

FIFTEENTH ANNUAL READINESS SUMMIT

Brain Science: Wired for HOPE

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Combining research on early childhood brain development with the four building blocks of HOPE (Healthy Outcomes from Positive Experiences), we will discuss the importance of early relationships, connections and experiences, and how those are important to overall cognitive brain development. We will discuss how adversity and stress early in life can negatively impact brain development.

Resources

- [Healthy Outcomes from Positive Experiences](#), Tufts Medical Center
- [InBrief: The Science of Early Childhood Development](#), Harvard Center on the Developing Child



Melanie Estes is an Infant Early Childhood Mental Health Consultant, project manager and trainer, with a psychology degree and a nursing license. She has worked in various medical office settings and spent 5 years as a program director training future medical professionals. She is a HOPE Champion working to mitigate Adverse Childhood Experiences (ACEs) through mental health prevention and promotion.



Kayla Hairston is an Infant and Early Childhood Mental Health Consultant at the Greene County Educational Service Center. She has a public health background and is a prevention specialist, a Certified Health Education Specialist and is certified by the International Coaching Federation. Kayla is very passionate about empowering others to be advocates of their life journeys; and is dedicated to addressing the social determinants of health that stand in the way of future success.

