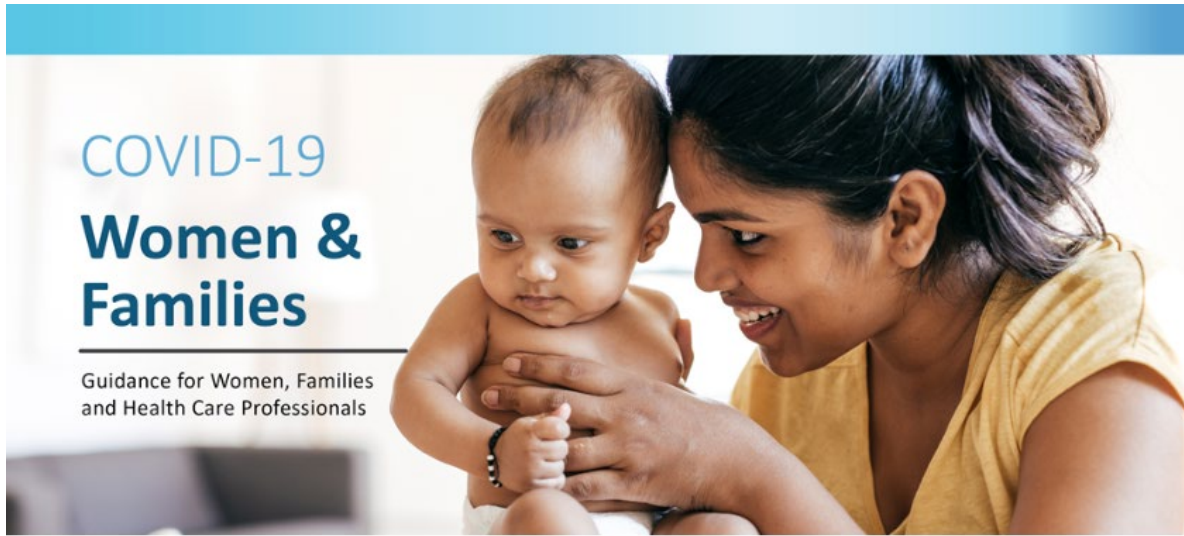




Provides support and resource referrals to parent and youth during the current COVID-19 pandemic, 7-days a week from 8:00 a.m. to 8:00 p.m.

Call or text 1-855-4APARENT (855-427-2736) for services in English, Spanish and other languages. For more information, please visit:

<https://caparentyouthhelpline.org/>



For COVID-19 Resources for Women and Families, please visit the California Department of Maternal Child Adolescent Health at:
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/COVID-19/Guidance-for-Women-and-Families.aspx>





Participate in the Census

Let's ensure all Californians are counted so we can put those resources to good use here at home!



BUILD BETTER ROADS AND SCHOOLS



FUND COMMUNITY PROGRAMS FOR SENIORS, CHILDREN AND FAMILIES



CREATE JOBS



IMPROVE HOUSING

How To Complete

Online: For the first time, the Census form will be available to complete online in 13 languages.

By Phone: The Census can be completed by phone in 13 languages including Telecommunication Device for the Deaf.

By Mail: The paper Census form will be available in English and Spanish languages and can be mailed back to the U.S. Census Bureau.

To learn more, visit [CaliforniaCensus.org](https://www.californiacensus.org)



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

THE STAY HERE-OS

FIGHTING WHAT'S
OUT THERE, IN HERE.



For more information, visit www.StayHereOs.org



Thank You!