Rady Children's Health

The Power of Positive Experiences: Building Resilience at Home

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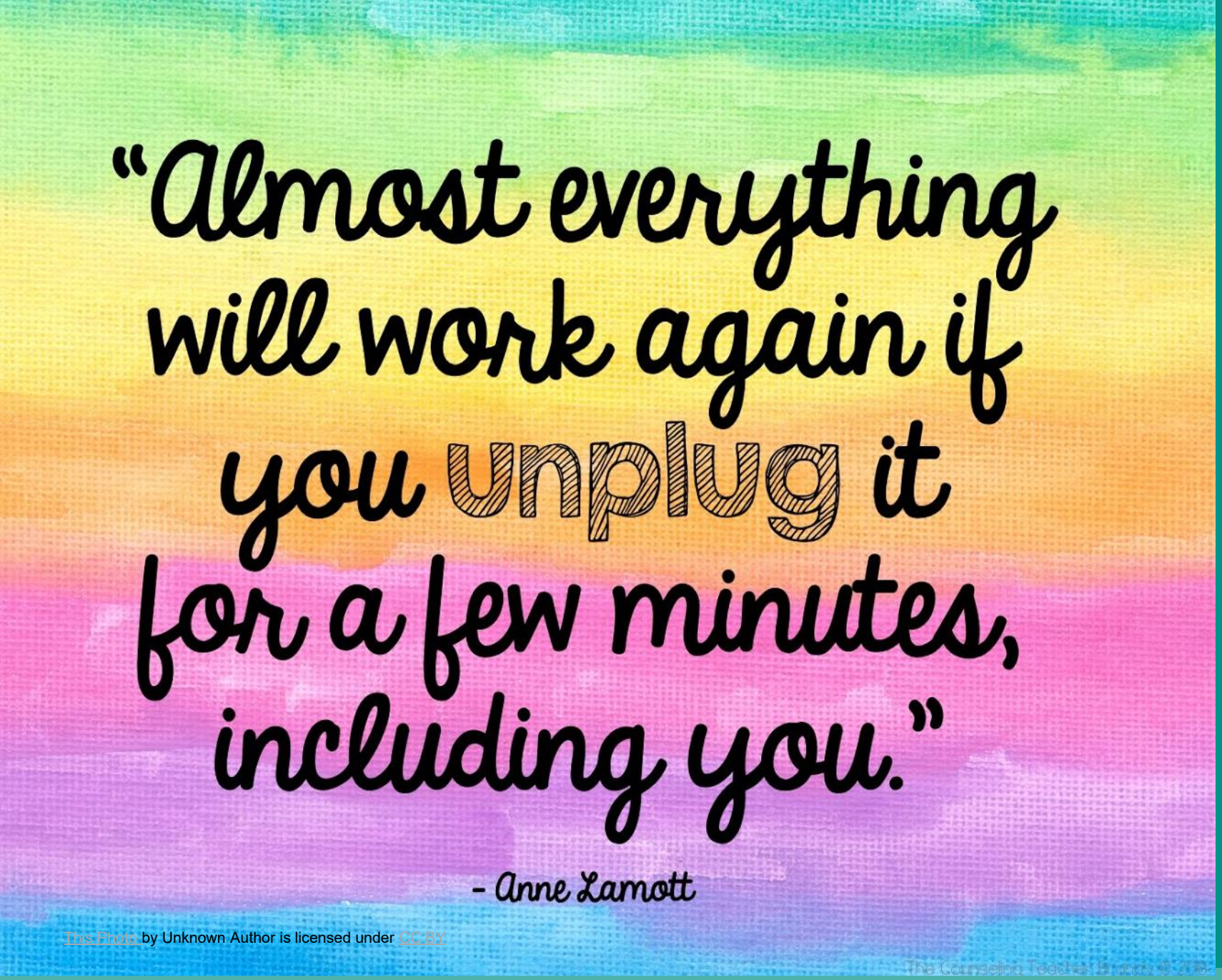
About me…

- Mom to three amazing kids
- HOPE Facilitator
- Supervisor with Children's Care Connection (C3)/Healthy Development Services with Rady Children's Hospital San Diego, part of Rady Children's Health
- Career spanning over 30 years working with children and families
- When I'm not working, you'll find me spending time with my family, our many animals, or at Disneyland!



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Real Talk

Objectives

Understand the definitions of ACEs, PCEs, and the long-term impacts of both

Learn about the Four Building Blocks of HOPE

Discover ways to integrate the Four Building Blocks into your own families

Introduction to HOPE

HOPE is grounded in the science of the positive

"Positive exists, it's real, and it's worth growing."

Jeff Linkenbach
Montana Institute

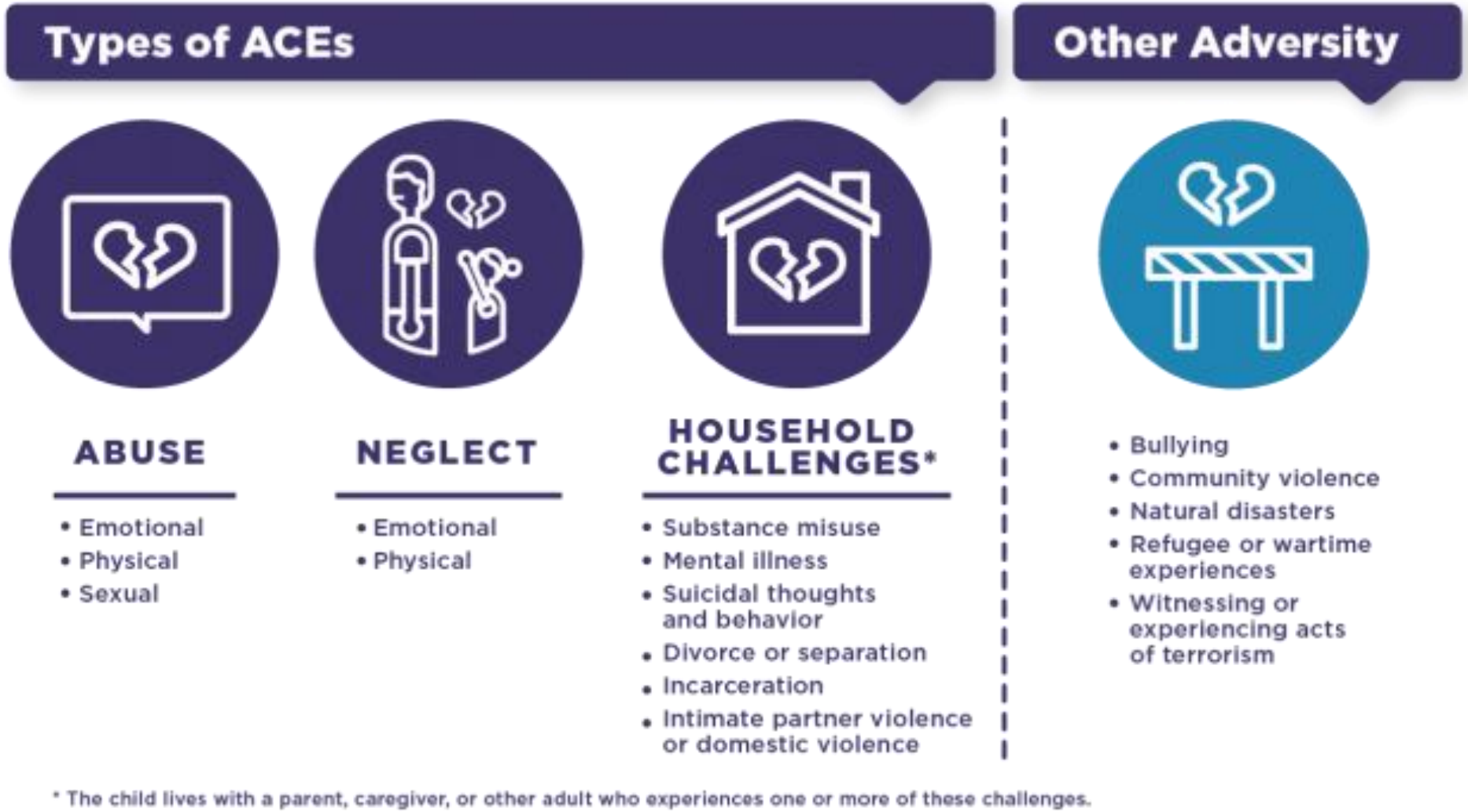
Yet, we tend to focus on the negative

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

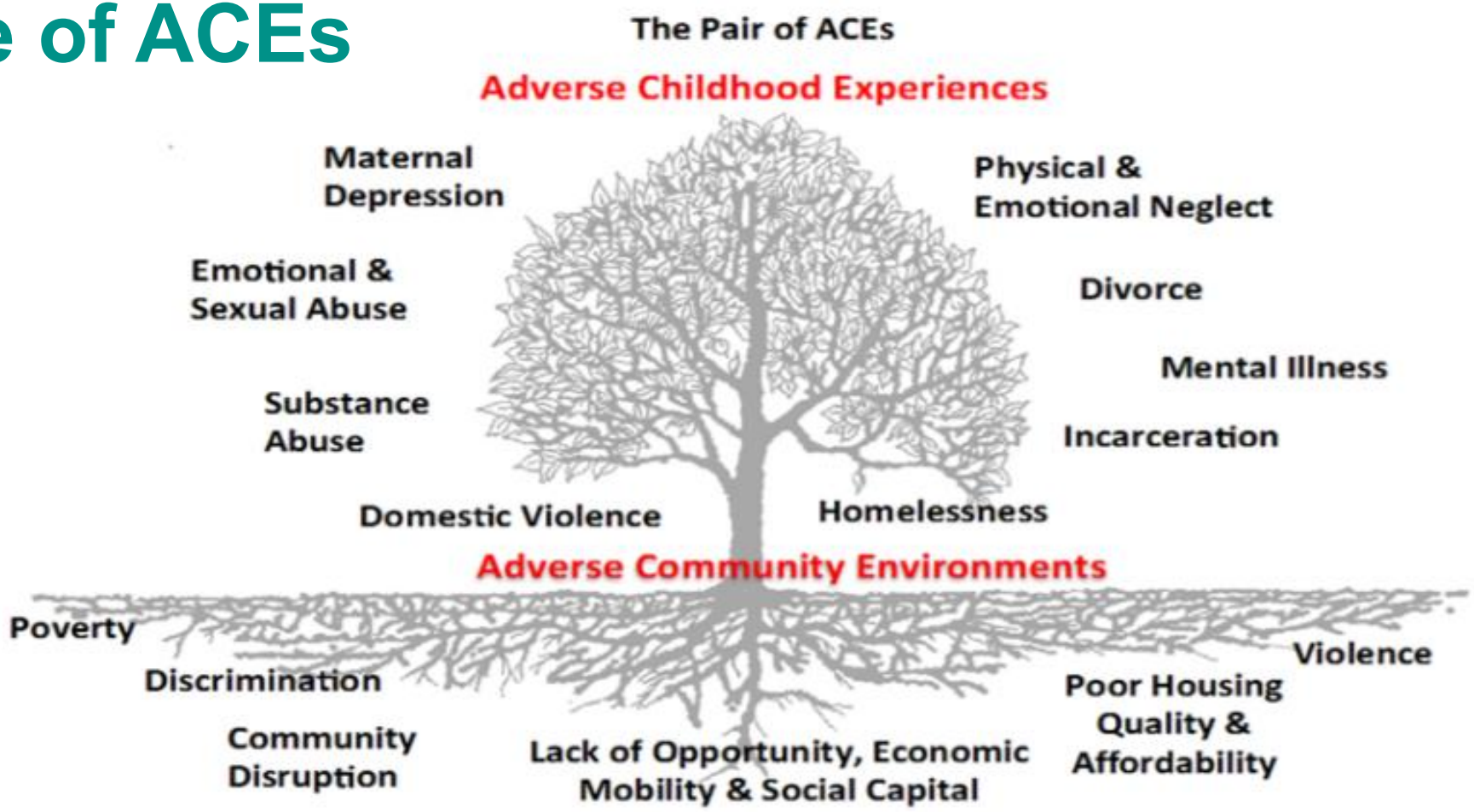
Positive experiences affect health outcomes. People are defined by their strengths as well as the challenges they face.

What are ACEs (Adverse Childhood Experiences)



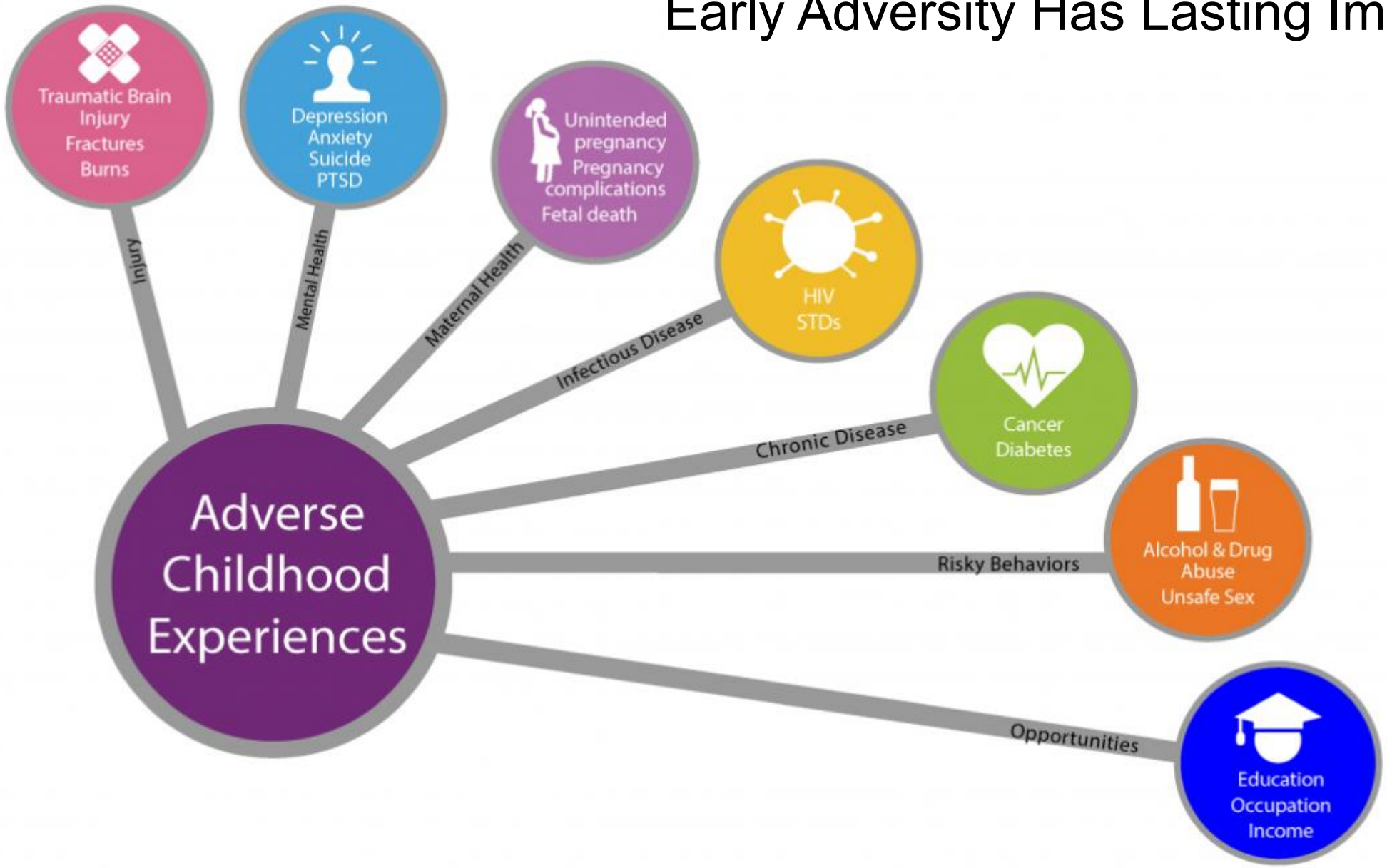
Source: https://www.cdc.gov/violenceprevention/images/aces/Types-of-ACEs-medium.png?_=49550

Adverse Community Environments are the root cause of ACEs



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

Early Adversity Has Lasting Impacts



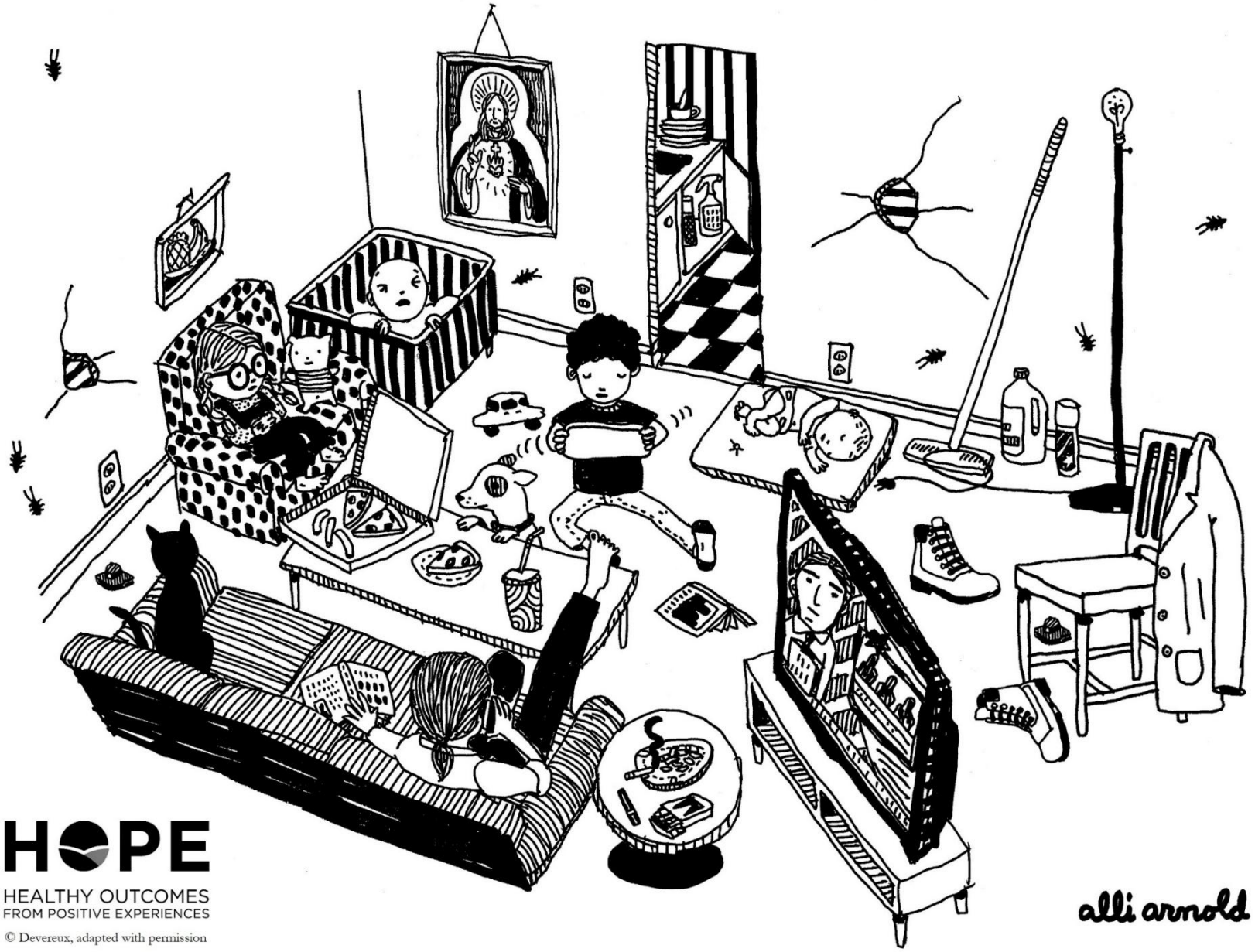
Take a moment to reflect on your own childhood experiences and how they might have impacted you.

What might your ACEs score be, based on what you've learned so far?

What feelings (if any) does that bring up for you?

Please share what first stands out to you about this picture in the chat box.

What do you notice?



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
- Solving a problem
- Takes more effort!
- Something novel
- Perceiving variability
- Perspective taking

NEW SCIENCE SHOWS THAT POSITIVE EXPERIENCES AFFECT HEALTH TOO

Dr. Robert Sege and colleagues at the HOPE National Resource Center sought to better understand how positive childhood experiences correlated with adult health.

Seven questions were added about different types of positive childhood experiences to the Wisconsin Behavioral Risk Factor Surveillance System survey, a telephone survey conducted in all 50 states.

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

Higher PCEs Protects Overall Health

2021 Tennessee BRFSS Data

Lower Rates Of Depression

Lower Rates Of Heart Disease

Less Cigarette Smoking

Less Alcohol Consumption

Improved Physical Health

More likely to be employed

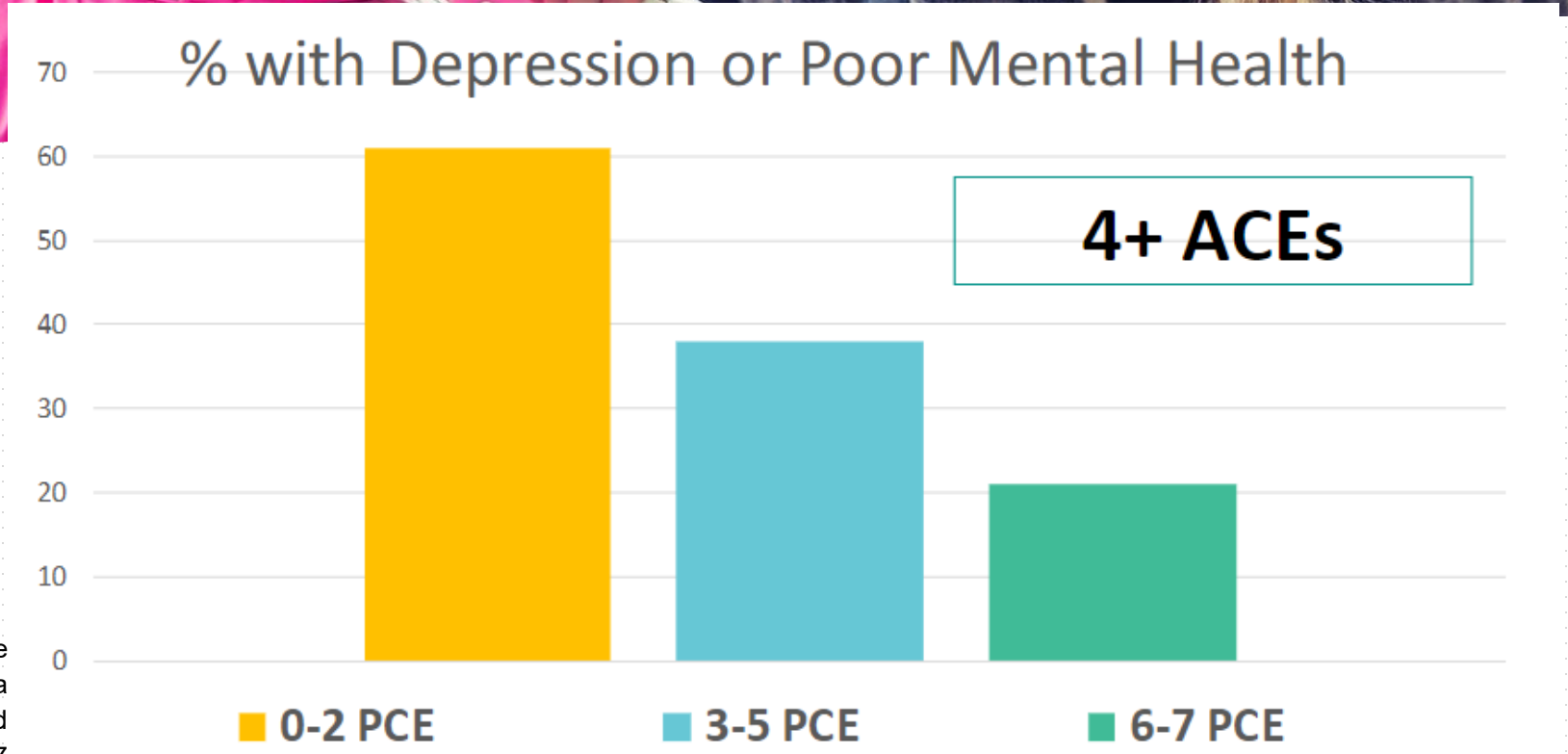
Lower Lifetime Odds Of Illicit Drug Use

Lower Lifetime Odds Of ANY Substance Use

Source: TN Department of Health. PCEs among Tennesseans 2021. **https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf**

Graupensperger S, Kilmer Jr, Olson Dc, Linkenbach Jw.Associations Between Positive Childhood Experiences Andadult Smoking And Alcohol Use Behaviors In A Largestatewide Sample. Journal Of Community Health. 2022 Nov15:1-9.

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

So…research indicates that

PCEs protect adult mental health even in the face of ACEs

and

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

What does that mean to you?

Take a moment once more to reflect about your own childhood experiences and how they might have impacted you.

What might your PCEs score be, based on what you've learned so far?

What feelings (if any) does that bring up for you?

The Four Building Blocks of HOPE

Relationships with other children and with other 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.

The Relationships Building Block

Stable nurturing relationships with other children and adults through interpersonal activities.

What kinds of relationships are we talking about?

- Foundational relationships with **parents** who respond to a child's needs and offer warm, responsive reactions.
- **Adults outside of the family** who take a genuine interest in a child and support their growth and development.
- Healthy, close, and positive relationships with **peers.**

Source: The Four Building Blocks of HOPE for families handout

Taking it home…

How can you promote access to safe and supportive relationships for your child(ren)?

What is something your child likes to do? Ask them to teach you all about it – sharing their interests will build connections!

- **Think about your positive relationships from childhood.** What felt good about them? Are there things about those relationships that you can bring to your relationship with your child(ren)?
- **Play and connect with your child(ren) regularly!** Be silly, move your bodies together, read a book, watch a movie. 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 your child's village, the more opportunities they have for connection and support!

Source: The Four Building Blocks of HOPE for families handout

The Environment Building Block

Safe, stable, and equitable environments where children can live, learn, and play.

- **A safe, stable environment** secure in meeting a child's basic needs, including adequate food, shelter, and health care.
- **A nurturing home** where a child is emotionally secure.

- **A stable school environment** where children feel valued and receive high-quality education.

- **A community environment** to play and interact with other children safely and equitably.

Source: The Four Building Blocks of HOPE for families handout

Taking it home…

- Check your house for safety issues including access to guns, medications, alcohol, and drugs. Create a plan to address any identified risks.

- Help your child find safe places to play outdoors. Is there a backyard space or local park where they can safely play with friends?

Talk with your child about school. Do they feel safe there? Are they being treated well by their peers? If not, connect with their teacher and brainstorm solutions.

Source: The Four Building Blocks of HOPE for families handout

The Engagement Building Block

Opportunities for social and community engagement to develop a sense of belonging and connectedness.

Source: The Four Building Blocks of HOPE for families handout

Taking it home…

- Sign your child up for **after school activities** that interest them.

- Consider **volunteering in the community** as a family.

- Get involved in your **place of worship**, if that feels supportive. Many spiritual and religious institutions have youth groups or classes geared towards children.

Want to keep it closer to home?

What is a household task that your child can take on as their responsibility? Helping around the house gives children a sense of importance in their role in the family.

Source: The Four Building Blocks of HOPE for families handout

The Emotional Growth Building Block

Opportunities for emotional growth where children feel supported through difficult events and emotions.

Children need lots of opportunities to:

- Develop a sense of **emotional and behavioral self-regulation**.
- Learn to **respond to challenges** in a productive way.
- Develop key **social and culturally-appropriate communication and interpersonal skills**.

Source: The Four Building Blocks of HOPE for families handout

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Taking it home…

How can you support social and emotional growth in your child(ren)?

- Help children **name their feelings** as they arise and talk about what that feeling feels like in the child's body.
- Normalize disagreements with friends, and model or role play about **how to disagree respectively and productively.**
- Make time for **unstructured play** with friends and siblings.

Source: The Four Building Blocks of HOPE for families handout

Ways to support your own social and emotional growth while supporting your children…

- ✓ Consider mindfulness practices and journaling to improve self-awareness of your own emotions and triggers
- ✓ Learn techniques with your child to regulate your own emotions, such as deep breathing.
- ✓ Practice active listening and clear communication to model expressing your own thoughts and feelings effectively

Families are Resilient.
HOPE celebrates your 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 HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

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

RELATIONSHIPS

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

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Q & A

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Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

- **ParentGuidance.Org**
  https://parentguidance.org/
  Welcome - parentguidance.org
  We offer education and therapeutic support to empower and give you hope as you support your child's mental health.

- **National Parent Helpline**
  https://www.nationalparenthelpline.org/

  We provide vital information, support, and referrals through calls, texts, and chats to diverse parents, children, and youth seeking help nationwide. The National Parent & Youth Helpline™ is operated by Parents Anonymous® and available 24 hours a day/7 days a week.

- **Mental Health America**
  https://mhanational.org/mental-health-resources-parents

  Find resources on caregiving as a parent - whether caring for children or your own parents.

- **San Diego County Office of Education**
  https://www.sdcoe.net/students/health-well-being/mental-health-supports

  Prioritizing mental health is important for students to be able to learn effectively; it's also a key component that helps staff teach and support learners every day. The San Diego County Office of Education (SDCOE) has compiled resources and information for students, families, and schools that keep mental health supports top of mind.

- **Soluna App**
  https://solunaapp.com/

  Confidential support for 13- to 25-year-olds in California. No cost. No pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more.

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San Diego County Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
- **San Diego County Access and Crisis Line**. Call: **888-724-7240**. Crisis counseling or referrals, 24 hours a day/7 days a week.
- **Rady Children's Behavioral Health Urgent Care (BHUC) Walk-in Clinic**. Call: **858-966-5484**. 4 p.m.-8 p.m., Mon- Fri. 4305 University Avenue, Suite 150, San Diego, CA 92105. Serves youth ages 5-21 struggling with concerns that pose an imminent risk to their safety, the safety of others, or significantly impair their daily lives.
- **Rady Children's Hospital Emergency Room**. Call: **858-966-8005**. 3020 Children's Way, 1st Floor, San Diego, CA 92123.
- **San Diego County Emergency Screening Unit**. Call: **619-876-4502**. 4309 3rd Avenue, San Diego, CA 92103. Available to children and adolescents for emergency psychiatric assistance.
- **Center for Community Solutions**. Call: **888-385-4657**
- **Crisis Action and Connection**. Call: **619-591-5740**
- **North County Crisis Intervention and Response Team**. Mon-Fri from 12:00 p.m. to 8:00 p.m. Weekends from 12:00 p.m. to 5:00 p.m. Escondido, call: **760-233-0133** | Vista, call: **760-305-8225**.
- **2-1-1 San Diego:** Dial **2-1-1** from a mobile or **858-300-211** from any phone

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California & National Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
- **California Coalition for Youth Crisis Line**. Call/text: **1-800-843-5200**. Available 24 hours/7 days a week. Languages other than English are available. Anonymous and confidential for youth and TAY struggling with behavioral issues. Provides local community resources for you and your family. Text and live chat available from 4:30pm-8:30pm daily via website **www.calyouth.org** or phone.
- **California Peer-Run Warm Line**: Call: **855-845-7415**. 24/7 non-emergency emotional support and referrals.
- **Crisis Text Line**. National crisis text line. Text the word "HOME" to **741-741 24/7**.
- **National Sexual Assault Hotline**. Call: **800-656-HOPE** (4673).
- **Teen Line**. Call: **800-852-8336**. 6:00 p.m. to 10:00 p.m. PST or text TEEN to **839863**.
- **Trevor Project Lifeline**. Call: **866-488-7386**. Text: Text the word "Trevor" to **202-304-1200**. 24-hour hotline that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people (LGBTQ) ages 13-24. **www.thetrevorproject.org**.

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  Confidential support for 13- to 25-year-olds in California. No cost. No pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more.