



HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

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As you join us, please share what stands out to you in this picture in the chat box. What do you see?



HOPE
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alli arnold



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 HOPE**

Why HOPE Exists

Positive experiences help children grow into more resilient, healthier adults

HOPE aims to better understand and build and support these experiences

Positive experiences help mitigate the effects of adverse childhood experiences

The Positive Exists and is Worth Growing

We know that Positive Experiences:

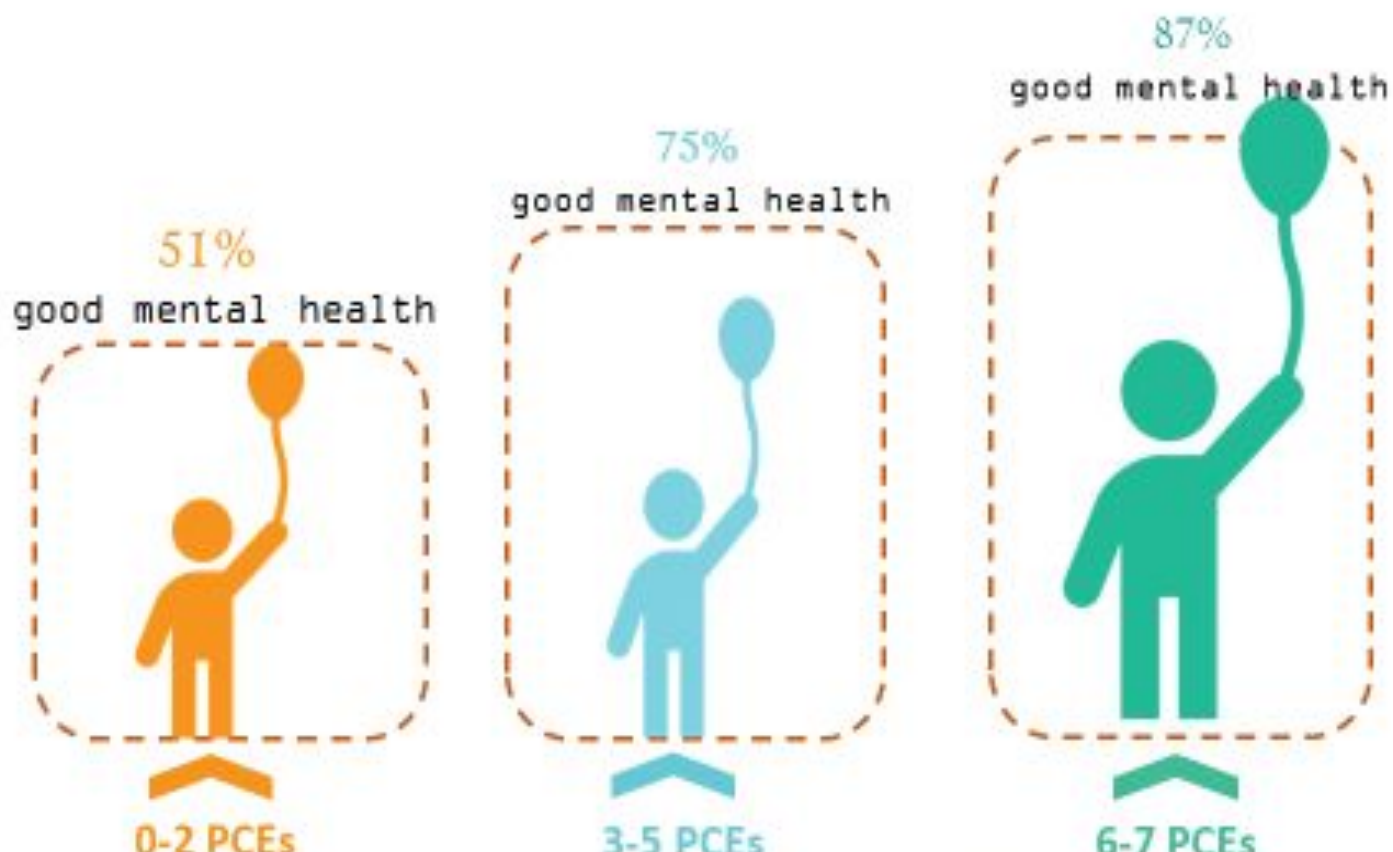
1. Promote children's **health and well-being**
2. Allow children to form strong **relationships** and connections
3. Cultivate positive self-image and **self-worth**
4. Provide a sense of **belonging**
5. Build skills that promote **resilience**

HOPE Creates a Presumption of Strength

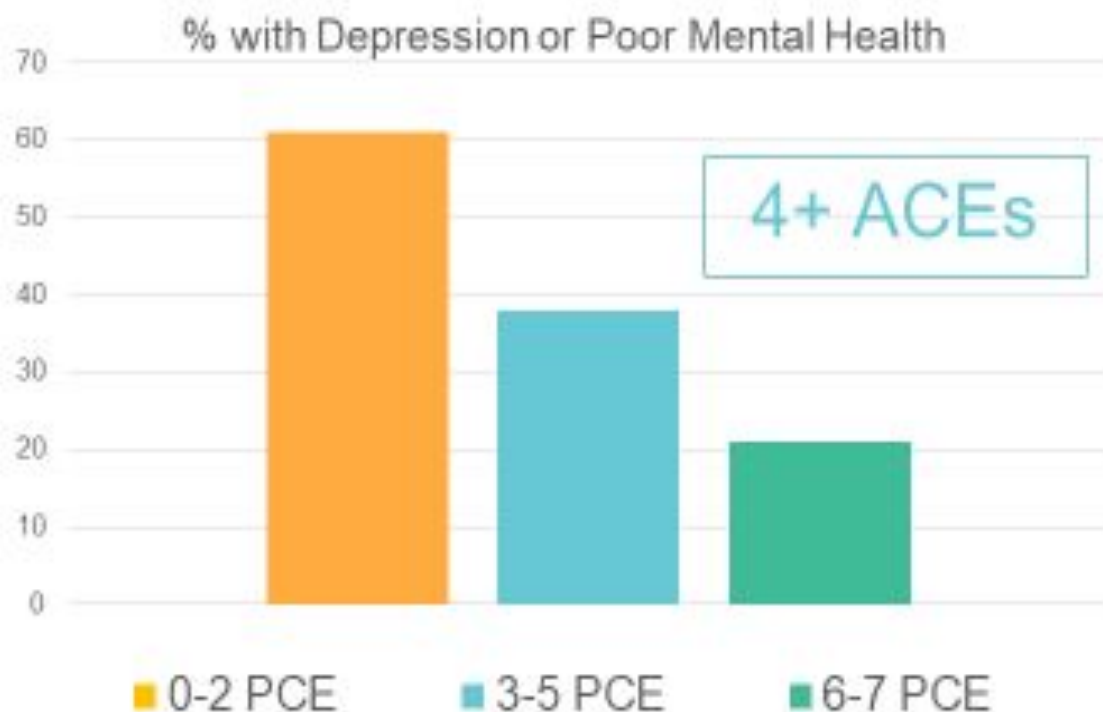
HOPE is shifting the narrative; people are defined by their strengths as well as their challenges

Many systems focus on the negative. Screening tools are often rooted in implicit bias and create a presumption of a deficit

Positive Childhood Experiences (PCEs) Protect Adult Mental Health



Positive Childhood Experiences Mitigate ACEs Effects



Four Building Blocks of HOPE

1. Relationships
2. Environments
3. Engagement
4. Social Growth



Relationships

Build relationships with other children and adults through interpersonal activities

Relationship building begins at birth and lasts throughout their lifespan



Environments

All children need a safe, stable and equitable environment for living, learning and playing at school

This building block also includes basic needs of life:

- Food
- Water
- Shelter
- Clothing
- Heat
- Emotional Safety



Engagement

Children need to feel they belong and that they matter to their community and people around them

The idea that they are part of something bigger than themselves

Helps create a sense of purpose



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Emotional Growth

Children need to learn to develop social and emotional skills. This will allow them to navigate challenges they will face throughout their life. This is achieved through peer interactions along with adults helping them identify emotions and modeling appropriate reactions to the emotion



Case Scenario

Charley grew up in a household where Mom and Dad had violent arguments on a regular basis which sometimes turned physical. Charley found it hard to concentrate during school lessons and was often not on task and falling behind academically. She had some friends at school but found it difficult to regulate her emotions when there was peer conflict or disagreements.

As an adult, Charley is in a relationship that is often verbally violent, communicating through insults and swearing at each other.

Moments of HOPE are Everywhere

Moments of HOPE can occur

- In every interaction with a child
- During intakes/assessments
- When sharing referrals or community resources
- When creating or revising policies
- When designing programming

