



HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

HOPE – Healthy Outcomes from Positive Experiences – is a new way of seeing and talking about experiences that support children’s growth and development into healthy, resilient adults.

Our research has led us to create a new paradigm based on understanding how *positive childhood experiences* (PCEs) drive healthy development and mitigate the effects of ACEs.

Positive experiences 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. This shift in focus builds on previous understandings of the importance of experience on child development, especially those adverse childhood experiences (ACEs) associated with toxic stress.



## Our Mission

We aim to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities.



## The Four Building Blocks

Through our work we have identified four building blocks that promote positive experiences that help children grow into healthy, resilient adults. We know that PCEs in these four areas can buffer against long term health outcomes associated with adverse childhood experiences, and we want to help increase access to these opportunities for all children and families.





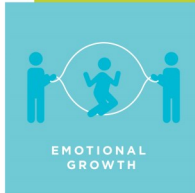
**Relationships** within the family and with other children and adults through interpersonal activities



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



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



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

## Putting HOPE into Action



### Education and Practice

HOPE seeks to raise awareness among practitioners and educators about the evidence-based association between positive experiences and health and well-being. Our National Resource Center currently offer education tools, awareness campaigns, training and certification programs, and technical assistance. All contribute to the advancement of HOPE-informed care, allowing providers to act with empathy, optimism, and reduced bias, thus enhancing the quality of care and adding joy to their work.



### Advancing Research

We aim to further our understanding of how positive 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 and shift the narrative. We form partnerships that allow for systematic data collection of PCEs and communicate research with partners, practitioners, and the community.



### Community Action

In collaboration with community partners and health advocates, we are growing a HOPE-informed approach that identifies existing strengths and augments conditions that support the positive experiences children and families need to thrive. We seek to celebrate and lift up communities by creating a community toolkit, increasing family outreach, utilizing the HOPE Innovation Network, and continuing to identify new opportunities.



When we start to look at the world through this positive, hopeful lens, it has a profound impact on the questions we ask, the data we collect, and the way we address health and safety issues

*"The Science of the Positive," Dr. Jeffrey Linkenbach  
Director, The Montana Institute*

## Learn more about HOPE



<https://positiveexperience.org/>



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