

May
17,
2023



Positive Childhood Experiences



Janelle Goh, LCSW



...

WHO is On your TEAM?..●

34 people in EACH category

NURTURERS

Who were those people in your life who cared for you..who brought you chicken soup when you were sick. Called you when you didn't get "the job".

PROTECTORS

Who are the people you could "COUNT ON"? Who had your back when faced with adversity?

WISE PEOPLE/MENTORS

Who gave you advice? Guided you on having your first baby to Interviewing for your first job?

CAN BE...

Alive

Passed AWAY

Known or just Admired

1995-1997 Kaiser surveyed 17K HMO patients in regards to their adverse childhood experiences and their current health status

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults.

What is an ACE?

<https://youtu.be/95ovIJ3dsNk>

The Adverse Childhood Experiences (ACE) Study assesses the effects of child abuse and related adverse childhood experiences as a public health problem and the results clearly show “Why Prevention Matters.” The Study is an ongoing collaboration between the Centers for Disease Control (CDC) and Kaiser .

Examples

Experiencing violence or abuse

Family member die by suicide

Substance abuse

Mental health issues

Absent parent due to imprisonment/ separation

<https://www.cdc.gov/injury/features/prevent-child-abuse/index.html>

What are PCEs?

Feeling SAFE in our families to talk about emotions and feeling supported during hard times.

2019 Study Christina Bethell
of Johns Hopkins
University

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

<https://positiveexperience.org/wp-content/uploads/2020/03/BRFShandout2-18.pdf>

Dr. Christian Bethell 2015
Study in WI 7 QUESTIONS
Adults with HIGH PCE Scores

Buffer against the
NEGATIVE ACES

(6-7)
were found to have 72%
lower level of depression
and the ability to form the
social and emotional
connections needed as an
adult.
<https://www.childandadolescent.org/positive-childhood-experiences/>



7 Questions in the Study★★

Did you Feel Able to Talk to your family about your feelings?

★ Did you family stand by you in difficult times?

★ Did you participate in Community traditions?

★ Did you feel a sense of belonging in HIGH SCHOOL?

★ Did you feel supported by friends?

★ Did you have at lease 2 non-parent adults who took interest in you?

★ Did you feel safe and protected by an adult in your home?

Why is this helpful to know?

If we grew up in families that did not have the resources that could be acquired by friends, and resources in

<https://www.childandadolescent.org/positive-childhood-experiences/>

Who are the mentors in your neighborhood?

Teachers
Faith Community Leaders
Cultural Leaders
Club Leaders (boy scouts girl scouts)
Coaches
Therapists
Music Groups (Choir, Orchestra)
Mentoring Non-Profits (Garden Pathways,
Bakersfield Angels)

Examples of these Community PCEs

Enjoying school
One Good Friend
Good Neighbors
One Caring Teacher
Positive Self Concept
Predictable Home Routine
Opportunities to Have FUN
One Safe Parent/ caregiver
One NON-parent Caregiver
Comforting Beliefs (e.g. Religion)

https://children.wi.gov/Documents/ResearchData/OCMH%20Fact%20Sheet_Dec2021_Positive%20Childhood%20Experiences.pdf

Coaching Parents

Connectedness to child emotion How to Listen

What they do already that encourages connection?

Teach children to solve their own problems

This blog post is written by [Mary Kreitz](#).
Mary [C&A's](#) Trauma Therapist Program
Manager. If you are in need of C&A's
services, please call **330-433-6075**

Stress is essential to healthy development, and it is the essential element of building resilience....the KEY is a PREDICTABLE, MODERATE, CONTROLLABLE Pattern of stress.

Dr. Bruce Perry's Neurosequential Model (Keynote at the 2020 Moms Conference April 2023)

Stress is Part of Life

Stress is merely a demand on one or more of our body's many physiological systems (hunger, thirst, cold, working, school.)
Dr. Perry

Builds TOLERANCE and RESISTANCE

DAILY

RITUALS

- MANTRAS (Our family can do hard things)

Today is a gift, breathe and notice)

- High Point, Low Point of the day
- Bedtime Ritual: What is one thing you are grateful for today?

- These rituals teach children to notice the positive and REWIRE their brain!
@BigLife Journal




Money cannot always buy PCE



This lamp has everything my mom ever found in my pockets when doing laundry for me when I was little. She gave it to me at my wedding.

Experiences that help children learn to trust and get the help they need when life is uncertain

What Happened to You?
Oprah Winfrey/Dr. Bruce
Perry, 2021

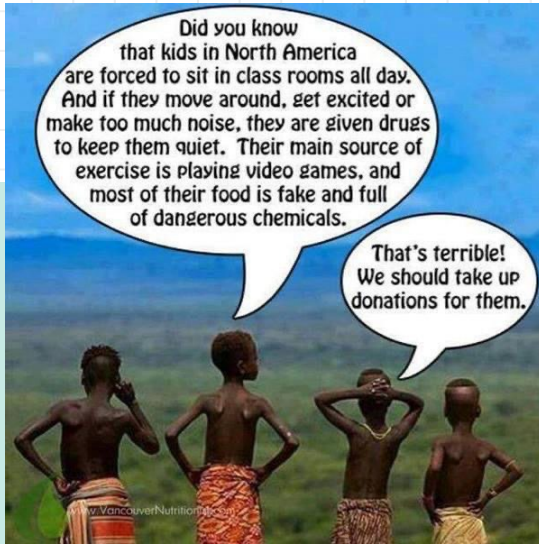
Bowl  of
Cheerios?

What Happened to You Dr. Bruce
Perry and Oprah Winfrey, 2021

Chapter 3

THE CHEERIOS GIRL

The Importance of....



PLAY

- CRUCIAL to DEVELOPMENT
- Antidote to Stress
- The Language of Children
- Screen time vs. Physical Play
- Helps parents ID a child's uniqueness and talents

<https://www.centerforchildcounseling.org/positive-childhood-experiences-pces-and-play/>



What Can We Do?



<https://children.wi.gov/Documents/ResearchData/OCMH%20Fact%20Sheet.pdf> Dec2021_Positive%20Childho

**Find Ways to help
performing students**

Increase a sense of pride
in their schools

Create FUN and a sense
of belonging

Community

Celebrations

Sports

Neighborhood Events

Policy Makers

Funds for Libraries/ Parks

Low- income Preschools

Mental Health Services

Families

Teach parents about
family routines, meals
bedtime stories, chores,
game nights, walks,

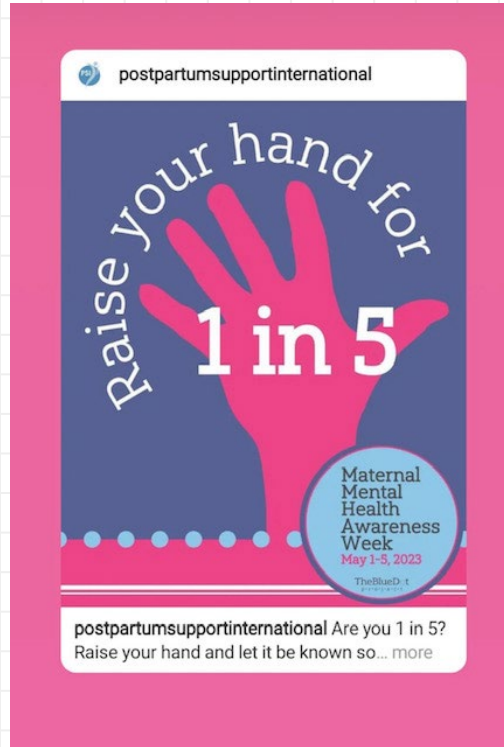
Support for Parents

Mental Health Services

Parenting Classes
Substance abuse services

Maternal Mental Health Awareness

Postpartum
Support
International



**24/7 Postpartum
Support Hotline
Free/Confidential
available in
MOST
Languages
1-833-9-
HELP4MOMS**

COMMUNITY DAY

THE MUSIC CENTER'S
44TH ANNUAL VERY SPECIAL

ARTS FESTIVAL

NEW
DATE!



ARTS WORKSHOPS • PERFORMANCES • VIRTUAL STUDENT ART GALLERY
Saturday, April 22, 2023 • 11:00am-2:30pm
FREE ADMISSION • OPEN TO THE PUBLIC

Create
COMMUNITY

The Very Special Arts Festival, a TMC Arts program, is made possible by generous support from:
Tina and Jerry Wasserman Foundation
Ring-Mackowski Foundation/The Ring Foundation
Miss Song
LJMK Investments
Robert Maxwell Foundation
Kenneth T. & Elizabeth L. Norris Foundation



Department of Cultural Affairs



mypositiveoutlooks

Follow



Be the reason
someone feels welcomed,
seen, heard, valued, loved
and supported.



Team Exercise

You are
not alone

Nurturers

Protectors

Wise

People/ Mentors

THANKS!

Resources

Does anyone have any questions?

Hello@janellegohlcsw.com

- [https:// www.childandadolescent.org /positive -childhood -experiences](https://www.childandadolescent.org/positive-childhood-experiences)
- This blog post is written by Mary Kreitz. Mary C&A's Trauma Therapist Program Manager. If you are in need of C&A's services, please call **330-433-6075**.
- [https:// pinetreeinstitute.org/ positive-childhood-experiences/](https://pinetreeinstitute.org/positive-childhood-experiences/)
- [https:// children.wi.gov/ Documents/ ResearchData/ OCMH%20Fact%20Sheet _Dec2021_ Positive%20C hildhood%20Experiences.pdf](https://children.wi.gov/Documents/ResearchData/OCMH%20Fact%20Sheet_Dec2021_Positive%20Childhood%20Experiences.pdf)
- [https:// www.centerforchildcounseling.org/ positive-childhood-experiences-pces-and-play/](https://www.centerforchildcounseling.org/positive-childhood-experiences-pces-and-play/)
- [https:// positiveexperience.org/ wp-content/ uploads/ 2020/ 03/ BRFShandout2-18.pdf](https://positiveexperience.org/wp-content/uploads/2020/03/BRFShandout2-18.pdf)
- [https:// www.cdc.gov/ injury/ features/ prevent-child-abuse/ index.html](https://www.cdc.gov/injury/features/prevent-child-abuse/index.html)

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