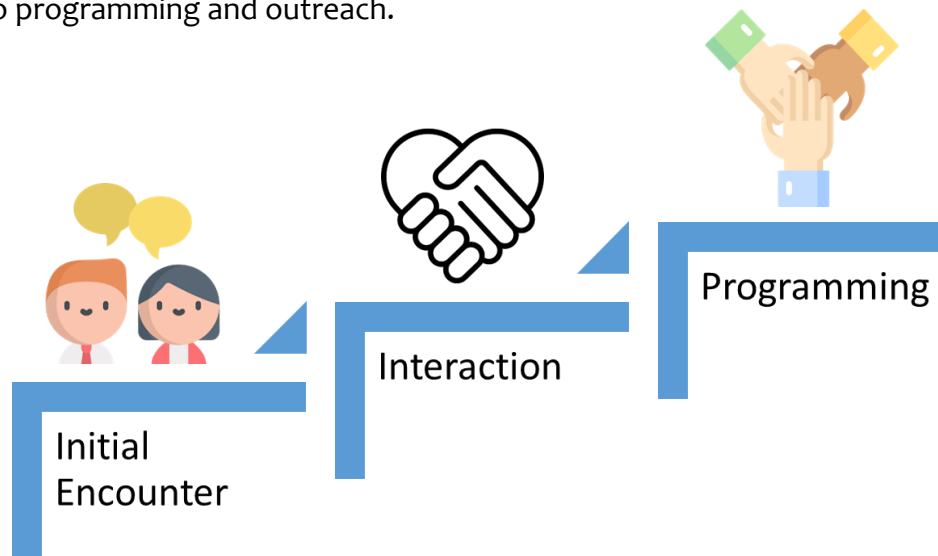


Imagine: what would HOPE-informed practice look like where you work?

Positive childhood experiences (PCEs) help promote resilience, just as adverse childhood experiences (ACEs) are a known risk factor for poor health. Many studies have demonstrated the associations between adverse childhood experiences and adult depression, poor mental health, and inadequate social and emotional support; more recent work shows how positive childhood experiences buffer against those negative lifelong health effects.

This handout will help you think about the steps needed to develop HOPE-informed ways of working with families. Use these exercises as a guide to discuss three phases of work: initial encounters with people seen in your settings, communication (including trauma-sensitive techniques), and adding positive experiences into programming and outreach.



What does your work look like now?

What might a HOPE-based approach to your work look like?

What resources do you need to incorporate HOPE into your work?