





# Beyond ACEs (Adverse Childhood Experiences): Bringing HOPE and Resiliency to Our Children



**BUILDING STRONG BRAINS**  
TENNESSEE



**HOPE**  
HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES



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Ashley Jasinski  
Technical Assistance Coordinator

Stacey Broyles  
Technical Assistance Coordinator



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## Building Strong Brains Tennessee

Mission

We work to change the culture of Tennessee so that the state's overarching philosophy, policies, programs and practices for children, youth and young adults utilize the latest brain science to prevent and mitigate the impact of adverse childhood experiences.



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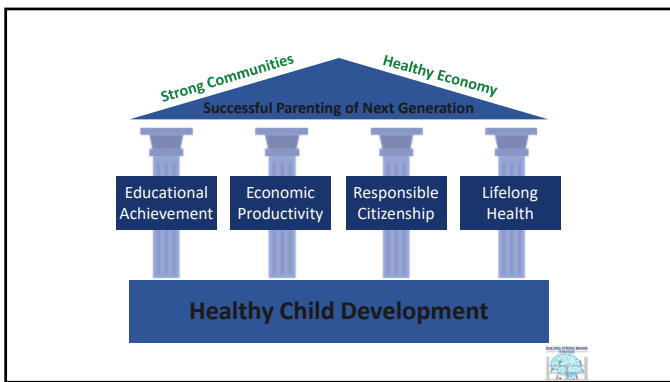
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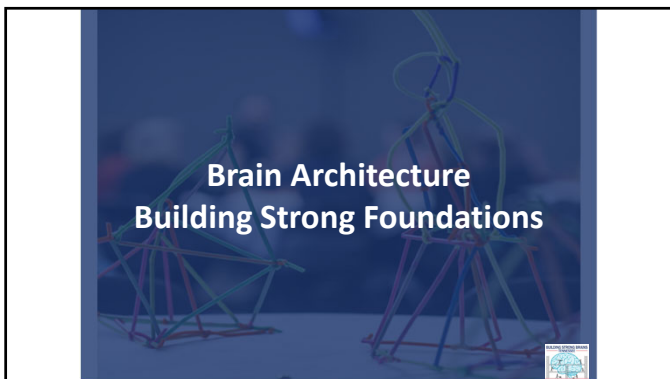
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## Brain Architecture



The early years of life matter because early experiences affect the architecture of the maturing brain. As it emerges, the quality of that architecture establishes either a sturdy or a fragile foundation for all of the development and behavior that follows. Getting things right the first time is easier than trying to fix them later.



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## Serve & Return Relationships Support Skill Learning



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## Serve & Return Interactions Build Brains and Skills

- Young children naturally seek interaction through babbling, facial expressions and gestures, and adults respond in kind.
- These "serve and return" interactions are essential for the development of healthy brain circuits.
- Therefore, systems that support the quality of relationships in early care settings, communities and homes also support the development of sturdy brain architecture.
- Quality relationships continue to be vital in adolescence in order to reinforce brain architecture and build resilience.



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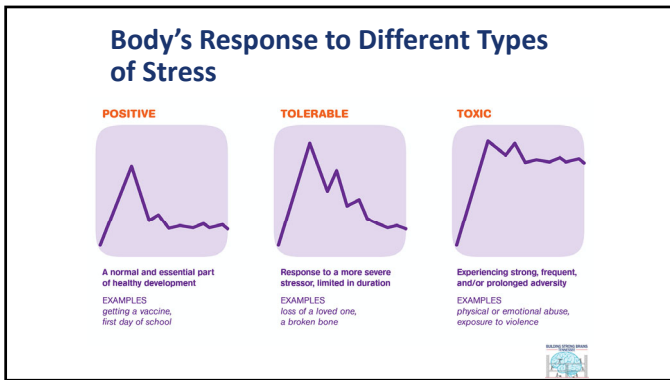
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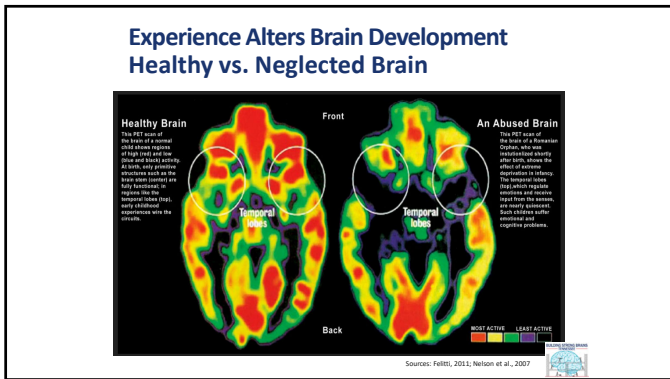
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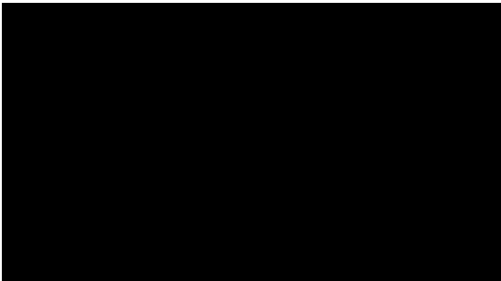
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# How Brains are Built



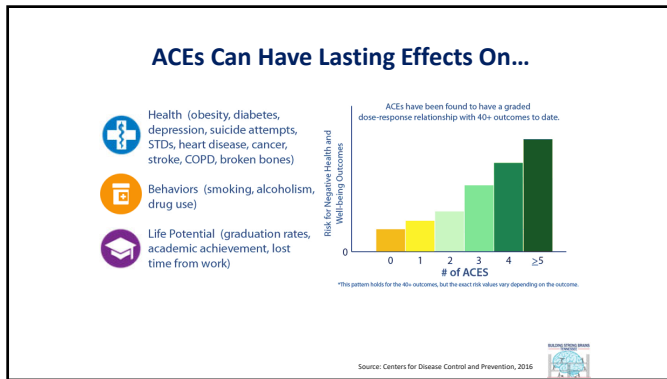
[https://www.youtube.com/watch?v=mtFE\\_39\\_c0](https://www.youtube.com/watch?v=mtFE_39_c0)



ABUSE		NEGLECT		HOUSEHOLD DYSFUNCTION	
 Physical 10.6%	 Physical 14.8%	 Mental Illness 18.4%	 Incarcerated Relative 4.7%		
<h2>Adverse Childhood Experiences</h2>					
 Emotional 28.3%	 Emotional 9.0%	 Mother treated violently 12.7%	 Substance Abuse 26.9%		
 Sexual 20.7%			 Divorce 23.3		

**MM3** New language

Melissa McGee, 1/22/2021



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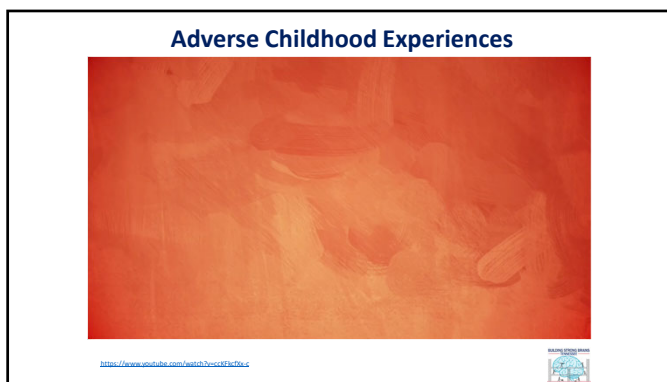
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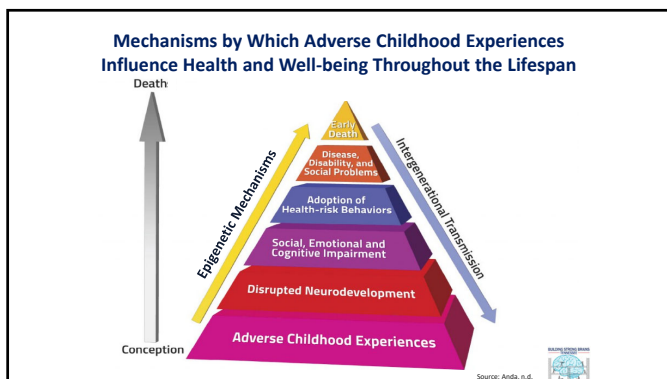
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### New Additions to the ACEs Questionnaire The Philadelphia ACE Study Questions

Conventional ACEs	Expanded ACEs
Physical Abuse	Witnessing Violence
Emotional Abuse	Living in Unsafe Neighborhoods
Sexual Abuse	Experiencing Racism
Emotional Neglect	Living in Foster Care
Physical Neglect	Experiencing Bullying
Domestic Violence	
Household Substance Abuse	
Incarcerated Care Provider	
Mental Illness in the Home	

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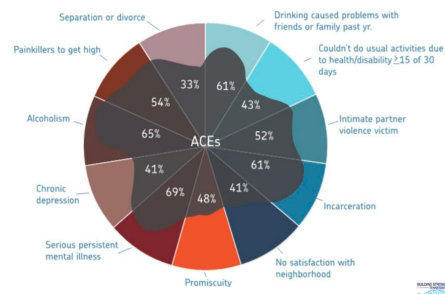
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### ACEs Compromise Community Prosperity



\*based on an ACE score of 4+

Source: Perkins, 2016

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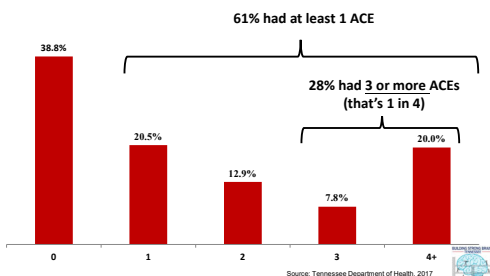
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### Number of ACEs Experienced Before Age 18 by Adult Tennesseans 2017



Source: Tennessee Department of Health, 2017

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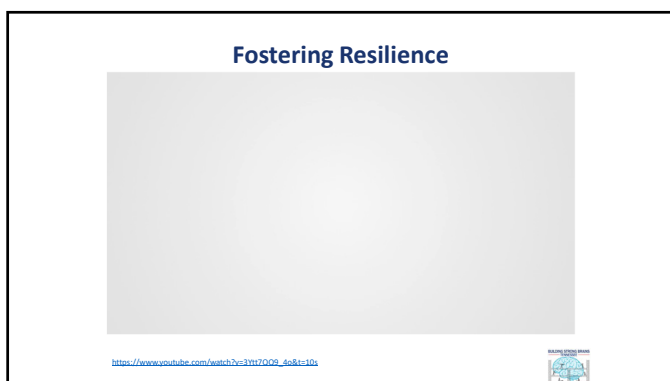
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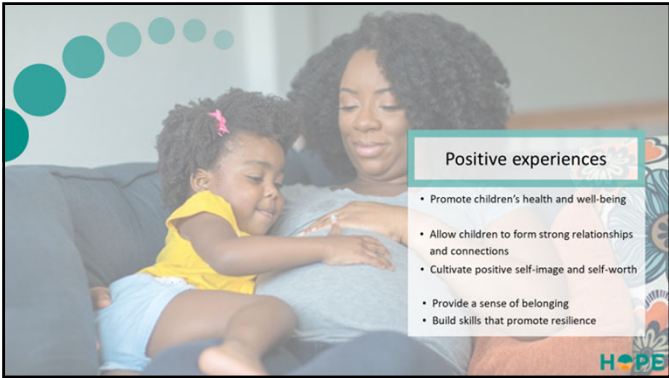
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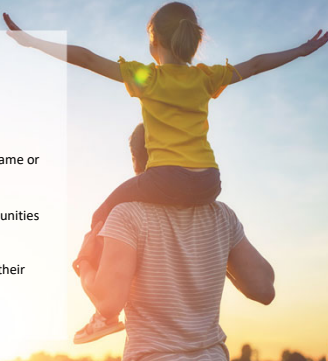
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Giving equal attention to the positive allows us to...

- Provide unbiased empathetic care
- Keep our actions free from unfair blame or judgement
- Build trust between patients, communities and practitioners
- Help families and communities use their strengths to increase well-being



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Poll

How much do you already know about Positive Childhood Experiences?

- 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!



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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





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### 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



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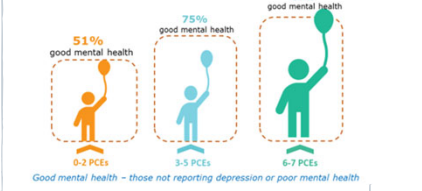
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### Positive Childhood Experiences (PCEs) Protect Adult Mental Health



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

### PCEs protect adult mental health

Bethell C, Jones J, Gombojav N, Linkenbach, 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

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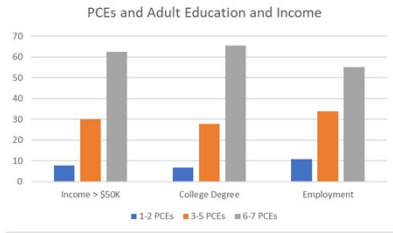
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### Higher PCEs Associated With Educational Attainment & Income


National BRFSS Data (4 States)

#### PCEs and Adult Education and Income



Category	1-2 PCEs	3-5 PCEs	6-7 PCEs
Income > \$50K	~10	~30	~60
College Degree	~10	~30	~65
Employment	~15	~35	~55

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



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### 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 Nov;15:1-9.



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### 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>



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### 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.



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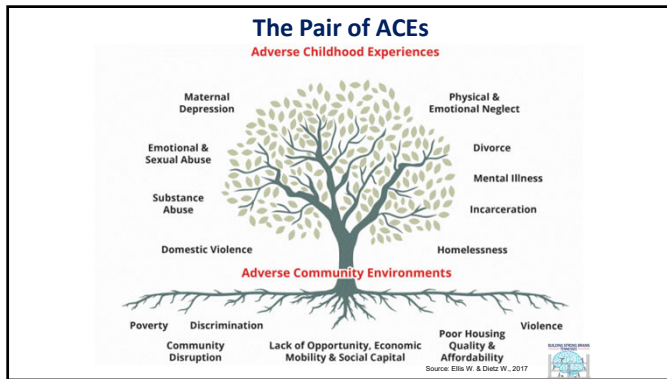
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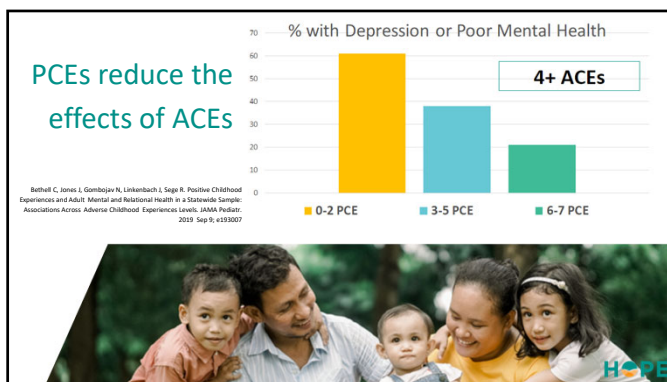
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Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.

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HOPE

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- Let that sink in.
- PCEs protect adult mental health...even in the face of ACEs.
- What does that mean to you?



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### Improving Air Traffic Control Helps with Stress Management Across the Lifespan

Focusing Attention

Problem Solving

Planning Ahead

Behavior Regulation

Controlling Impulses

Adjusting to New Circumstances



Executive Function and Self Regulation Skills can be built at any point across the lifespan.

Source: Cameron, n.d.



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**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

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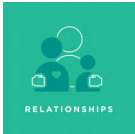
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Relationships

The Four Building Blocks of HOPE



Relationships with other children and adults through interpersonal activities.

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585



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Environment

The Four Building Blocks of HOPE



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

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585



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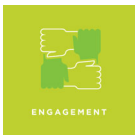
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Engagement

The Four Building Blocks of HOPE



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

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585



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### Emotional Growth

#### The Four Building Blocks of HOPE



EMOTIONAL GROWTH

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

Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585



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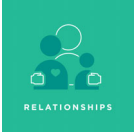
### Let us know!

How do you promote equitable access to one or more building blocks in your work?


**Tell us in the chat box:**

1) What are you doing?


2) Which Building Block does it promote?




RELATIONSHIPS




ENVIRONMENT



ENGAGEMENT



EMOTIONAL GROWTH



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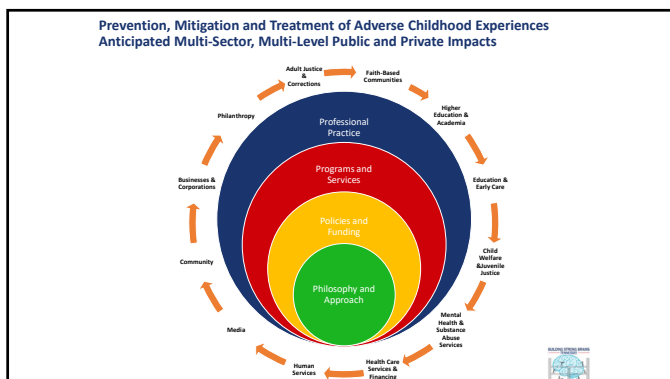
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What goes into the buckets?



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Multigenerational Approach



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**Case summary:**  
**HOPE builds on trauma-informed care**



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### HOPEful Case Reviews

What *adversity* might the child have experienced?

What is currently causing *distress*?

How can the HOPE framework help the child build *strengths*?



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HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

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



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### Families are Resilient. HOPE celebrates their strengths.



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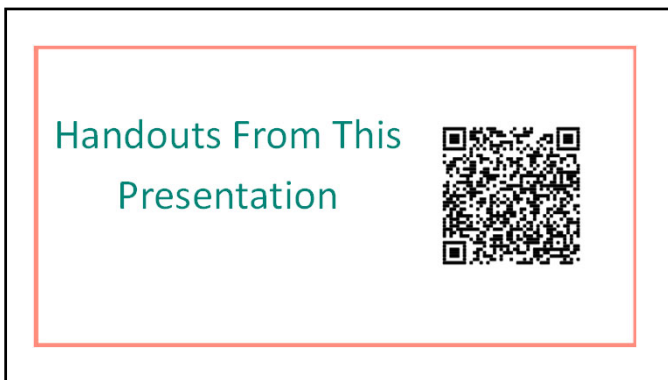
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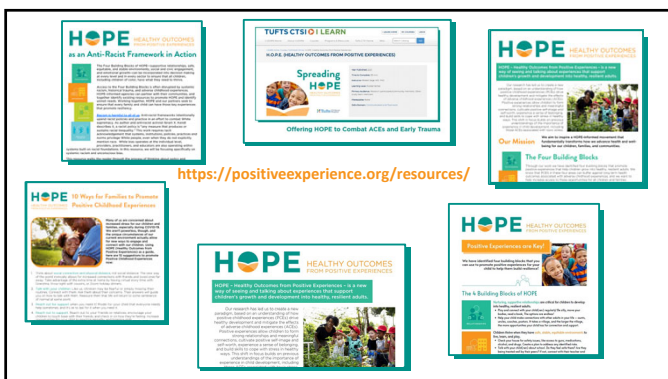
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### Join us in the HOPE transformation

#### 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 intake and assessment forms to be HOPE-informed

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## Spreading HOPE

**TuftsMedicine**  
Tufts Medical Center

**THE JPB FOUNDATION**

E M A I L : [HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org) W E B S I T E : [positiveexperience.org](http://positiveexperience.org)  
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### Further Information

**RESILIENT TENNESSEE COLLABORATIVE:**  
Building Strong Brains

Tennessee Commission on Children and Youth Website  
<https://www.tn.gov/tccy/programs0/tccy-aces/tccy-ace-building-strong-brains.html>

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Adverse Childhood Experiences Community Survey



<http://bit.ly/2dZOeWg>



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Handouts From This Presentation



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