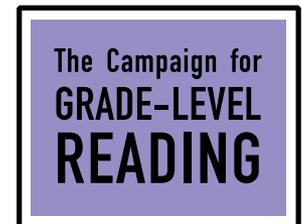


# Moving From “Trauma Informed” to “Asset Informed” Care

Science Matters! Series

March 3, 2020

[gradelevelreading.net](http://gradelevelreading.net) @readingby3rd #GLReading #LearningTuesdays





**Ellen Galinsky**  
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Bezos Family Foundation



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University School of Medicine  
Center for Community-Engaged Medicine



# The Language and Science of HOPE: Healthy Outcomes from Positive Experiences

March 3, 2020  
Robert Sege MD PhD

proud member of **wellforce** 

**Tufts** Medical Center

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

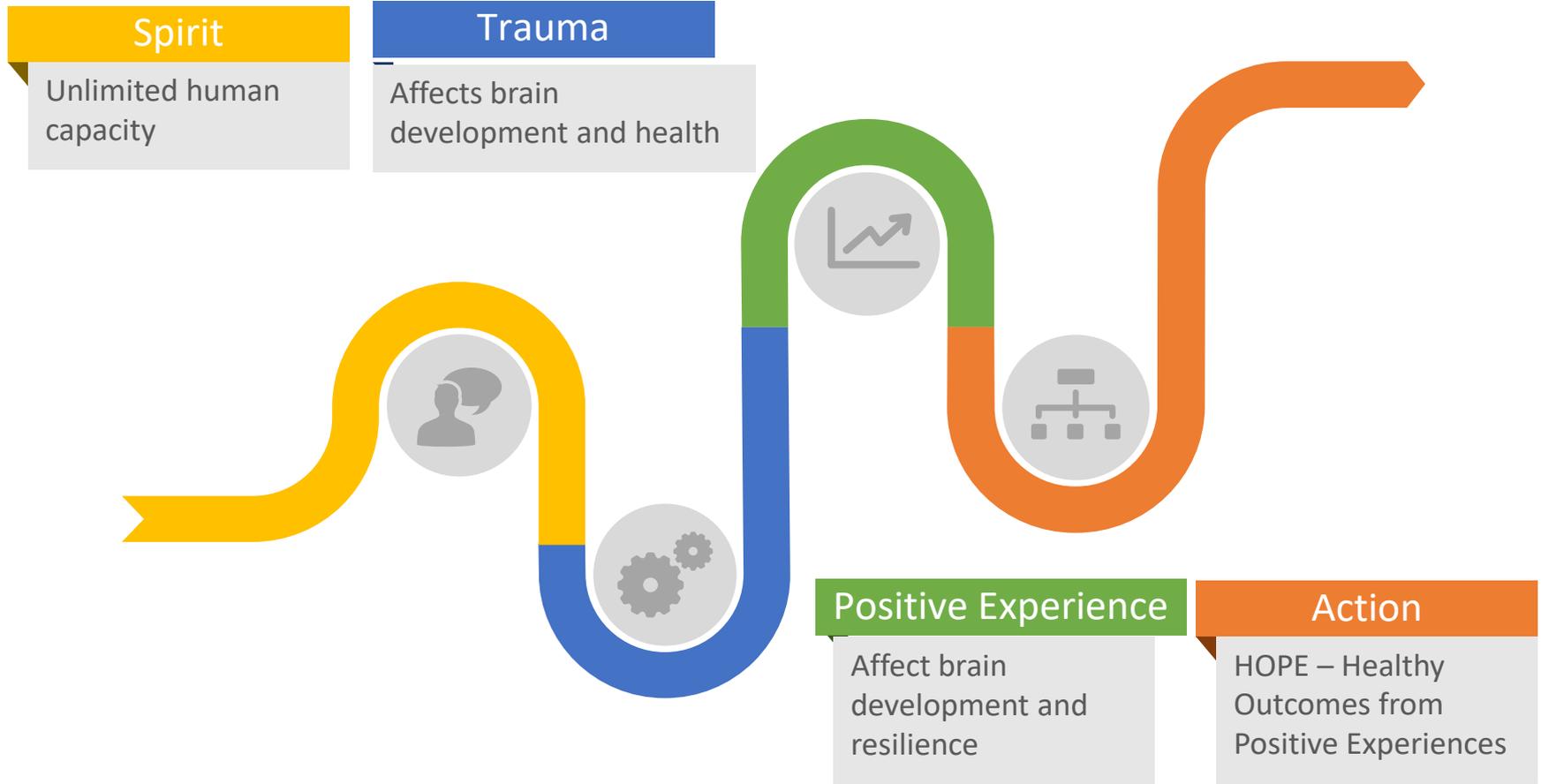
# Acknowledgements

- Christina Bethell
- Charlyn Harper Browne
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Dina Burstein

Chloe Yang

# The Language of HOPE -



# Experience Shapes Human Brain Development

## Spirit

Unlimited human capacity

## Trauma

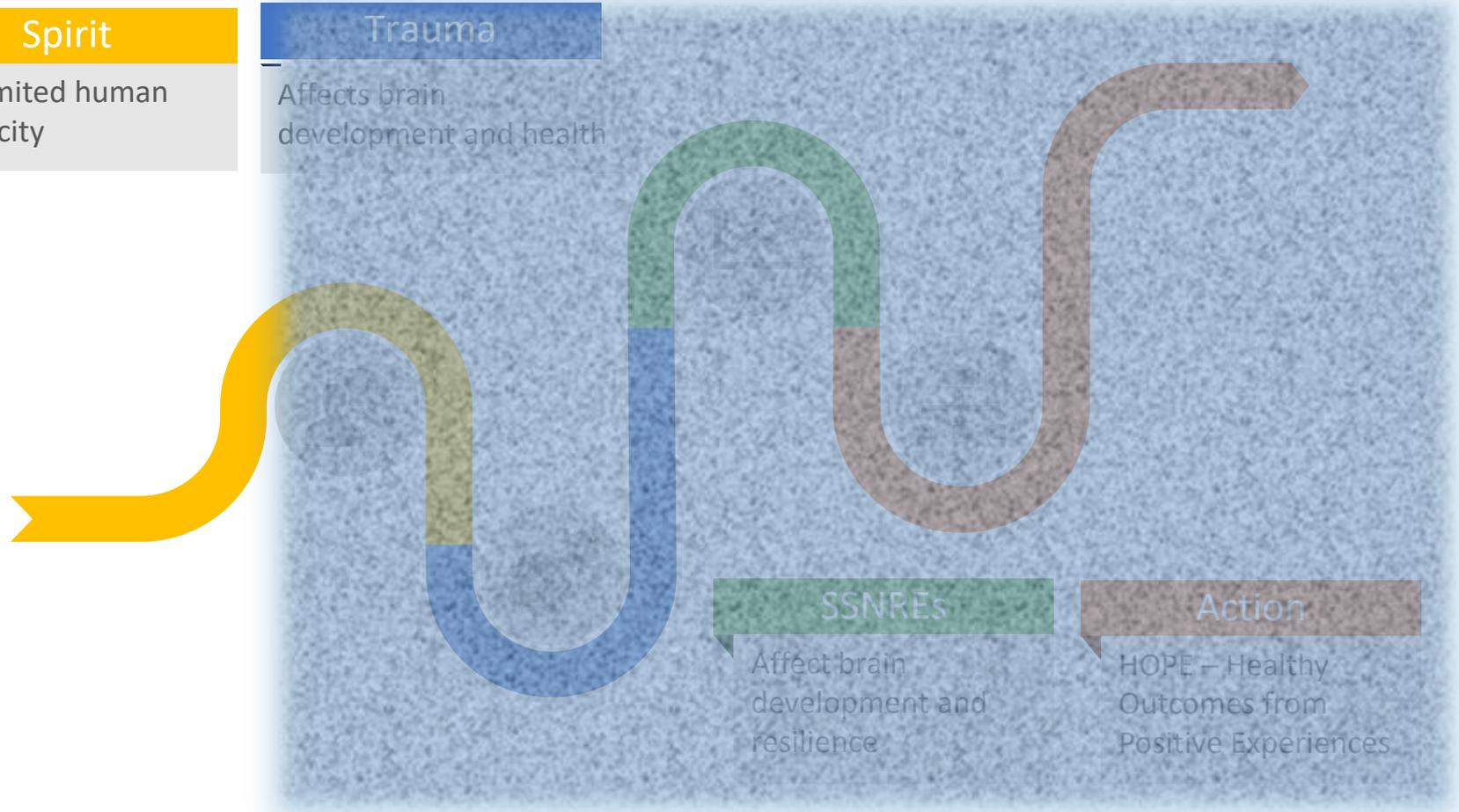
Affects brain development and health

## SSNREs

Affect brain development and resilience

## Action

HOPE – Healthy Outcomes from Positive Experiences



Participant Poll:

Why do you do this work?

Please type your response in the chat box

# Spirit of help that brings us together



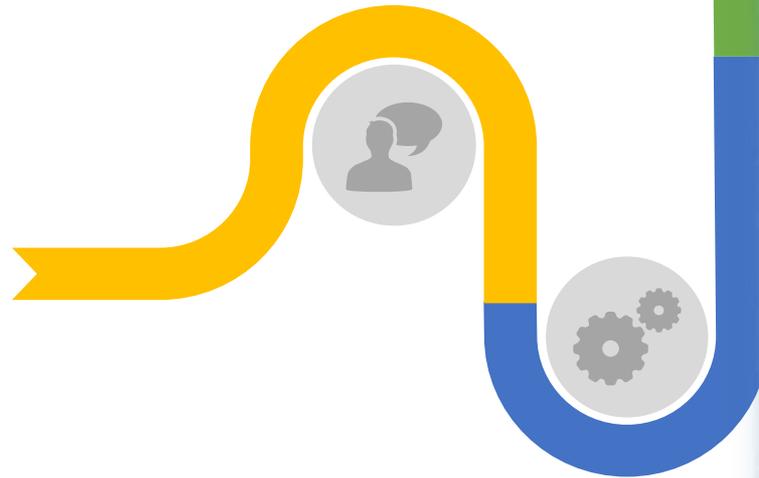
# Experience Shapes Human Brain Development

## Spirit

Unlimited human capacity

## Trauma

Affects brain development and health



## SSNREs

Affect brain development and resilience

## Action

HOPE – Healthy Outcomes from Positive Experiences

# Adverse Childhood Experiences and Other Risk Factors for Toxic Stress

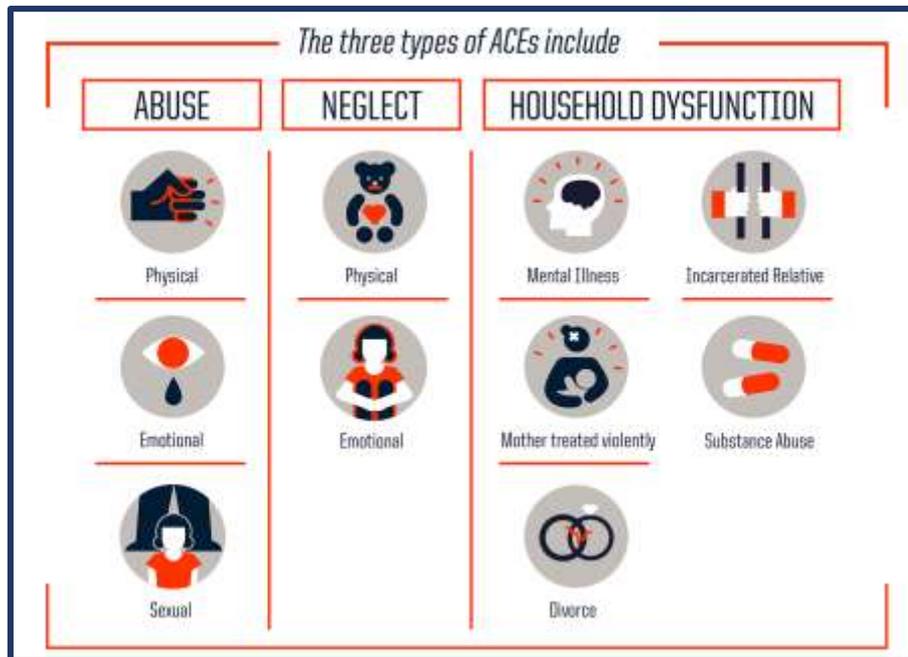


Image courtesy of RWJF

Additional community and societal factors that contribute to toxic stress:

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



## The Pair of ACEs

### Adverse Childhood Experiences

Maternal  
Depression

Physical &  
Emotional Neglect

Emotional &  
Sexual Abuse

Divorce

Substance  
Abuse

Mental Illness

Domestic Violence

Homelessness

Incarceration

### Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing  
Quality &  
Affordability

Community  
Disruption

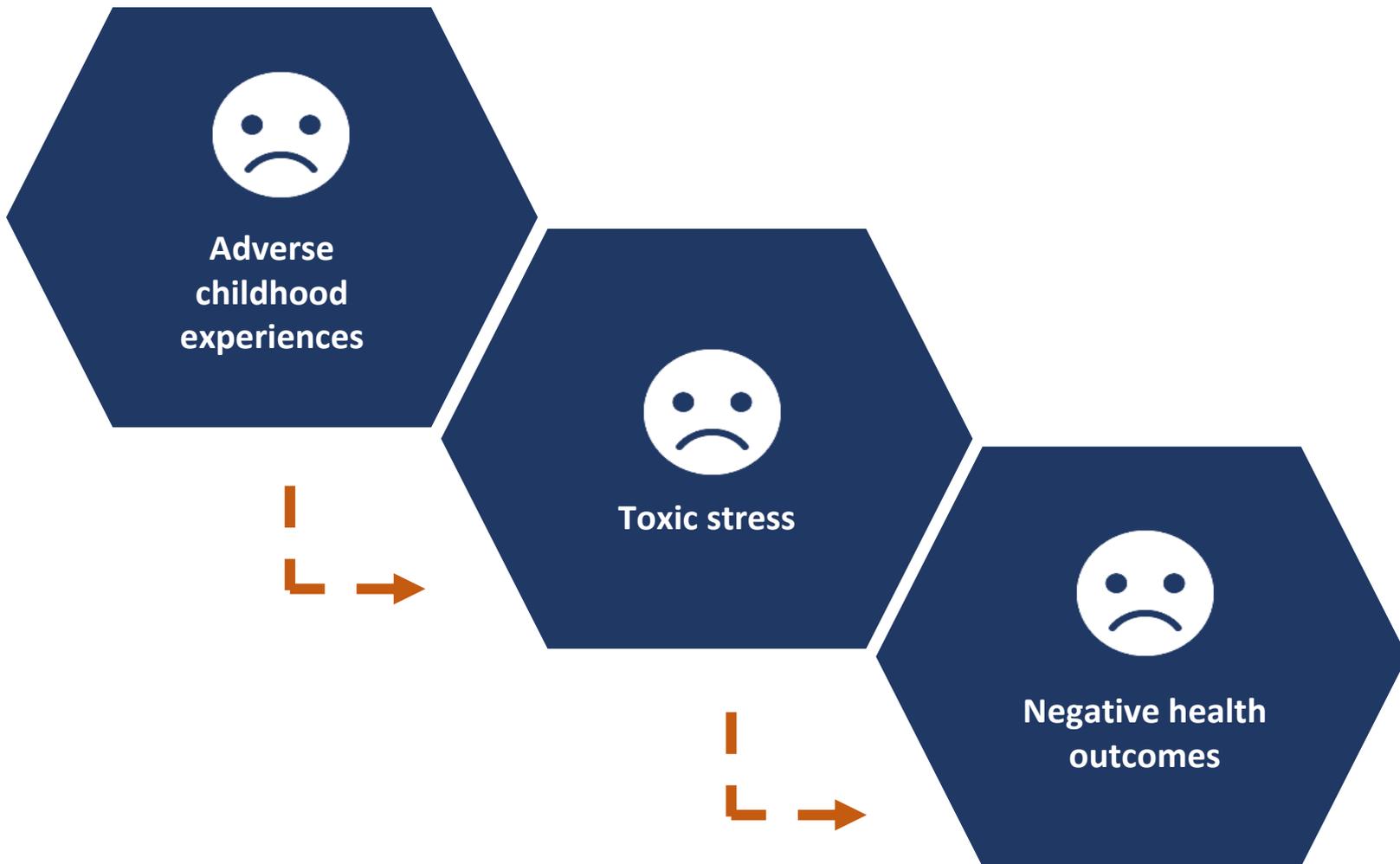
Lack of Opportunity, Economic  
Mobility & Social Capital

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

# 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	<b>12.7</b>
Asthma	4.2	8.1	11.7	<b>24.0</b>
Depression	6.4	14.7	23.0	<b>44.1</b>
Heavy Drinker	5.6	9.0	9.3	<b>23.9</b>
Education < HS			4.6	<b>4.6</b>

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



# From Trauma informed to Asset Informed Care: A Journey

Ellen Galinsky  
Bezos Family Foundation

**Key Point I: Adversity is not destiny.**



**Key Point 2:  
Stereotyping can seriously harm children.**



## Key Point 3:

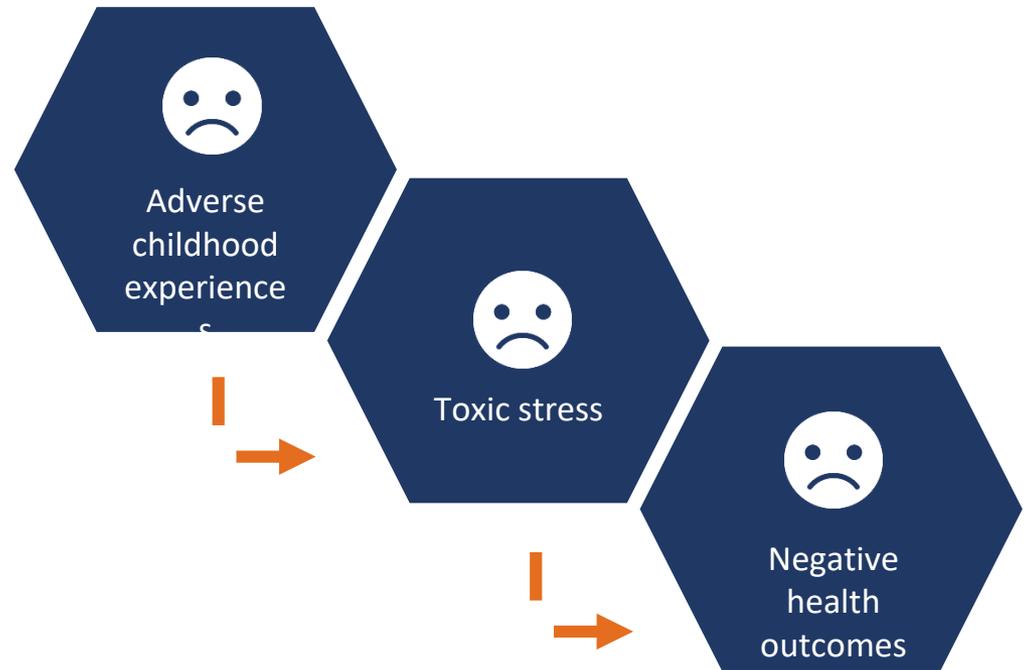
People who have experienced trauma should not be “defined” by their trauma.

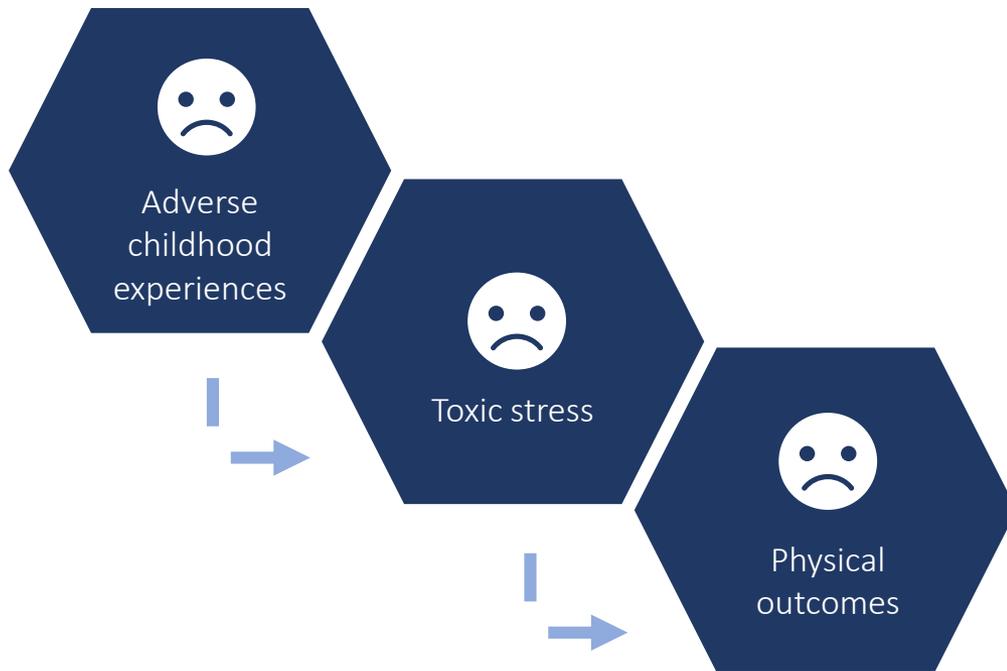
# Moving in a new direction



# What about other kinds of experiences?

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

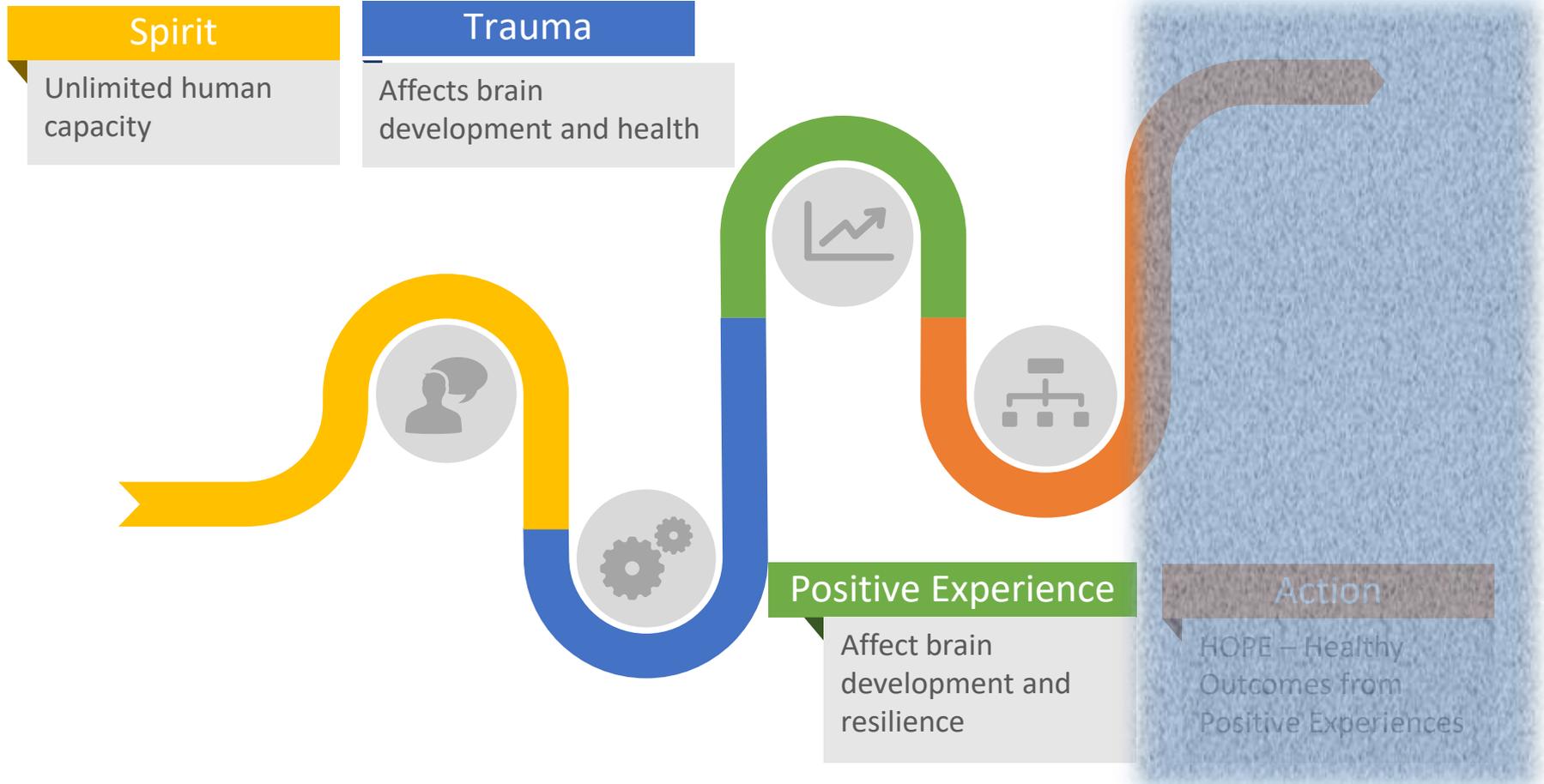




## ACEs are only part of the picture

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

# Experience Shapes Human Brain Development



# 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

# We studied PCEs just like ACEs

## ACEs

- 1998 study of employed people in the Pacific Northwest
- 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

JAMA Pediatrics | [Original Investigation](#)

# Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample Associations Across Adverse Childhood Experiences Levels

Christina Bethell, PhD, MBA, MPH; Jennifer Jones, MSW; Narangerel Gombojav, MD, PhD; Jeff Linkenbach, EdD;  
Robert Sege, MD, PhD

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.

# Cumulative Positive Childhood Experiences Score

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

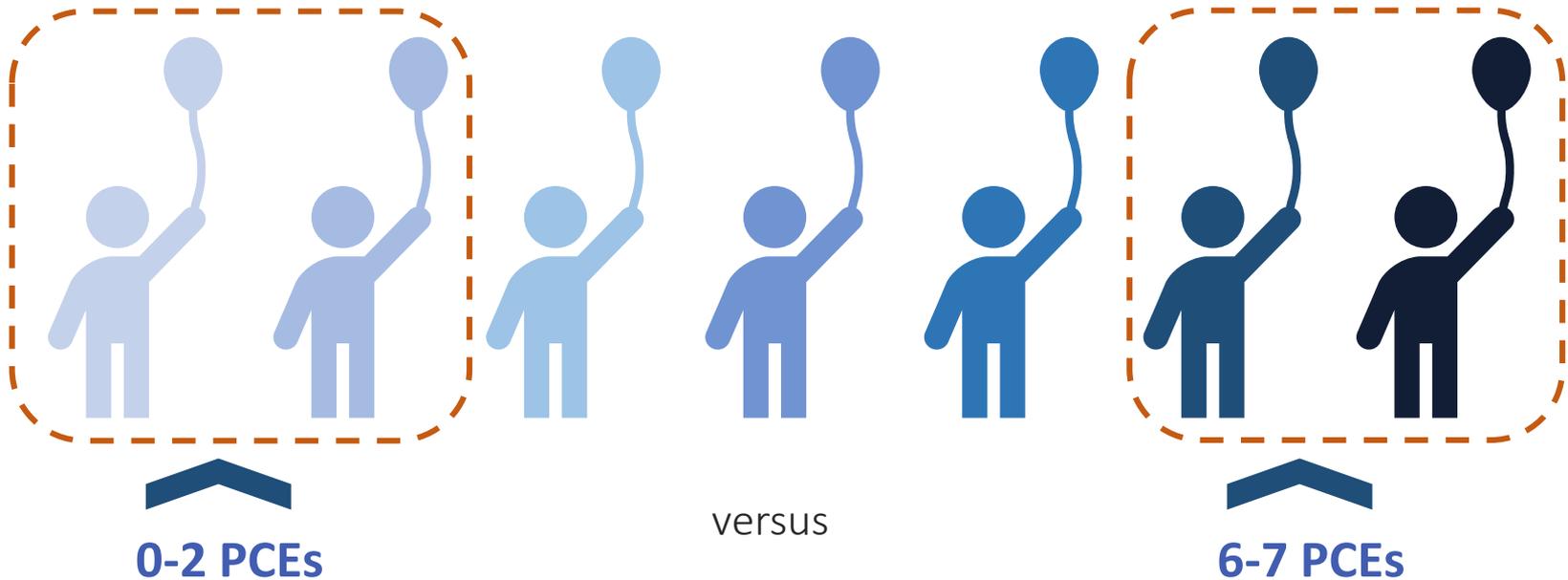
1. Felt able to talk to their family about feelings
  2. Felt their family stood by them during difficult times
  3. Enjoyed participating in community traditions
  4. Felt a sense of belonging in high school
  5. Felt supported by friends
  6. Had at least two non-parent adults who took genuine interest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

# 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.

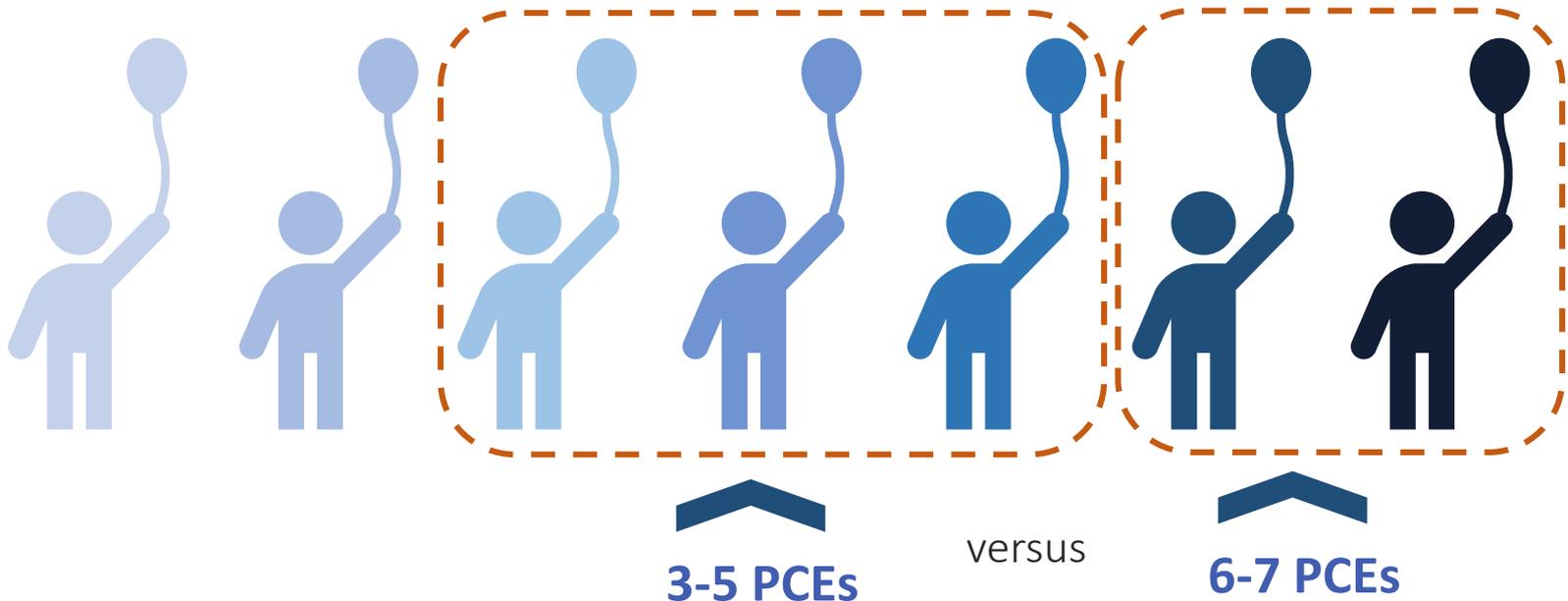


Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019:e193007.

# Positive Childhood Experiences (PCEs) Protect Adult Mental Health



**6-7 vs 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.

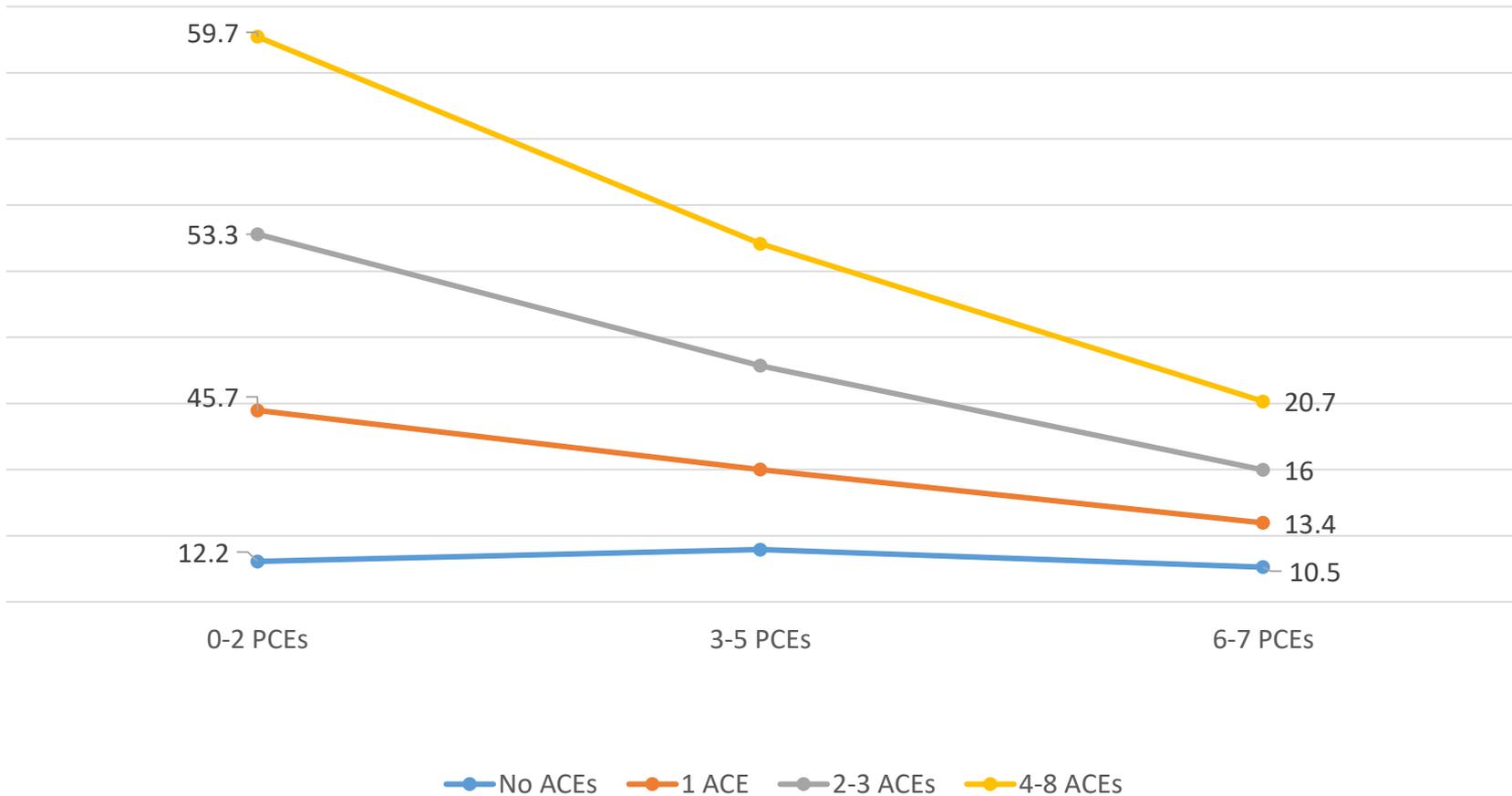




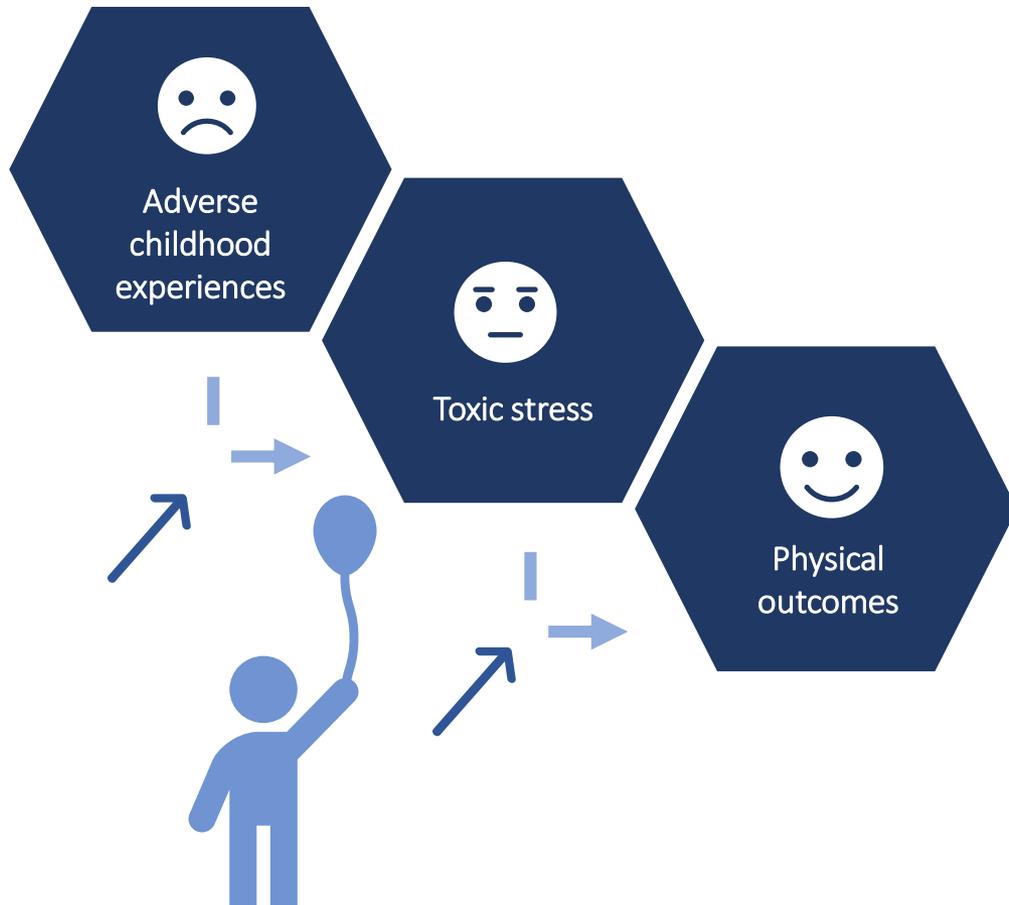
# Positive Childhood Experiences Mitigate

## ACEs Effects :

% w Depression or Poor Mental Health



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**

## Summary: PCEs protect adult mental health

- Positive childhood experiences mitigate the effects of ACEs and prevent toxic stress
- Positive childhood experiences promote healing and recovery

# 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

# Pillars 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



## Social Emotional Learning

- Playing & learning with peers
- Collaboration in art, drama, & music

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

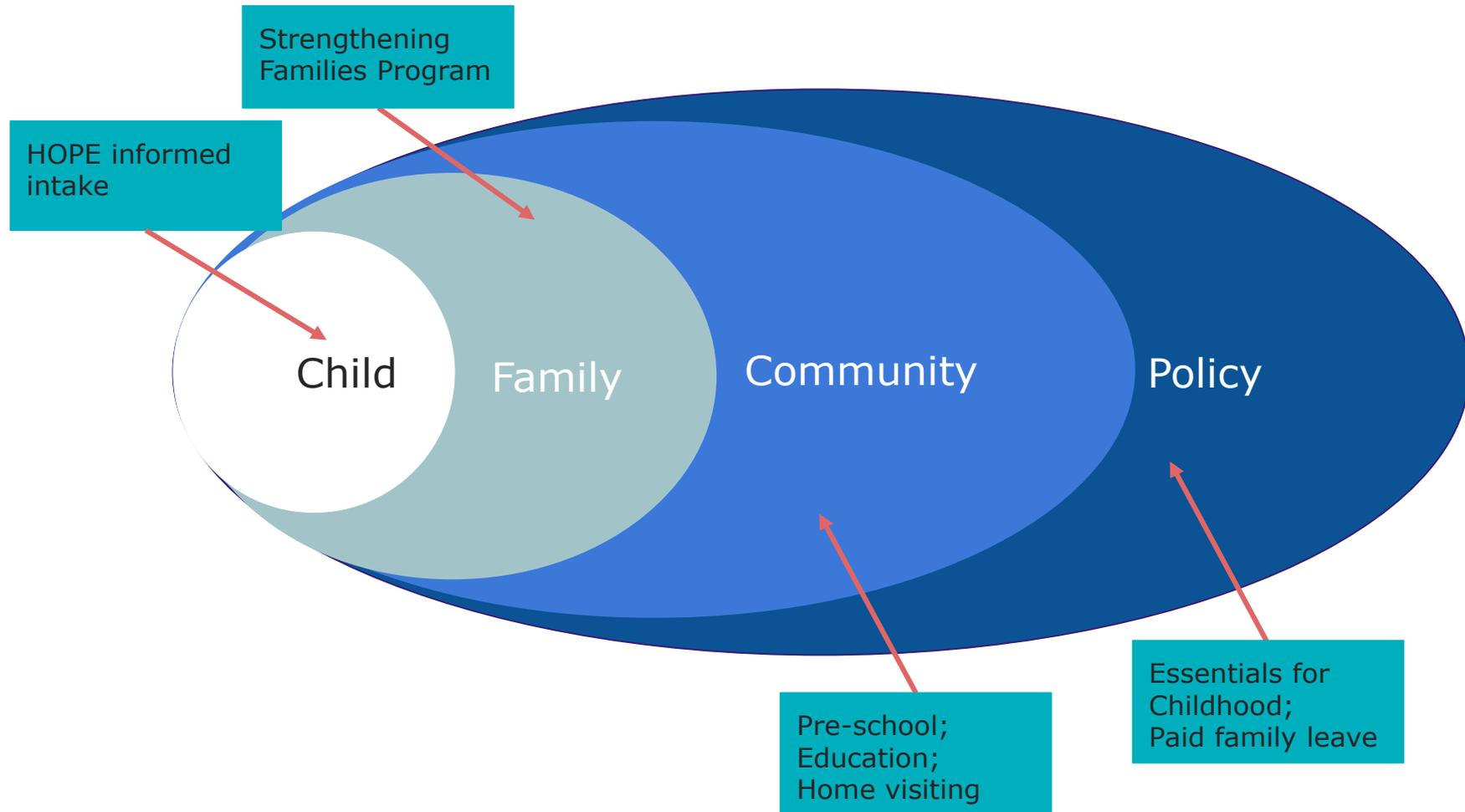
# Domains of intervention to prevent Toxic Stress

Suggested domains of intervention to prevent toxic stress:

1. Healthy relationships
2. Sleep
3. Physical Exercise
4. Nutrition
5. Mental & behavioral health
6. Mindfulness



# HOPE as a framework to guide multi-level intervention





Key Point 4: We need to build on children's and families' assets.

## Interacting with adults with histories of trauma

- Ms. S has been sober for three years. At a recent community event, she calculated that her ACE score was 5.
- She mentions this to you, and wonders how her history will affect her 2-year old son
- Armed with knowledge of PCEs, how would you talk with her?





# HOPE-Informed Care Messages

## **Acknowledge:**

- *Childhood Memories*

## **Reassurance:**

- *History is not destiny*

## **Healing:**

- *No shame in getting help*

## **Inventing:**

- *Better ways to parent*

# Concrete steps – using the language of HOPE

1. Reframing
  2. Listen for the positive
  3. Build on what people are doing right
  4. Create opportunities for social connections
  5. Help people take action
  6. Celebrate successes
  7. It's "us" – we are all re-inventing parenthood
- 

# Commentary



**Sarah Welch**  
Network Outreach and  
Communications Contractor  
Iowa ACEs 360 Coalition

# For more information

- <https://positiveexperience.org>
- Email: [HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org)
  
- <https://mindinthemaking.org>
- Email: [egalinsky@bezosfamilyfoundation.org](mailto:egalinsky@bezosfamilyfoundation.org)



**After today . . .**

**On your postcard, write:**

- Specific
- Measurable
- Attainable
- Relevant
- Time-Bound

*Example:*

*In the next two weeks, I will review our data monitoring with a view towards identifying gaps in knowledge of positive experiences*

Dear Self:

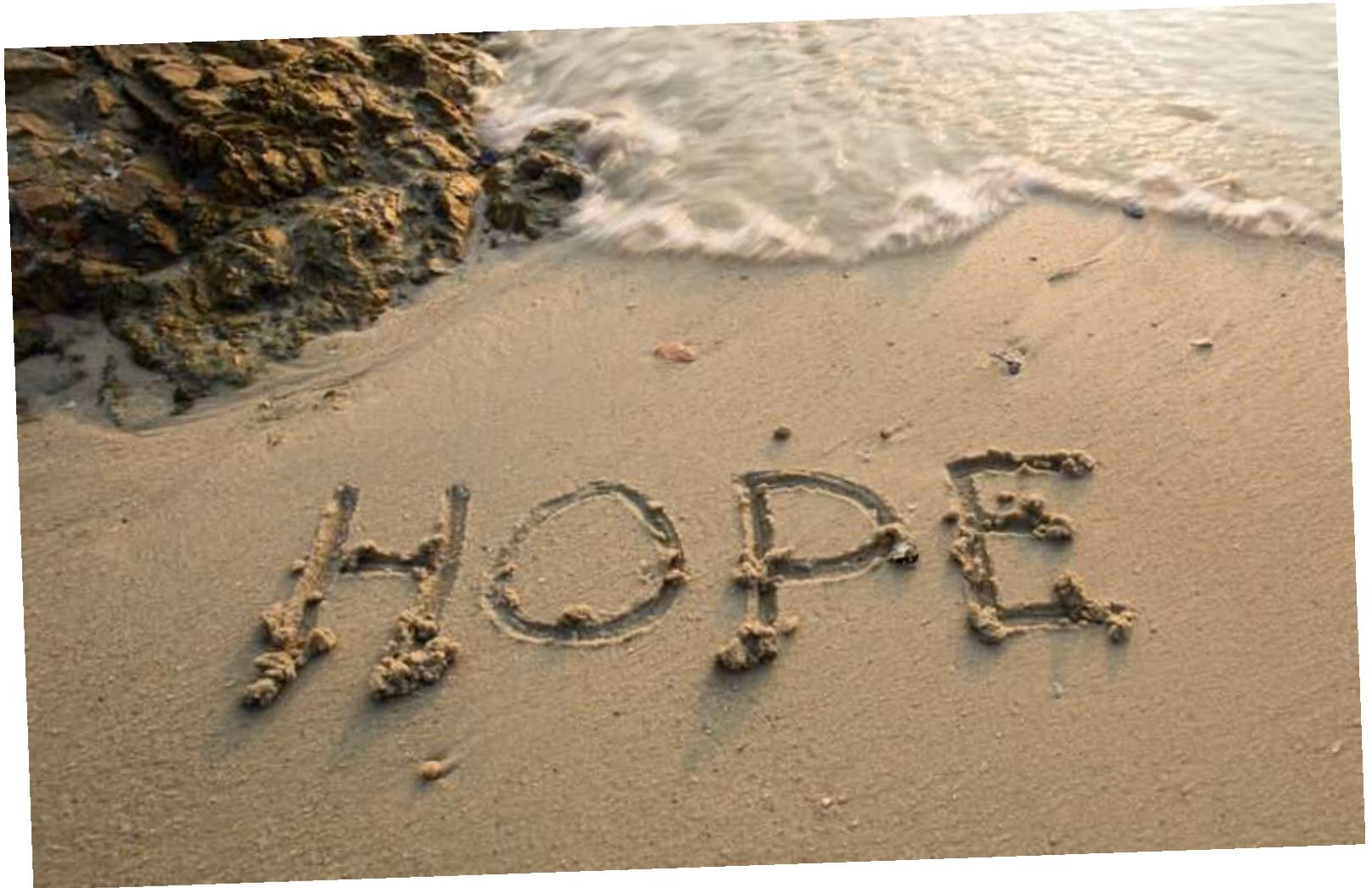
Greetings from HOPE - Healthy  
Outcomes from Positive Experiences.  
Here is what I plan to do in the next 60  
days:



Scan for HOPE Quality  
Improvement Survey

Postage  
stamp

To:



Questions & Discussion

# Upcoming GLR Learning Tuesdays Webinars:

## PRODUCTIVE PARENT/TEACHER PARTNERSHIP WEBINAR

Centering Parent-Teacher Partnerships on Student Learning

Tuesday, Mar. 10, 3 p.m. ET/12 p.m. PT

## PARTNER WEBINAR

Creating the Conditions for Family Child Care to Thrive

Tuesday, Mar. 17, 3 p.m. ET/12 p.m. PT

## PARTNER WEBINAR

The Promise of Tutoring to Promote Third-Grade Reading Proficiency

Tuesday, Mar. 24, 3 p.m. ET/12 p.m. PT

Please join us!

[gradelevelreading.net](http://gradelevelreading.net) / [@readingby3rd](https://twitter.com/readingby3rd) / [#GLReading](https://twitter.com/GLReading)

