To disrupt this cycle, it is not enough to address ACEs to remediate the impact of childhood adversity. Recent research shows resilience and strength based practice in parallel to directly addressing trauma resulting from ACEs provides the best chance to help a child or family to deal with these challenges.

Specifically, positive experiences that generate and reflect resilience within children, families and communities should be encouraged. Most recent findings indicate that positive experiences in childhood may reduce the risk for depression and/or poor mental health later in life. Healthy Outcomes from Positive Experiences (HOPE) offers a framework with a perspective on mitigating the adverse impacts to promote better health outcomes (3). The HOPE framework is based on examination of several evidence-based programs and promising initiatives designed to improve the lives of children and their families.

1 California Department Public Health, Injury and Violence Prevention Branch and the California Department of Social Services, 2020.
Some examples of positive experiences are identifying and talking to family about feelings when it is safe to do so, feeling supported by family or other caregivers or friends, a sense of belonging at school, and enjoying community participation and cultural traditions. We know that children's brains develop to a wide spectrum of adverse and positive experiences, and although positive experiences do not erase adversity, they may improve outcomes. The HOPE framework seeks to encourage and promote strengths through positive experiences to ease ACEs’ effect by cultivating and accessing resources to strengthen children and their families' lives through policy and action.

**ACTIONS TO TAKE**

**LINK families to services that build and enhance protective factors** – as a pediatric provider or a professional in a community-based organization, do your part to ensure families are appropriately linked to services they need.

**Encourage local participation** in neighborhood-based experiences, e.g., activities offered through City of San Diego Parks and Recreation Department, the YMCA, or the JCC.

**Stay Connected.** COVID-19 has created a challenge in connecting with patients during in-person visits and staying safe. Ensure you are in ongoing communication with children and families using virtual appointment hours. Follow-up via email or a phone call as needed.

**RESOURCES**

1. Healthy Outcomes from Positive Experiences: To read more about the HOPE framework and stay informed about new developments, go to [https://positiveexperience.org/](https://positiveexperience.org/)

2. For more information about the statewide ACEs Aware Initiative and to access resources, go to: [https://www.acesaware.org/](https://www.acesaware.org/)

3. Become an active part of the ACEs Connection, a social network focused on efforts around addressing ACEs, locally and nationwide. [https://www.acesconnection.com/](https://www.acesconnection.com/)