



The HOPE National Resource Center

Based at Tufts Medical Center, the **HOPE National Resource Center** sees a world that honors and promotes positive experiences as necessary for health and well-being. Research shows that positive childhood experiences (PCEs) drive healthy child development and lessen the lifelong effects of adverse childhood experiences.

HOPE aims to inspire a movement that changes how people and organizations advance health and well-being for children, families, and communities through its research, resources, and training and technical assistance offerings centered around the HOPE framework and PCEs.

Robert Sege, MD, PHD leads the HOPE National Resource Center.

The HOPE Framework

The Four Building Blocks of HOPE

The Building Blocks describes the four categories of PCEs:

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



Learn more about HOPE

HOPE Key Terms and Phrases

<https://www.positiveexperience.org/resource/hope-key-terms-and-phrases>

This resource breaks down our key phrases to help you better understand what HOPE is all about!

Virtual Learning Hub

<https://positiveexperience.org/train-with-us/virtual-learning-hub/>

We offer interactive online courses about the HOPE framework and how to implement HOPE-informed practice into your work with children and families.

Train the Facilitator Certification

<https://www.positiveexperience.org/train-with-us/certification-programs/train-the-facilitator-certification>

HOPE Facilitators are trained to deliver the Introduction to HOPE workshop out in the community.

HOPE-Informed Organizational Certification

<https://www.positiveexperience.org/train-with-us/certification-programs/hope-informed-organizational-certification>

This program guides organizations through HOPE implementation and offers recognition for their accomplishments

Find more HOPE resources and training offerings at www.positiveexperience.org

