

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

## 4 Building Blocks of HOPE

1



### Relationships

- ...with other children
- ...with other adults
- ...through interactive activities

2



### Environment

- Safe, equitable, & stable
- Living, playing, & learning
- Positive school & home environments

3



### Engagement

- Develop a sense of connectedness
- Social/civic activities

4



### Social Emotional Development

- Playing & learning with peers
- Collaboration in art, drama, & music

We now know that even in the face of adversity, key positive experiences help us heal.

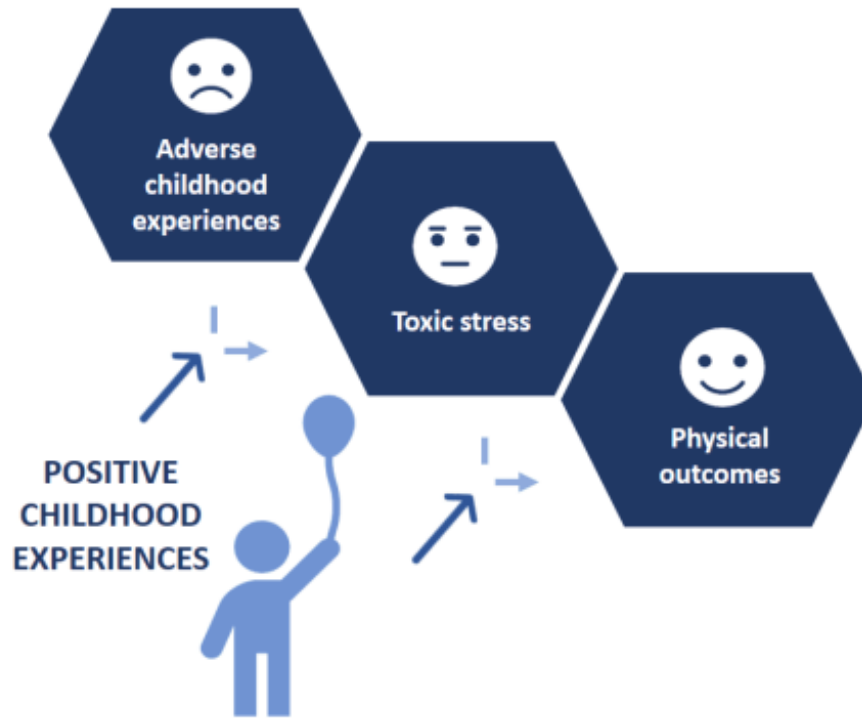
Although the effects of trauma can be serious, many adults have overcome their own trauma and now lead healthy, productive lives as a result of those positive experiences (see the 4 building blocks of HOPE to the left).

We know that:

- ⇒ **Identifying positive experiences** allows people to use their own life experiences to heal and recover.
- ⇒ **Programs** that support positive childhood experiences promote healthy development – while avoiding stigma and labeling.
- ⇒ **Health equity** serves as the foundation for HOPE – Healthy Outcomes from Positive Experiences. It invites us to think of each other’s strengths and connections in ways that go beyond labeling individuals as helpless victims of historical trauma and institutional racism.
- ⇒ **Policies** that promote positive childhood experiences make life better for all of us, and promote our long-term health and well-being.

**Summary:** Positive childhood experiences protect adult mental health

- ⇒ Positive childhood experiences mitigate the effects of adverse ones and prevent toxic stress
- ⇒ Positive childhood experiences promote healing and recovery



### Get involved with HOPE

Tufts Medical Center is forming a national group of leaders to develop and promote new ways to communicate the known effects of positive childhood experiences. Visit our website, [positiveexperience.org](http://positiveexperience.org), for information about our growing efforts to establish a language to guide effective partnerships, get the word out about HOPE, and develop online resources to promote HOPE education and training.

### Where we work

HOPE was developed at the Center for Community-Engaged Medicine, a research center at Tufts' Institute for Clinical Research and Health Policy Studies (ICRHPS). From their website: ICRHPS "provides a research culture and environment that facilitates cross-disciplinary studies. Its work spans from the study of clinical features of disease, specific treatments and their optimal use, measurement of clinical, functional, and social outcomes of healthcare interventions, optimal use of clinical data and other evidence, comparative effectiveness, and the influence of socioeconomic, employment, organizational, and policy factors on health and healthcare." Our co-investigator, Jeff Linkenbach, is director of The Montana Institute: "Changing norms and transforming cultures to create healthier, safer communities."