

## WEBINAR

Personal Responsibility Education Program



**FYSB** Family & Youth  
Services Bureau

Adolescent Pregnancy  
Prevention Program



# Strengthening the Roots: Positive Childhood Experiences

April 24, 2024

Dallas J. Elgin, PhD, RTI International  
Madhuri Jha, LCSW, MPH, ETR  
Alfred Perez, PhD, MSW, ETR  
Katy Gottschalk and Chelsea Carter,  
American Home Finding Association

# Webinar Logistics

- Mute yourself when not talking.
- Turn off video if you experience any connection issues.
- Type questions in the chat.
- Wait until the time reserved for questions and answers at the end.
- Take off “everyone” if you want to directly message with someone in the webinar.
- Use the transcript and recording available after the webinar.



# Agenda

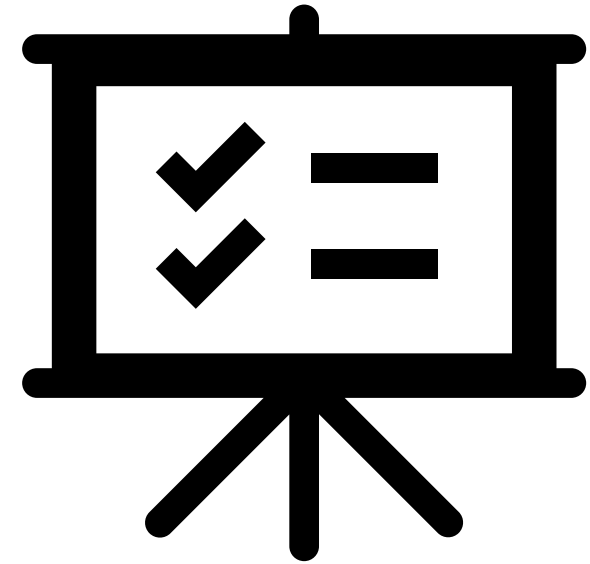
- Welcome and Introductions
- Background and Research
- Facilitated Discussion
- Reflection and Closing



# Objectives

By the end of this webinar, participants will be able to:

- Describe the current research on Positive Childhood Experiences (PCEs) and how PCEs connect to PREP grantee programming.
- Identify opportunities to strengthen PCEs within PREP programming.
- Apply strategies from the PCE literature to advance equity within PREP programming.
- Learn how an APP grantee integrates PCEs in their programming.



# Meeting Norms

- **Participate and engage.** We want to hear from you, and we want you to hear from your colleagues. Having a balance in participation will allow for all voices to be heard.
- **Be fully present.** Although sidebar conversations in the chat and cell phone use may be tempting, we want to ensure our collective focus is in the same place so we can maximize our time together.
- **Step away when needed.** The content of this session has the potential to be triggering.
- **Begin and end on time.**

# Panelists



Dallas J. Elgin, PhD  
RTI International



Madhuri Jha, LCSW,  
MPH  
ETR



Alfred Perez, PhD,  
MSW  
ETR



Katy Gottschalk  
American  
Home Finding  
Association



Chelsea Carter  
American  
Home Finding  
Association





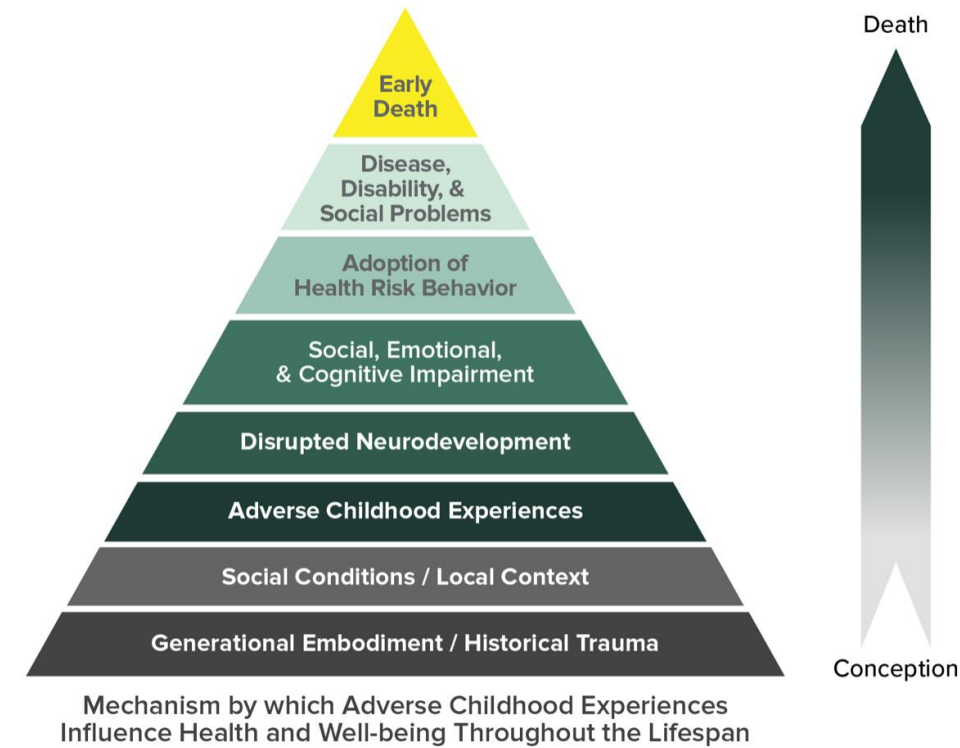
# Background and Research

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# Overview: Adverse Childhood Experiences (ACEs) Research

- **ACEs are potentially traumatic events that occur in childhood (0–17 years)**
- ACEs:
  - are preventable events
  - carry lasting, negative impacts on health outcomes
- ACEs research has made significant contributions to understanding how adverse events impact an array of health outcomes



**Source:** National Center for Injury Prevention and Control, Division of Violence Prevention (2021)



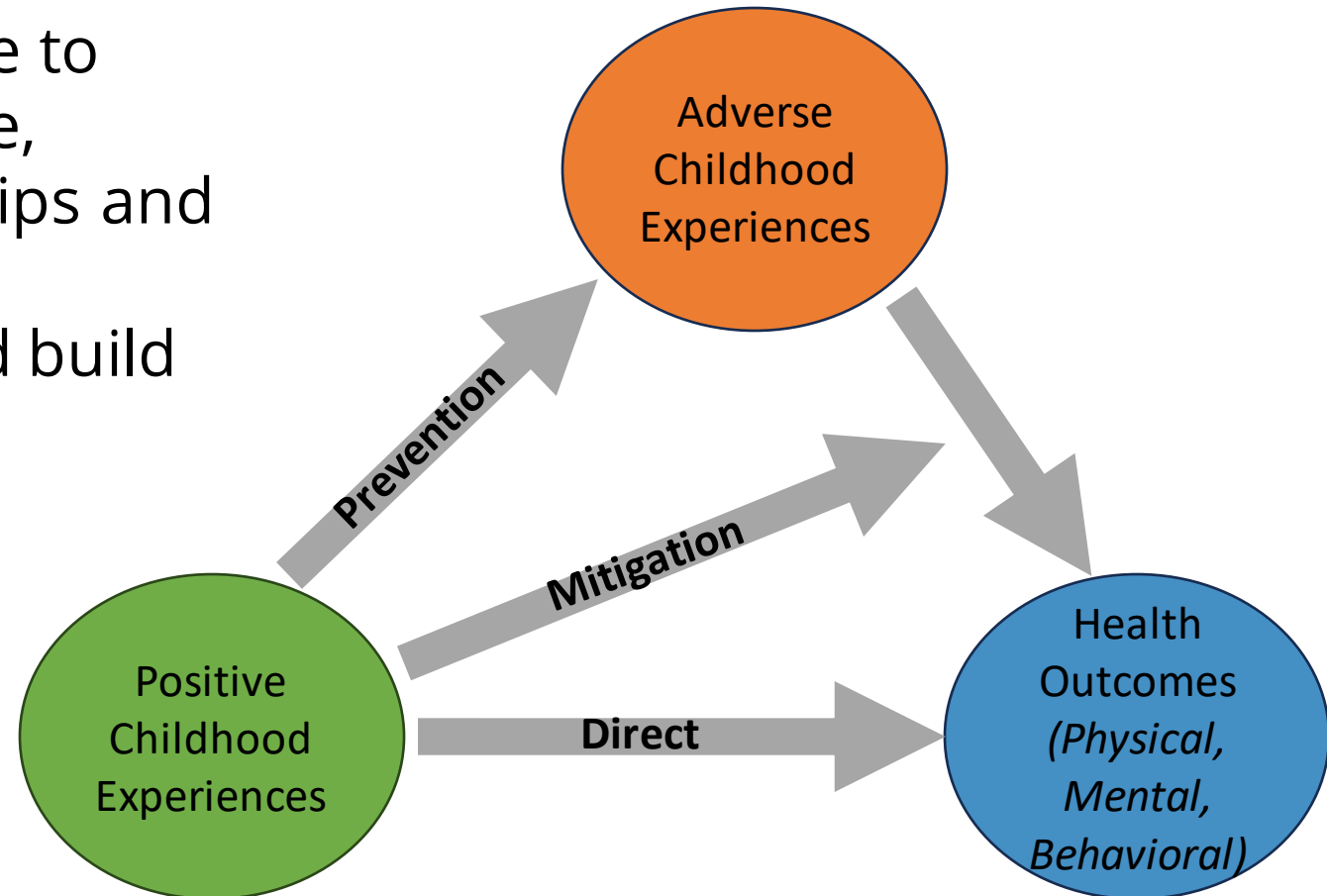
# The Evolution of ACEs Research

Although considerable progress has been made, research on ACEs is evolving to address several limitations:

- The original ACEs do not include traumatic experiences that can differ by community and subpopulation
- There is a recognized need to include “expanded ACEs”
- Existing approaches to measuring ACEs incorporate ***a deficit-based approach*** and fail to account for:
  - Familial strengths
  - Protective capacities
  - Positive Childhood Experiences (PCEs) that could mitigate the effects of ACEs

# Overview: PCEs

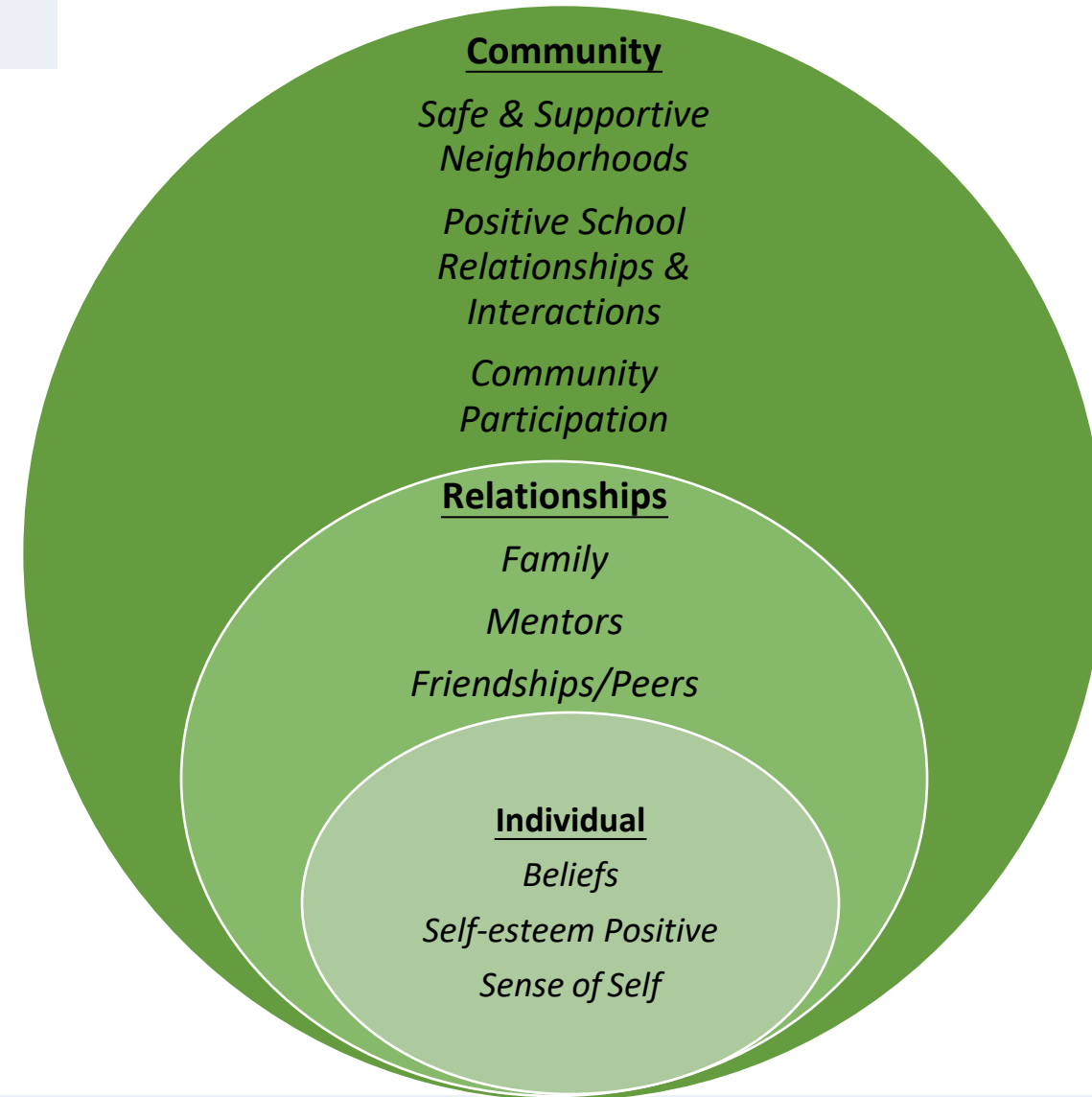
- *CDC Working Definition:* PCEs are experiences in childhood that relate to children's ability to have safe, stable, nurturing, and equitable relationships and environments
- PCEs can help children develop and build
  - a sense of belonging
  - connectedness
  - resilience
- PCEs impact ACEs and health outcomes in varied ways



Source: Anderson et al., (2022)

# Types of PCEs

- PCEs can operate at multiple levels
  - Individual
  - Relationships
  - Community





# Interactions among PCEs

- PCEs at one level can have important implications for developing PCEs at other levels
  - *Example:* A positive sense of self can provide a foundation for healthy relationships and social interactions
  - *Example:* Friendships and peer relationships can provide a foundation for positive interactions and a sense of belonging at school or in the community
- Research is increasingly focused on how PCEs interact with each other, and influence ACEs and health outcomes

# Summary of Research on PCEs & Adult Outcomes

- Early studies on PCEs were conducted over a decade ago, but research has grown rapidly over the last 5 years
- Notable findings from a systematic review of PCEs and adult outcomes (Han et al., 2023)
  - Higher levels of PCEs are significantly associated with lower levels of ACEs
  - Higher levels of PCEs are associated with more favorable outcomes in
    - mental health
    - psychosocial functioning
    - physical health and health behaviors
    - psychosocial stress

# Summary of Research on PCEs & Adult Outcomes

- Few studies found significant interaction effects between ACEs & PCEs on outcomes
  - *Implication:* PCEs may directly promote positive outcomes rather than moderate the effects of ACEs
- *Key Takeaways:*
  - ACEs and PCEs are somewhat independent sets of experiences
    - Many youth experience both, and the presence of one does not preclude the other
  - PCEs predict more favorable outcomes independent of childhood adversity more often than they moderate the effects of ACEs
  - Developing programs and interventions that foster PCEs for children and youth is critical for promoting lifelong health



# Which PCEs does your PREP Programming Already Address?

- Feel able to talk with family about your feelings
- Feel that your family stood by you during difficult times
- Enjoy participating in community traditions
- Feel a sense of belonging in high school
- Feel supported by friends
- Have at least two non-parent adults who took a genuine interest in you
- Feel safe and protected by an adult in your home





# Facilitated Discussion

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# Q&A



# Resources

Elevate Youth Podcast:

- [This is a Safe Space: Trauma-Informed Care](#)
- [Trauma-informed care: Resilience](#)

[Building on Strengths: The Role of Positive Youth Development in Adolescent Pregnancy Prevention Programming](#) (Infographic)

[Positive Youth Development Approach](#) (webinar)

[Adverse Childhood Experiences: Implications for Adolescent Pregnancy Prevention Programming](#) (Tip Sheet)

# Contact Information

Dallas J. Elgin: [delgin@rti.org](mailto:delgin@rti.org)

Madhuri Jha: [madhuri.jha@etr.org](mailto:madhuri.jha@etr.org)

Alfred Perez: [alfred.perez@etr.org](mailto:alfred.perez@etr.org)

Katy Gottschalk: [kgottschalk@ahfa.org](mailto:kgottschalk@ahfa.org)

Chelsea Carter: [ccarter@ahfa.org](mailto:ccarter@ahfa.org)

# References

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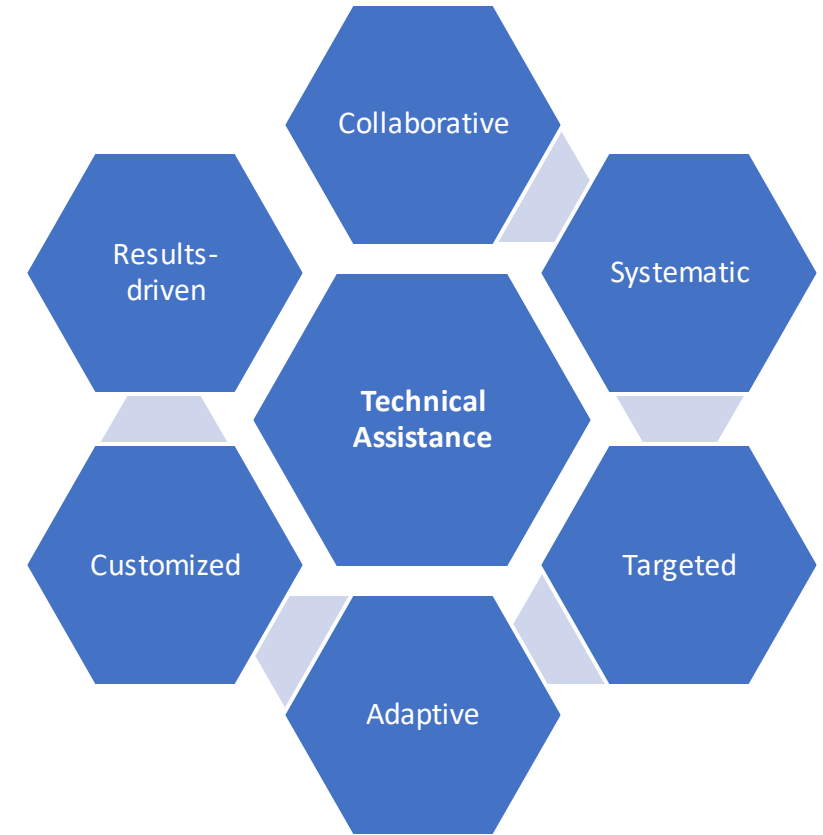
# Technical Assistance

RTI International (in partnership with Child Trends, ETR and MEES) provides Technical Assistance (TA) for PREP grantees.

TA is the process of providing **targeted support** to an organization with a grant related need over an extended period.

Our experienced team of TA providers offer complimentary TA to all PREP grantees in the following areas:

- Program Management
- Program Implementation
- Staff Recruitment and Retention
- Virtual implementation, including, curriculum adaptations
- Sub-awardee Monitoring
- Participant Recruitment and Retention
- Adulthood Preparation Subjects
- Working with Specific Youth Populations



Request TA

If you are interested in working with a TA provider to support program implementation needs, contact your FYSB Project Officer or email us at [APPTTA@rti.org](mailto:APPTTA@rti.org).

# Upcoming TA and Events

We also offer:

- Bi-monthly opportunities to connect with other grantees with the same funding (liaison groups)
- TA Office Hours

Drop in on these sessions to connect with other grantees and TA providers.

## **Next month:**

Share and Learn Session:  
Engaging Males in PREP  
Programming

**May 14, 2024, 3–4pm ET**

Need more information about these offerings? Email us at

[APPTTA@rti.org](mailto:APPTTA@rti.org)



# Thank You – We Want to Hear from You!

- Please complete a short survey about your experience with today's webinar.
- The survey will pop up on your screen when the webinar ends.
- If you attended the webinar with other team members, please share the link and complete the evaluation separately.