

# HOPE

## Healthy Outcomes From Positive Experiences

### **HOPE (Healthy Outcomes from Positive Experiences)**

Is a new way of understanding the key positive childhood experiences that allow children to grow and develop into resilient, healthy adults.

### **What do we know about positive childhood experiences?**

Positive childhood experiences (PCEs) support child development and protect against the effects of adverse childhood experiences (ACEs).

For example, PCEs prevent the development of depression and poor mental health, even in adults who recall many adverse childhood experiences.

### **Why do we need a new approach?**

- We can use HOPE to help people identify their sources of strength – adding resilience and healing to trauma-informed care.
- HOPE supports programming that supports families without stigma.
- HOPE contributes to health equity by highlighting positive influence that support resilience in the face of historic trauma and institutional racism.

### **How is Tufts Medical Center promoting HOPE?**

The Center for Community Engaged Medicine has launched a national effort to communicate the effects of positive childhood experiences through:

- Establishing a joint framework to guide effective partnerships with parents and children
- Getting the word out about HOPE through publications, online learning, discussions, and workshops
- Development of online training and resources to promote HOPE education and training

### **Interested in joining us?**

For more information, email [rsege@tuftsmedicalcenter.org](mailto:rsege@tuftsmedicalcenter.org).