

# What is HOPE?

The HOPE (Healthy Outcomes from Positive Experiences framework) stems from research showing how the brain re-wires and changes throughout the lifetime, including when recovering from emotional trauma. Research demonstrates that positive childhood experiences (PCEs) are formative and support brain development, even when there have been adverse childhood experiences (ACEs), making it both a primary prevention intervention and a secondary intervention. There are four specific categories of PCEs that are critically important to brain development: relationships, environment, engagement, and emotional growth, the Four Building Blocks of HOPE. The framework builds and seamlessly combines strengths-based models and approaches, offering a more detailed scientific basis for PCEs. The science of PCEs is important because it represents action that can be taken to support healthy development for all children, prevent ACEs, and to mitigate the negative effects of ACEs.

## The science of PCEs is catching on!

The HOPE National Advisory Board includes top researchers and representatives from: the Center for the Study of Social Policy, the CDC, the Basics early childhood framework, the Family Run Executive Leadership Association (FREDLA), Prevent Child Abuse America, Stanford University School of Medicine, and the American Academy of Pediatrics, among others. The HOPE National Resource Center has trained more than 250,000 direct service providers in scores of training venues and now have 250 HOPE facilitators in 31 states, Australia, Canada, and Finland.



### Creating Positive Childhood Experiences

Healthy and happy childhoods start now! Let's create safe, stable, nurturing environments and relationships for all children! Share for National Child Abuse...

[Link to CDC webpage about PCEs](#)

## Who uses HOPE?

All child and family service systems and providers could benefit from increasing knowledge about PCEs and using HOPE. The HOPE National Resource Center has worked with: elementary schools, afterschool programs, pediatricians, faith-based organizations, mental health providers, medical residents, and family court judges.

## Resources:

- [Publications](#)
- [Factsheets](#)
- [Service simulation videos](#)
- [External networks](#)

## Equity and anti-racism

The HOPE framework includes antiracism as a key component of implementation, recognizing that ACEs are often stem from social inequities or SDOH. Instead of blaming families, HOPE addresses the need to reduce HD for certain groups of people, promotes awareness of systemic racism and personal implicit bias, and deliberately leaves the specific PCEs for each building block to be defined by the child and family, based on their culture, perspective, and resources.

[The 2022 HOPE Anti-racism progress report and the 2023 goals, offer more details into the symbiotic relationship between HOPE and anti-racism.](#)

## HOPE, PCEs, and Public Policy

- ★ There is significant public investment in ACEs and trauma-informed care, but not PCEs, which can improve access to supports and services for children and families.
- ★ Many lawmakers and policymakers are unaware of HOPE and PCEs when conducting policy analyses and making decisions that impact their constituents.
- ★ Many children and families face discrimination when trying to access public education or medical care, or when they become involved in the child welfare system. By adding a focus on strengths and stamina, the HOPE helps reduce conscious and unconscious bias, to improve the effectiveness of resources devoted to improving children's lives.