



HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

HOPE

Materials

[Responding to ACES with HOPE: Health Outcomes from Positive Experiences \(Sege & Browne, 2017\)](#)

This article introduces the Healthy Outcomes of Positive Experiences (HOPE) language, which focuses on promoting child health and well-being through positive experiences that potentially counteract the effects of adverse childhood experiences (ACEs). This framework stems from holistic approaches of child healthcare, and adds to them.

[Balancing ACEs with HOPE \(2017\)](#)

This is a report presenting HOPE data, which shows the powerful impact of positive experiences on the development of healthy children and adults. The report also discusses social norms around parenting and thinks about future changes in society as changes are made to support positive childhood environments that children can develop in.

[Positive Childhood Experiences and Adult Mental Health and Relational Health in a Statewide Sample \(C Bethell, J Jones, N Gombojav, J Linkenbach, R Sege, 2019\)](#)

Questions about seven Positive Childhood Experiences related to family, friends, and school/the community were added to the 2015 Wisconsin Behavioral Risk Factor Survey (BRFS). From this survey data, this study finds that positive childhood experiences buffer against the negative mental health and social/emotional support outcomes in adults affected by Adverse Childhood Experiences.

[Reasons for HOPE \(R Sege, 2021\)](#)

In this paper, Dr. Bob Sege reflects on family life a year disrupted by the global coronavirus pandemic, informed by stories of over 7000 direct service providers around the country. By highlighting how positive childhood experiences mitigate the effects of adversity and toxic stress, Dr. Sege discusses how pediatricians can benefit from a shift in mindset from deficit-focused to asset-focused. This effortful change opens the door to better care for families and reduced bias in pediatric practice.

[Transforming Practice with HOPE \(Healthy Outcomes from Positive Experiences\) \(D Burstein, C Yang, K Johnson, J Linkenbach, R Sege, 2021\)](#)

This paper describes the growing evidence that supports the health effects of positive childhood experiences and uses these insights to promote HOPE: a paradigm shift that will incorporate the identification, celebration, and support of PCEs as an integral part of caring for children and families.

[Spreading HOPE Online Learning Course](#)

The HOPE team, in collaboration with the [Education Development Center](#), has launched our learning management system! Through interactive modules, featuring short videos, interviews with guest experts, short quizzes, and supplemental materials, you will learn what Adverse and Positive Childhood Experiences are, how they affect adult health, and how to incorporate a HOPE-informed approach to working with children, families, and communities.

The course presents background information on the health effects of adverse childhood experiences (ACEs) and the research showing how key positive childhood experiences (PCEs) prevent and mitigate the effects of ACEs and toxic stress resulting in improved health outcomes. The biological mechanisms of how PCEs affect the brain are presented. Participants learn about the 4 Building Blocks of HOPE and participate in skill-building exercises that enable them to begin to incorporate the HOPE framework into their work. Different themes of HOPE implementation are explored, including how to use the HOPE framework to address racial and socioeconomic disparities at your organization. Upon successful completion of the course, the learner will have a solid understanding of PCEs and HOPE and will be ready to begin to incorporate the framework of HOPE into their work with families.

[Spreading HOPE Guide Book](#)

[Spreading HOPE](#) describes HOPE's reason for being, the issues that drive our work, and how we're solving them via strategies for practice transformation.