

HOPE Key Terms and Phrases

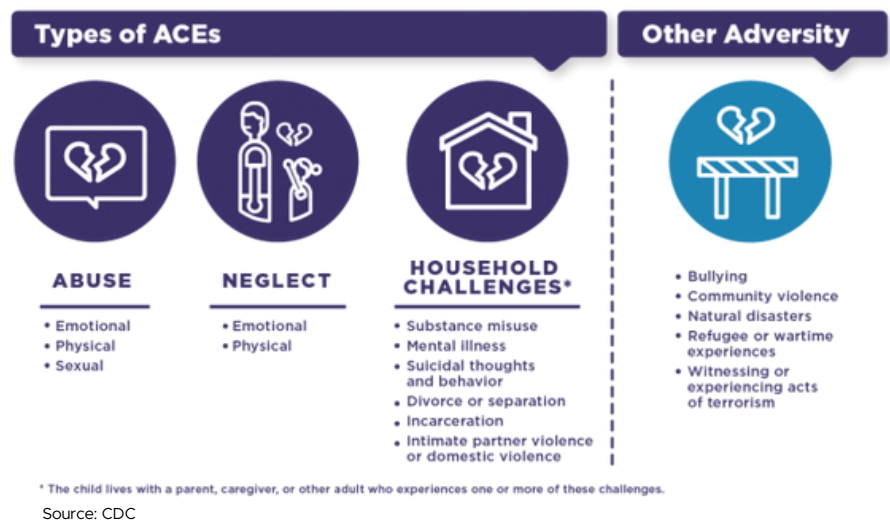
Welcome! If you are just learning about HOPE – Healthy Outcomes from Positive Experiences, we know that our acronyms and phrases may be new to you. We have broken down our key phrases here to help you better understand what HOPE is all about! If you ever have any questions, please contact us at hope@tuftsmedicalcenter.org.

HOPE

HOPE stands for Healthy Outcomes from Positive Experiences. We believe that all experiences, positive and negative, impact the brain and the body. We are dedicated to helping anyone expand access to the key types of positive experiences for children, families, and communities that promote health and well-being.

ACEs

ACEs are shorthand for Adverse Childhood Experiences. The **original study on ACEs** published in 1998 helped launch the field of trauma-informed care. The study paired with later research showed that trauma and adversity in childhood can have lasting impacts on the brain and body.



Community resilience looks like...



Source: Center for Community Resilience

PCEs

PCEs are key positive childhood experiences that children need to thrive and that lead to lifelong health and wellbeing. PCEs can positively influence child development even in the presence of adversity (ACEs).

HOPE Framework

The HOPE framework is a strengths-based flexible approach to supporting children and families by prioritizing the promotion of equitable access to PCEs. The HOPE National Resource Center, HOPE trainers, and our partners work with child-serving agencies and entities from daycares and schools to child welfare, juvenile justice, public health, and healthcare (and everyone in between).

If you work with children, we want to help you create environments where you are actively cultivating health and well-being. This may include reviewing your organization's forms and policies, training your staff, or looking at your data to see what are your community's unique challenges your community faces. There are so many ways you can implement the HOPE framework in a way that feels meaningful to your community!

Four Building Blocks of HOPE

The Four Building Blocks of HOPE is an accessible way of talking about the key types of positive childhood experiences that promote health and well-being. The Building Blocks include:

- Safe and supportive relationships
- Safe, stable, equitable environments
- Opportunities for engagement
- Opportunities for emotional growth



HOPE National Resource Center

The **HOPE National Resource Center** (NRC) sees a world that honors and promotes positive experiences as necessary for health and well-being. The HOPE NRC aims to inspire a movement that changes how people and organizations advance health and well-being for children, families, and communities. We offer research, resources, and trainings and technical assistance centered around the HOPE framework and positive childhood experiences.

BRFSS

Behavioral Risk Factor Surveillance Survey Studies (BRFSS) are surveys conducted by each U.S. state with support of the CDC. Researchers call homes and ask adults questions about their demography, their current health and well-being, and their childhood. States, such as Wisconsin, Tennessee, and Montana, have begun asking questions about positive childhood experiences during their BRFSS studies and correlating those questions with adult health. From these BRFSS studies, the HOPE National Resource Center obtained crucial data on the impact of PCEs on adult health.

Resources

PCEs Resources

Why positive childhood experiences are important for all children and families (HOPE Blog)

<https://positiveexperience.org/blog/why-pces-are-important-for-all-children-and-families>

10 Ways to Promote Positive Experiences (HOPE Resource)

<https://positiveexperience.org/resource/10-ways-to-promote-positive-experiences/>

The Resilience Tree (Center for Community Resilience)

<https://ccr.publichealth.gwu.edu/webinar-introducing-resilience-tree>

HOPE Framework Resources

HOPE as an Antiracism framework in action (HOPE Resource)

<https://positiveexperience.org/resource/hope-as-an-anti-racism-framework-in-action>

Four Ways to Assess Positive Childhood Experiences (HOPE Resource)

<https://positiveexperience.org/resource/four-ways-to-assess-positive-childhood-experiences>

HOPE-Informed screenings and assessments (HOPE Resource)

<https://positiveexperience.org/resource/hope-informed-screenings-and-assessments>

Hope-Informed supervision and leadership handout (HOPE Resource)

<https://positiveexperience.org/resource/hope-informed-supervision-and-leadership-handout>

Four Building Blocks of HOPE Resources

The Four Building of HOPE Fact Sheet (HOPE Resource)

<https://positiveexperience.org/resource/the-four-building-block-of-hope/>

The Four Building of HOPE Poster in Spanish/English (HOPE Resource):

<https://positiveexperience.org/resource/spanish-english-4-building-blocks-of-hope-poster/>

BRFSS Research on PCEs

Positive Childhood Experience and Adult Mental and Relational Health in a Statewide Sample

(JAMA Pediatrics)

<https://positiveexperience.org/research/positive-childhood-experience-and-adult-mental-and-relational-health-in-a-statewide-sample/>

Associations Between Positive Childhood Experiences and Adult Smoking and Alcohol Use Behaviors in a Large Statewide Sample (Journal of Community Health)

<https://doi.org/10.1007/s10900-022-01155-8>

Positive Childhood Experiences among Tennesseans in 2021 Fact Sheet (Tennessee Department of Health)

<https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf>

ACEs Resources

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults (American Journal of Preventive Medicine)

[https://doi.org/10.1016/S0749-3797\(98\)00017-8](https://doi.org/10.1016/S0749-3797(98)00017-8)

Adverse Childhood Experiences (ACEs) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/violenceprevention/aces/index.html>

The Pair of ACEs (Center for Community Resilience)

<https://ccr.publichealth.gwu.edu/tools-resources/the-BCR-approach>