



UNITY Newsletter

Volume 1 Issue 2

Geisinger

What's Inside?

Positive Childhood Experiences

Even if life's been tough, feeling supported or connected can help you bounce back stronger.

Social Media

Hey students! You're already using AI tools like ChatGPT and image generators, but what do adults really know about how you use them?

Get Medical Field Experience

Students, are you interested in a career in the medical field? Geisinger Health System offers a number of programs to get hands-on experience for the medical field. See below, and get more details here: [High School Student Opportunities at Geisinger](#).

UNITY Stakeholder Spotlight

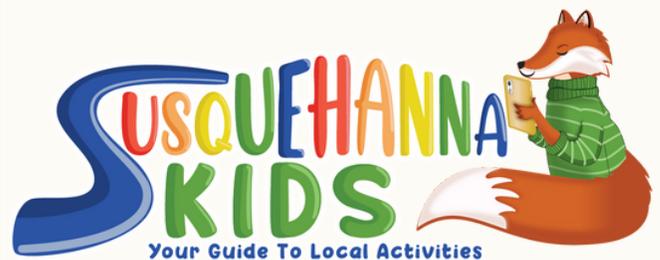
The Columbia County Family Center offers programs to empower and support the families they serve.



Together We Can Do More

By working together, we can protect children, support families, and build communities where every family and child have the opportunity to thrive.

Bored? Check This Out



Want to Contact UNITY?

Website: [UNITY Homepage](#)

Email: unity@geisinger.edu



Events

Check out local events for teens, kids and families on the Susquehanna Kids events page.

Free Teen Events

Teen Club at The Milton Public Library

Every third Monday from 4pm to 5pm.
New activities each month (plus snacks and drinks).

Find details and updates at [The Milton Public Library](#) on Facebook and miltonpalibrary.org

Dungeons & Dragons at The Bloomsburg Public Library

Every Tuesday from 5pm to 8pm.
Meet fellow adventurers in an inclusive community guided by experienced Dungeon Masters. No experience needed! Just bring your imagination and a sense of adventure.

Find details and updates at [Bloomsburg Public Library](#) on Facebook and bloomsburgpl.org

Teen Chef: Budget Cooking Series at The Bloomsburg Children's Museum

Every Tuesday starting November 18th from 5pm to 6:30pm.

For kids ages 11+ who want to learn how to make delicious, healthy meals on a budget!

Register Online: <https://bit.ly/bcm-teencook255>

susquehannakids.com



Events

Check out local events for teens, kids and families on the Susquehanna Kids events page.

Free Kids and Families Events

Preschool Storytime & Movement at The Shamokin-Coal Township Public Library

Every Monday at 10am.
Stories! Songs! Crafts! Friends! Fun!
Visit [Shamokin-Coal Township Library](#) on Facebook.

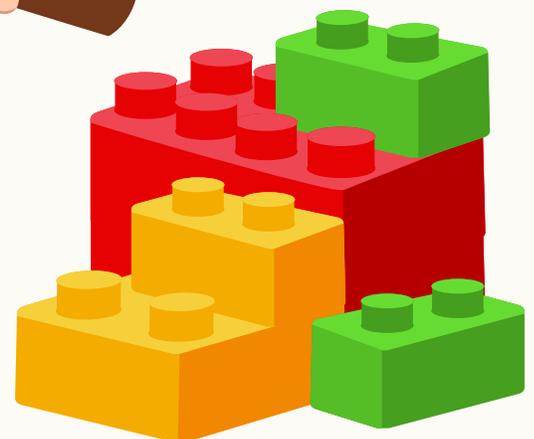
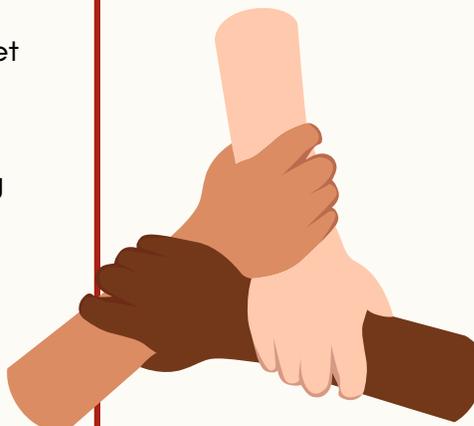
Ask a Social Worker at The Bloomsburg Public Library

Every Tuesday from 12pm to 2pm.
Have a judgement free conversation, get community resource referrals, grief support, and more!
Find details and updates at [Bloomsburg Public Library](#) on Facebook and bloomsburgpl.org

LEGO Night at The Thomas Beaver Free Library

Every third Monday from 6pm to 8pm.
Stop by with the family to see what you can create with a little imagination and a lot of LEGOs!
Find out more about at [the Thomas Beaver Free Library](#).

susquehannakids.com



The Power of Positive Childhood Experiences: Building HOPE for Lifelong Well-Being

Positive Childhood Experiences Matter

HOPE

HOPE is more than just wishing for good things—it's a foundation for helping children grow, supporting adult well-being, and building strong communities. It may seem obvious that positive experiences lead to positive outcomes, but life isn't always easy. Most people face both good and hard times, and both can have lasting effects.

Understanding Adverse Childhood Experiences

For years, researchers have studied Adverse Childhood Experiences (ACEs)—difficult or traumatic events that happen during childhood. ACEs can affect health, behavior, and well-being throughout life. To respond, schools, health care, and social services have adopted “trauma-informed” practices. These practices focus on safety, understanding, and healing. One important change is asking “What happened to you?” instead of “What’s wrong with you?” This shift encourages empathy and reduces blame. Trauma-informed workplaces help people feel safe and supported.

The Role of Positive Childhood Experiences

Positive Childhood Experiences (PCEs) are just as important. While PCEs don't erase trauma, they can help protect against its effects and build resilience. In 2015, researchers¹ studied how PCEs relate to adult health. They asked questions about identity, relationships, and support during childhood. The results were clear: adults with more positive experiences as kids were healthier, had better jobs, and were less likely to struggle with depression or substance use—even if they faced adversity. The more PCEs someone had, the stronger the protective effect.²



The HOPE Framework

Healthy Outcomes from Positive Experiences

HOPE Framework

Based on this research, experts created the HOPE framework³—Healthy Outcomes from Positive Experiences. HOPE focuses on four key building blocks:

- **Relationships:** Caring, supportive connections with family, friends, and community.
- **Environment:** Safe and stable places to live, learn, and play.
- **Engagement:** Opportunities to participate in activities and feel included.
- **Emotional Growth:** Experiences that build confidence, coping skills, communicating effectively and self-control.

We all play a part in creating positive experiences so all children have access to safe environments to explore their worlds, make friends, feel connected, receive positive feedback as they grow skills and are able to contribute to their community. These building blocks aren't just for parents to provide. Teachers, health workers, community leaders, and neighbors can help too.

A Balanced Approach

We can't ignore trauma. Trauma-informed care is still essential. But we also need to create positive experiences for children. These experiences help them grow strong and healthy. When families, programs, and communities use the HOPE building blocks, children thrive. Growing up with safety, connection, and chances to learn and grow leads to lifelong benefits.

1 Drs. Peter Pecora, Jennifer Jones, Bart Klika, Jeff Linkenbach, and Dr. Robert Sege

2 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 Sep 9; e193007

2 Graupensperger S, Kilmer Jr, Olson Dc, Linkenbach Jw. Associations Between Positive Childhood Experiences And adult Smoking And Alcohol Use Behaviors In A Large statewide Sample. *Journal Of Community Health.* 2022 Nov15:1-9.

2 Source: TN Department of Health. PCEs among Tennesseans 2021. <https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf>

3 *Academic Pediatrics* Vol. 17 Issue 7 Supplement S79-S85 Published in issue: September, 2017, Robert D. Sege, Charlyn Harper Browne



Social Media

Useable Knowledge

Hey students! Have you ever used AI tools like ChatGPT or image generators?

The Center for Digital Living recently put together a report based on what teens (ages 13-17) are saying about how they use AI. It highlights what young people want parents and teachers to understand about their experiences with AI—straight from your peers!

Want to learn more or start a conversation with adults about how AI can be used in positive ways? Check out the article from the Harvard Graduate School of Education [HERE](#) and feel free to share it with your parents, teachers, or other trusted adults. It's a great way to help them see how you, and teens like you, are using AI creatively and responsibly.

AI

[Students Are Using AI Already. Here's What They Think Adults Should Know | Harvard Graduate School of Education](#)



Workforce Development at Geisinger

Get Medical Field Experience

Current Students

Junior Volunteer Program (Unpaid)

8-week structure service program.
Hands-on experience in service.
opportunities and educational sessions
Contact: volunteers@geisinger.edu or the
[Youth Volunteer Programs | Geisinger](#)
page.

Aspirations in Medicine and Healthcare Initiatives (AiM HI) (Unpaid)

Open to grades 10-12.
One-day session to explore clinical and
non-clinical professions.
Contact: volunteers@geisinger.edu or the
[Youth Volunteer Programs | Geisinger](#)
page.

Office of Pathways Program

Variety of programs in the College of
Health Sciences including REACH HEI.
Contact: Maureen Murtha:
mjmurtha@geisinger.edu or go to the
[Office of Pathway Programs | Geisinger](#)
[College](#) page.

Seniors Only

Co-Op Program (Paid)

10-15 hours per week September to June.
Apply January of your junior year.
Numerous focuses available.
Contact: geisingercareers@geisinger.edu.

Opportunities at Geisinger

<https://jobs.geisinger.org/highschool>



Workforce Development at Geisinger

Get Medical Field Experience

Recent Graduates

Certified Medical Assistant Pathway (Paid)

Full-time 6-week training program.
Prepares you for the CMA exam.
When you pass the exam you'll be placed
into a role.

Contact: Tara Kuster tkuster@geisinger.edu

Emergency Medical Technician Apprenticeship Program (Paid)

Full-time 13 week training program.
When you complete training and
certification you will be placed in a full-
time EMT position.

Contact: Stephanie Lagerman
slagerman@geisinger.edu

Note: Requires a high school
diploma/GES and a valid PA Drivers
license.

Nursing and Health Sciences Scholars Program

For students pursuing Registered Nurse
(RN), Licensed Practical Nurse (LPN),
Certified Medical Assistant (CMA),
Respiratory Therapist, or Surgical
Technologist.

Up to \$40,000 financial support in
exchange for fulfilling a work commitment
with Geisinger after completion.

More information at the [Nursing Scholars
Program | Geisinger](#) page.

Opportunities at Geisinger

<https://jobs.geisinger.org/highschool>



UNITY Stakeholder Spotlight

Thanks For Your Support!

Columbia County Family Center

The Columbia County Family Center offers programs to empower and support the families they serve. They've been an active member of the UNITY project since the beginning.

Columbia County Family Center's Mission

Columbia County Family Center offers many programs that empower & support the families we serve. We are committed to providing education that empowers families to meet the developmental & health needs of their children by encouraging families to access & utilize community-based health & human services.

Programs Offered

Parents as Teachers.
Intensive Parents as Teachers.
Parenting Classes.
Parent Cafe.
Families in Recovery.
Child Focused Parenting.
Triple P (Positive Parenting Program).
Plans of Safe Care.

Columbia County Family Center

<https://familycenter.columbiapa.org/>

