

## A new way to advance health and wellbeing for children, families and communities

The HOPE National Resource Center (NRC) sees a world that honors and fosters positive experiences as being fundamental to everyone's health and well-being. The HOPE NRC aims to inspire a HOPE-informed movement that fundamentally transforms how individuals and organizations advance health and well-being for children, families, and communities.

### The HOPE Framework

#### The importance of positive childhood experiences (PCEs)

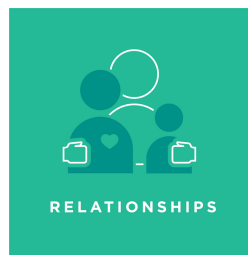
Research shows that positive childhood experiences (PCEs) drive healthy development and lessen the effects of adverse childhood experiences (ACEs). PCEs allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways.

#### The Four Building Blocks of HOPE

The Four Building Blocks promotes PCEs that help children grow into healthy, resilient adults. PCEs in these four areas can protect against long term health outcomes associated with ACEs, and the HOPE National Resource Center wants to help increase access to these opportunities for all children and families.

#### Connecting the Building Blocks

Children's brains develop in response to experiences, both positive and harmful. The HOPE framework describes PCEs in **supportive environments**. These experiences and the **relationships** around them promote child and adult **engagement** leading to **social, emotional, and cognitive growth**.



#### Relationships

Relationships within the family and with other children and adults through interpersonal activities



#### Environment

Safe, equitable, stable environments for living, playing, learning at home and in school



#### Engagement

Social and civic engagement to develop a sense of belonging and connectedness



#### Emotional Growth

Emotional growth through playing and interacting with peers for self-awareness and self-regulation

## Putting the HOPE framework into action

PCEs can be nurtured, developed, and expanded. The HOPE NRC have identified three approaches that drive our work:



### Education & Practice

Increase knowledge to support a paradigm shift at all levels in systems of care informed by the critical importance of positive experiences that foster the health and well-being of children, families, and communities.



### Research

Advance our understanding of how experiences affect development and bring attention to the structural factors of racism to improve the effectiveness of care and create research-informed tools that help change our practices.



### Systems Change

Empower our diverse teams, networks, and growing audience to utilize HOPE-Informed tools and approaches that creates equitable and antiracist conditions in all individual and organization-wide settings

## Creating a HOPE-Informed movement

The HOPE NRC offers research, resources, trainings and technical assistance to help bring the power of the positive into the lives of children and their families. This includes but not limited to:

Articles & guides

Online learning courses

Individual-level certifications

Downloadable resources

Keynote presentations

Organizational certifications

Research partnerships

Training workshops

Annual conferences

Publications

Technical assistance

Network convenings

## Connect with the HOPE team

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