HOPE Conquers ACEs
Learning Objectives

- Understand more about the HOPE Framework as an antidote to ACEs
- What we are doing to build a community of practice with trainers
- Learn how we are using the framework in training
- What does this look like on the ground and with partners
Community of Practice

**HOPE**—Health Outcomes from Positive Experiences—and **ACE**—Adverse Childhood Experiences—are key concepts in understanding what we need to do in our homes and communities to create the best environments for children to thrive.

When we say “HOPE Conquers ACEs” we mean that when children grow up with a preponderance of positive experiences in their lives and when we can reduce or eliminate the adverse experiences, whole generations of children’s lives will be better.

- 40 Trainers strategically located
- Monthly calls
- Yearly face to face
- Coordinator
- Evolving curriculum
Hope Conquers ACES (HCA) 
Trainings Offered

The training curriculum was developed to provide flexible and interactive sessions focused on brain development, Adverse Childhood Experiences, Idaho specific data, protective factors, and tactics to integrate the approach into your life/organization. Trainers use a variety of tools presented one time or in multiple sessions over several weeks. Some of the tools include:

The Brain Architecture Game
This fun and interactive game gives a hands-on demonstration of the impacts that both positive and negative experiences have on the developing brain.

1.5 hours

STRONG
A multi-piece curriculum designed to teach the Strengthening Families protective factors approach to parents or professionals. It includes 50 interactive lesson plans.

1-8 hours

Neglect Prevention: It starts with you
This training uses the socio-ecological framework to understand neglect in the context of the learner’s personal experiences. The participant will complete an ecomap and identify the protective factors they did and didn’t have. This approach provides an opportunity for rich discussion about how to increase neglect prevention efforts at multiple levels.

2.5-3 hours

Stewards of Children
An adult-focused child sexual abuse prevention training program that focuses on improving the awareness of the prevalence, consequences, and circumstances of child sexual abuse. The training aims to educate adults to prevent, recognize, and react responsibly to child sexual abuse.

2 hours

Screenings Offered

“Resilience” Film
A one hour long film that discusses the origins of the Adverse Childhood Experiences Study along with case studies on how organizations and communities are using ACES as a tool to prevent child abuse and neglect. A post-film facilitated discussion is strongly suggested.

1.5-2 hours

Broken Places
Ernest Hemingway wrote: “The world breaks everyone but afterward many are strong in the broken places.” This film explores how early adversity affects the developing brain, why some children are more resilient, and what early childhood interventions strengthen resilience.

1.5-2 hours (with discussion)

“Paper Tigers” Film
This documentary follows five students at Lincoln Alternative High School in Walla Walla. It demonstrates the school’s trauma-informed practices and their effects on the students.

1.5-2 hours (with discussion)
HOPE Conquers ACEs Flowchart

- **Prevention story**
- **door exercise**
- **Learning objectives/**
- **Tell audience what you are going to tell them**

- **Story of the Brain**
  - Early childhood is critical
  - Toxic stress disrupts development
  - Brain Rules--lizard/cat/human
  - Stressed brains don't learn the same way

- **ACEs have life long effects**
  - Resilience film
  - ACEs are common
  - ACEs Primer video
  - ACEs in Idaho--NSCH data

- **ACEs are not Destiny**
  - What is predictable is preventable
  - 5 protective factors
  - core meanings
  - How do they operate in your life and in the lives of people you work with?
  - Line up exercise
  - HOPE Framework

- **Everyday Actions promote protective factors**
  - Look through reframed lens to recognize trauma vs. character flaws
  - Prevention and Trauma Informed
  - Develop specific actions related to audience

- **Positive experiences build Protective factors to mitigate and prevent ACEs**

- **Set Stage**

- **HOPE Conquers ACEs Flowchart**
A Reminder of what we need to prevent

The Pair of ACEs
Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness
- Violence

Adverse Community Environments

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability

# Adverse Childhood Experiences

<table>
<thead>
<tr>
<th><strong>ABUSE</strong></th>
<th><strong>NEGLECT</strong></th>
<th><strong>HOUSEHOLD DYSFUNCTION</strong></th>
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<tbody>
<tr>
<td><img src="image" alt="Physical" /></td>
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<td><img src="image" alt="Emotional" /></td>
<td>Emotional</td>
<td>Incarcerated Relative</td>
</tr>
<tr>
<td><img src="image" alt="Sexual" /></td>
<td></td>
<td>Mother Treated Violently</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Substance Abuse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Divorce</td>
</tr>
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</table>
Behavioral Impacts of ACEs

- More Likely to consider themselves alcoholic
- More likely to smoke
- More likely to have used illicit drugs
- Missed 14 days or more of work in a month

Increased likelihood (x times more likely)

- Increased likelihood (x times more likely) for each behavior based on number of ACEs (2 ACEs, 3 Aces, 4 Aces).
How ACEs Impact Your Health

According to a study by Vincent Felitti, a person with 4 or more ACEs is:

- 4.6x more likely to report feeling depressed for 2 weeks or more in a year
- 2.2x more likely to develop heart disease
- 12.2x more likely to attempt suicide
- 2.4x more likely to have a stroke
- 1.9x more likely to have cancer
- 1.6x more likely to have diabetes
- 7.4x more likely to be an alcoholic
- 3.9x more likely to have chronic bronchitis or emphysema
When you look at ACEs they’re actually a stronger predictor of heart disease than any of the traditional risk factors...and yet I was never trained on this in one day in Medical School.”

- Dr. Nadine Burke Harris, Center on Youth Wellness

People with an ACE score of 7 who: don’t drink, don’t smoke, are not diabetic, do not have high cholesterol, still have a 360% greater risk of heart disease
ACE STUDY PROVIDES A PARADIGM SHIFT

FROM ‘WHAT’S WRONG WITH YOU’
TO ‘WHAT HAPPENED TO YOU’
Reframing Behavior

IS IT THIS?
- Anger management problems
- Willful, naughty, uncontrollable
- Manipulative
- Purposefully ‘pushing buttons’
- In need of punitive consequences to motivate better behavior

OR THIS?
- Emotionally dysregulated
- Scared
- In perpetual flight, fight, or freeze mode
- Using adaptive coping patterns
- Seeking to get needs met the only way he or she knows how
- Lacking positive coping and self-regulation skills
Protective Factors and Positive Childhood Experiences (PCEs) can mitigate the effects of Adverse Childhood Experiences. ACES are not destiny.
Positive Childhood Experiences Mitigate ACEs Effects

Depression / poor MH (%)

<table>
<thead>
<tr>
<th>0-2 PCEs</th>
<th>3-5 PCEs</th>
<th>6-7 PCEs</th>
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</thead>
<tbody>
<tr>
<td>59.7</td>
<td>53.3</td>
<td>20.7</td>
</tr>
<tr>
<td>45.7</td>
<td>16</td>
<td>13.4</td>
</tr>
<tr>
<td>12.2</td>
<td>10.5</td>
<td></td>
</tr>
</tbody>
</table>

No ACEs  1 ACE  2-3 ACEs  4-8 ACEs

Bethell, Jones, Gombojav Linkenbach and Sege. Positive Childhood Experiences. JAMA Pediatrics 2019
Supportive adults & healthy households

- Fewer children in foster care
- Fewer justice-involved youth
- Reduced crime
- Fewer youth in mental health crisis
- Families drawing on their strengths
- Steady employment

Connected systems & supports
Dr. Jack Shonkoff with the Harvard Center on the Developing Child says this about brain development:

“People ask this question about how flexible and adaptive is the brain? We know that resilience is something that’s built over time. If you have a weak foundation early on because you hadn’t had time to develop resilience, you can develop resilience later, and you can get better and things can be better. So then the question becomes, is it ever too late? It gets harder the older you get.”
It is easier and less costly to form strong brain circuits during the early years than it is to intervene or “fix” them later.
HOPE = Health Outcomes from Positive Experiences
HOPE CONQUERS ACES WHEN PROTECTIVE FACTORS OUTWEIGH ADVERSE EXPERIENCES
Positive experiences can help moderate the effects of ACES

Each of these factors influence parent and family beliefs and behaviors.
Source: Prevent Child Abuse America

Childhood experiences directly impact brain development.
Source: The Center on the Developing Child at Harvard University

Positive childhood experiences can impact adult health, even among adults who reported adverse childhood experiences.
Source: 2015 Wisconsin Behavioral Risk Factor Survey

Culture Policy Resources Environment

Brain Development

Parent and Family

Physical Health and Behavioral Outcomes

Adult Health

Positive experiences and social norms regarding parenting practices contribute to child development.
Source: CDC Essentials for Childhood Program & Prevent Child Abuse America

Brain development and childhood experiences directly affect physical health and behavioral outcomes.
Sources: The National Survey of Children’s Health 2011-2012
Positive Childhood Experiences in HOPE Framework

Being in nurturing, supportive relationships*

* Protective Factors: Parental resilience and social connections, knowledge of parenting and child development
Positive Childhood Experiences in HOPE Framework

Living, developing, playing, and learning in safe, stable, protective, and equitable environments*

*Protective factor: Concrete supports
Positive Childhood Experiences in HOPE Framework

- Having opportunities for constructive social engagement and to develop a sense of connectedness*

*Protective Factor: Social connections
Positive Childhood Experiences in HOPE Framework

Learning social and emotional competencies*

*Protective Factor: Social and emotional competence
Factors That Moderate the Effects of More Than 3 ACEs on Adult Health

<table>
<thead>
<tr>
<th></th>
<th>% with poor/fair health</th>
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<tbody>
<tr>
<td>Family stood by me*</td>
<td>17.4%</td>
</tr>
<tr>
<td>Family did not stand by me</td>
<td>27.2%</td>
</tr>
<tr>
<td>Felt supported by friends*</td>
<td>18.4%</td>
</tr>
<tr>
<td>Did not feel supported by friends</td>
<td>30.1%</td>
</tr>
<tr>
<td>Sense of belonging at high school</td>
<td>19.6%</td>
</tr>
<tr>
<td>Did not feel a sense of belonging at high school</td>
<td>25.2%</td>
</tr>
<tr>
<td>Enjoyed community traditions</td>
<td>17.7%</td>
</tr>
<tr>
<td>Did not enjoy community traditions</td>
<td>25.1%</td>
</tr>
</tbody>
</table>

Adults with >3 ACEs AND selected positive childhood experiences had lower rates of poor/fair health. (*=p<0.05)
Share H.O.P.E.

Be The Change

• Ask students if they feel nurtured and supported at school
• Ask students if they feel connected
• Ask students if they feel like they belong
• Be someone to talk with about difficult feelings; ask for help if you don’t know how

Carry the Conversation

• Evaluate your school through this lens: 
  Safe /Stable /Protective/ Equitable
• Capitalize on existing avenues for constructive social engagement
• Create expectations for each other
• Offer professional development
• Share results
What Can Be Done About Adverse Childhood Experiences?

- Parent support programs for teens and teen pregnancy prevention programs
- Mental illness and substance abuse treatment
- Home visiting to pregnant women and families with newborns
- ABC High quality child care
- Parenting training programs
- Intimate partner violence prevention
- Sufficient economic supports for families with lower incomes
- Family-friendly work

CDC – Veto Violence
To shape and create an environment in Idaho that allows all to thrive and be resilient in the face of adversity; engage individuals, organizations, leaders, and communities.

What must we do to create a resilient Idaho?

**OUR FOCUS AREAS:**

1. Awareness & Education
2. Prevention and Resiliency-Focused Strategies
3. Healing and Coping Strategies
4. Community Support
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