



HOPE-Informed checklist for decision making

This simple checklist walks you through assessing if the decision you are making, policy you are creating, or tool you are considering is HOPE-Informed. As you move forward, ask yourself if what you are doing or you have in place:

- Identifies, celebrates, and honors strengths and resilience
- Supports access to the Four Building Blocks of HOPE (relationships, environments, engagement, and emotional growth).
- Reflects practice that promotes empathy, recognizes common goals, and understands that individuals are doing the best they can
- Includes community feedback into continuous quality improvement
- Has clear ways to identify and address systems issues that result in inequity

Equally as important, screen your decision, policy, or tool to make sure that it does NOT:

- Exclusive focus on identifying problems and referring to services
- Creates an "us" and "them" dynamic in association with services
- Inadvertently perpetuates labeling, stigma, or bias

If you can check all the boxes on the top of the page and none on the bottom, wonderful! You are on the way to being more HOPE-informed. You can keep using this checklist as a guide for improvement.

If you are stuck, we are here to help! Reach out the the HOPE National Resource Center team at HOPE@tuftsmedicalcenter.org.