

HOPE imagines a world that recognizes, honors, and promotes positive experiences because they are fundamental to people's health and well-being.



Do our current approaches undermine effectiveness?

As a field, we have done well identifying problems:

- Social Determinants of Health
- Family Violence
- Victims of systemic racism
- Trauma-Informed Care

Language codifies presumptions of deficits

- “disclose” or “deny” problems
- “victims”
- “marginalized populations”

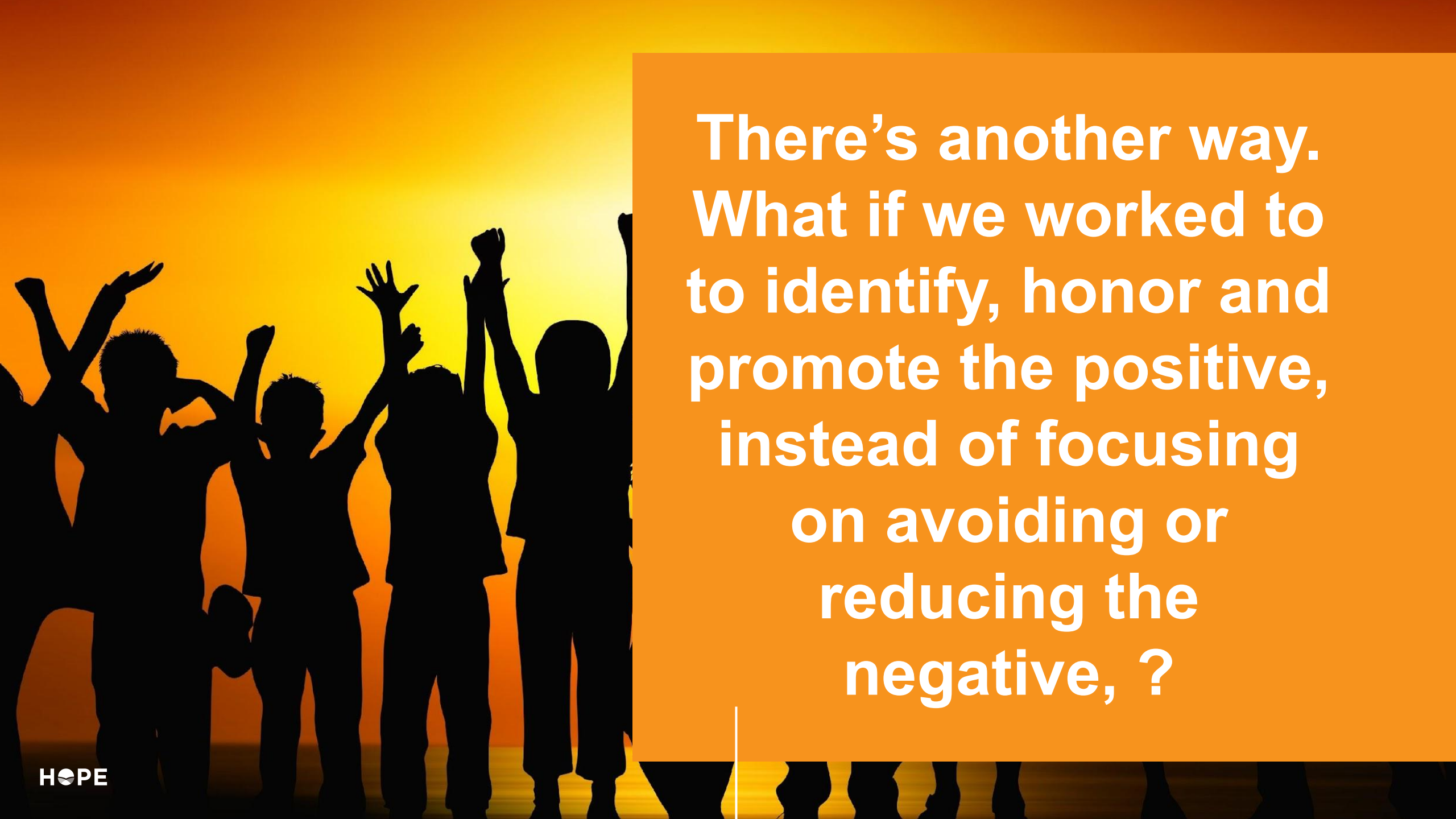


Has “avoiding the bad” gotten us to where we want to be? Has it helped create healthier, happier, thriving communities?

Substance use

Intimate partner violence

Adverse childhood experiences

The background of the slide features a vibrant sunset or sunrise in shades of orange and yellow. In the foreground, the silhouettes of several people are shown from the waist up, with their arms raised in various celebratory gestures, such as clapping and reaching upwards. The overall mood is one of joy and triumph.

**There's another way.
What if we worked to
to identify, honor and
promote the positive,
instead of focusing
on avoiding or
reducing the
negative, ?**

Evidence-informed Key Types of Positive Childhood Experiences (PCEs)

HOPE



RELATIONSHIPS



ENGAGEMENT



ENVIRONMENT



EMOTIONAL
GROWTH



Higher PCEs Lower Rates of Chronic Conditions

More PCEs reduce chronic conditions

Adults who report having no PCEs vs. reporting 3-5 or 6-7 PCEs

Adults who
report having
no PCEs



3-5 PCEs

12% less likely
to report any
chronic health
condition



6-7 PCEs

22% less likely
to report any
chronic health
condition

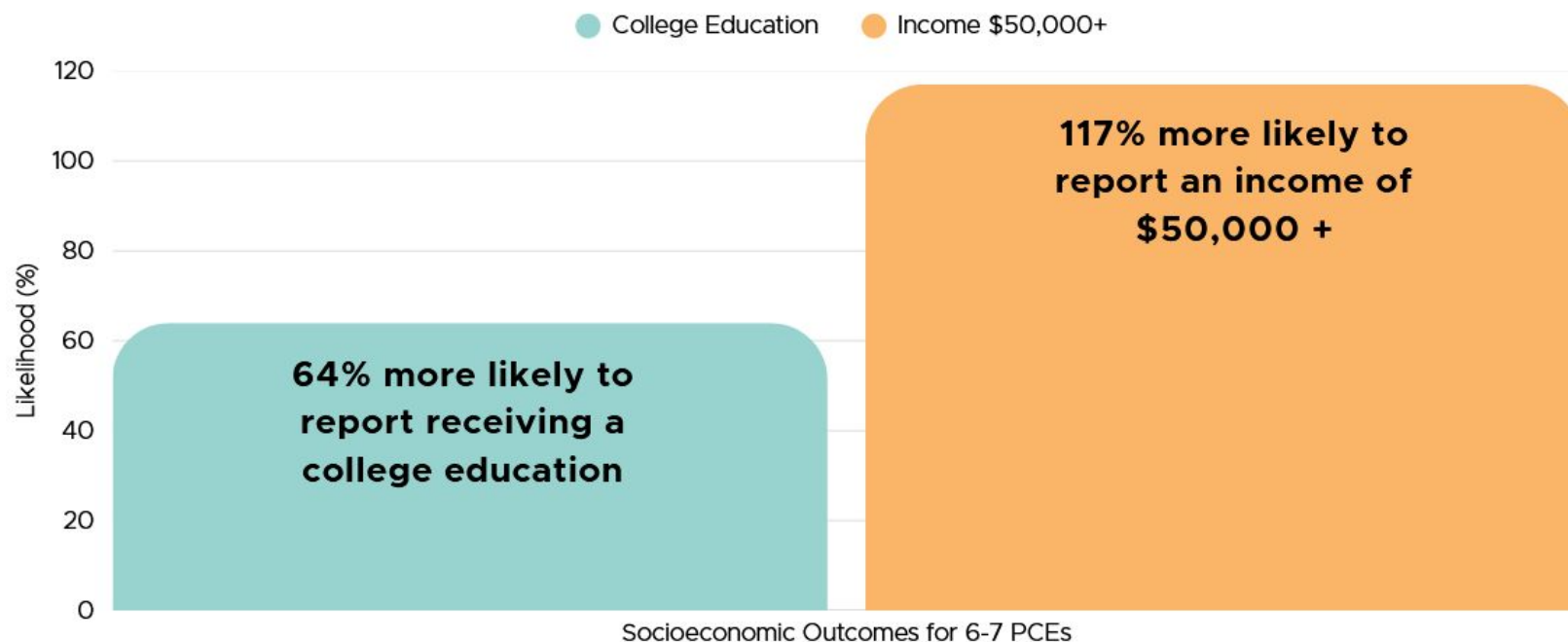


Sege RD, Aslam MV, Peterson C, et al. Positive Childhood Experiences and Adult Health and Opportunity Outcomes in 4 US States. JAMA Netw Open. 2025;8(7):e2524435. doi:10.1001/jamanetworkopen.2025.24435



Higher PCEs Leads to More Life Opportunity Outcomes

Positive socioeconomic outcomes for those reporting 6-7 PCEs



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PCEs Reduce Economic Burden in Four States

From the 2015 to 2020 BRFSS data in Kansas, Montana, South Carolina, and Wisconsin among adults who report having 3+ PCEs



\$216B
SAVED in four states

\$3.1
BILLION

Lower Medical
Spending

\$212.8
BILLION

Savings due to additional
healthy life years

\$28,000

Saved per adult with
3+ PCEs annually

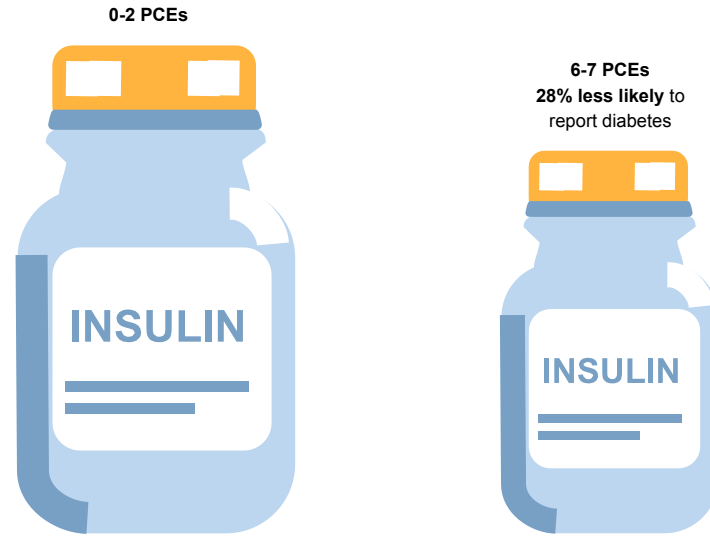
\$782,000

Saved per adult
over their lifetime

Positive Experiences Mitigate impact of ACEs

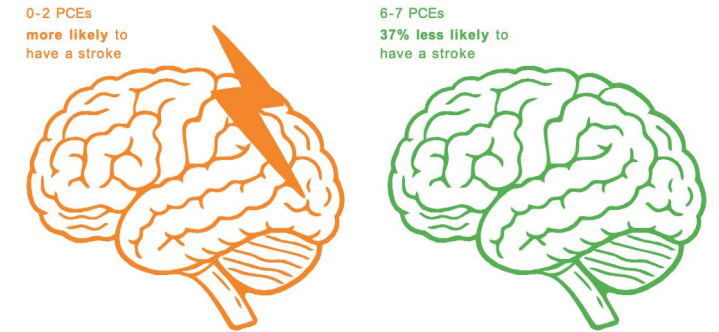
POSITIVE EXPERIENCES allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, a sense that they matter, and build skills to cope with stress in healthy ways.

PCEs protect health among people who have experienced ACEs



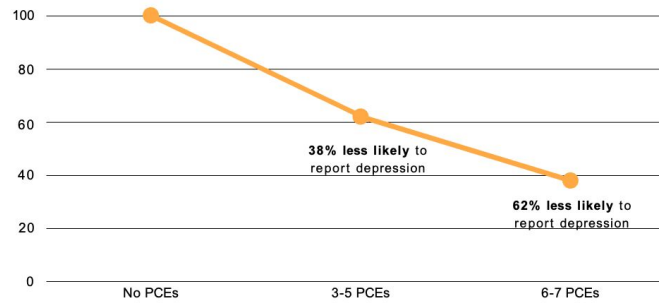
High PCEs reduce probability of stroke

Among adults with ACEs who report having 0-2 PCEs vs. reporting having 6-7 PCEs



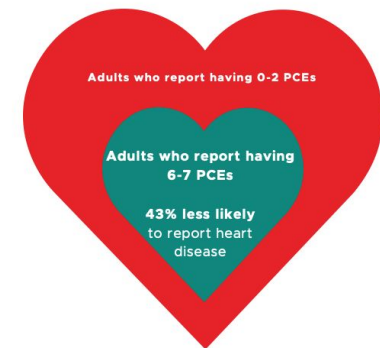
More PCEs reduce depression

Among adults with ACEs who report having no PCEs vs. reporting 3-5 or 6-7 PCEs



High PCEs reduce heart disease

Among adults with ACEs who report having 0-2 PCEs vs. reporting having 6-7 PCEs





How HOPE Does Its Work

A flexible, strengths-based framework that can be incorporated into policies, program design, strategic planning, forms, and internal culture with the goal of promoting and maintaining access to PCEs for all children in the community.

HOPE IN ACTION

Spokane Health District

Spokane has partnered with CBOs working with marginalized communities in the County to better understand barriers to PCEs and create a county-wide strategic plan that prioritizes more equitable access.



HOPE IN ACTION

Systems change at San Diego Center for Children

HOPE has helped the Center develop physical spaces, supervision practices, and in internal culture of HOPE that prioritizes both youth and staff access to the Building Blocks.



HOPE IN ACTION

Head Start Workforce Transformation in Michigan

HOPE is instrumental in attracting, training, and retaining preschool teachers at a Head Start program in Michigan.



HOPE IN ACTION

Building resilience for Tufts Pediatrics patients and staff in Boston

HOPE is helping parents feel seen and
staff find fulfillment in their work

HOPE



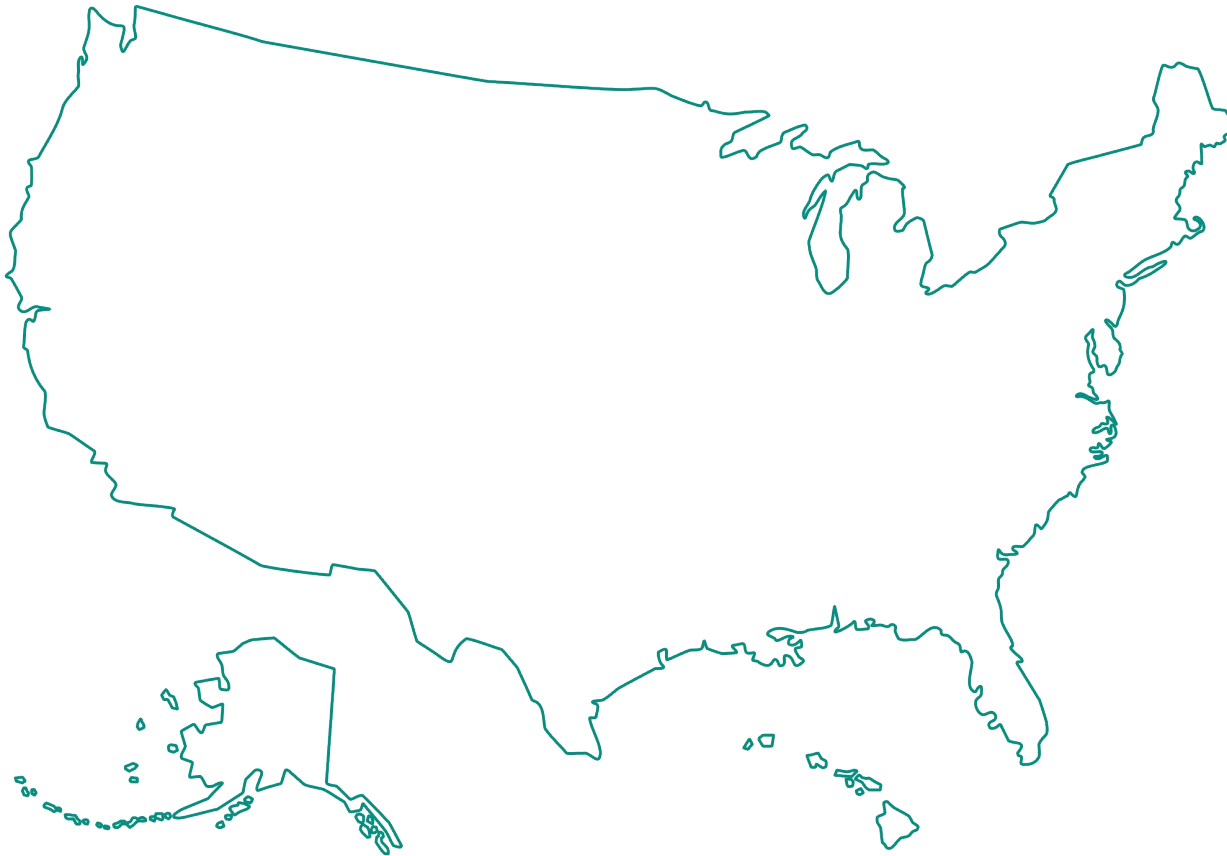
HOPE is non-partisan

733

HOPE
Facilitators

140

HOPE
Champions



29

HOPE–Informed
Organizations

**HOPE
Internationally:**
Australia, Canada,
Chile, Uruguay, the
Netherlands

HOPE NRC offers practical support

A close-up, profile view of a young girl with dark hair, blowing a dandelion seed head. The background is a soft, out-of-focus green, suggesting an outdoor setting. The girl's lips are pursed together, and the dandelion seed head is held in her hands, with some seeds beginning to float away.

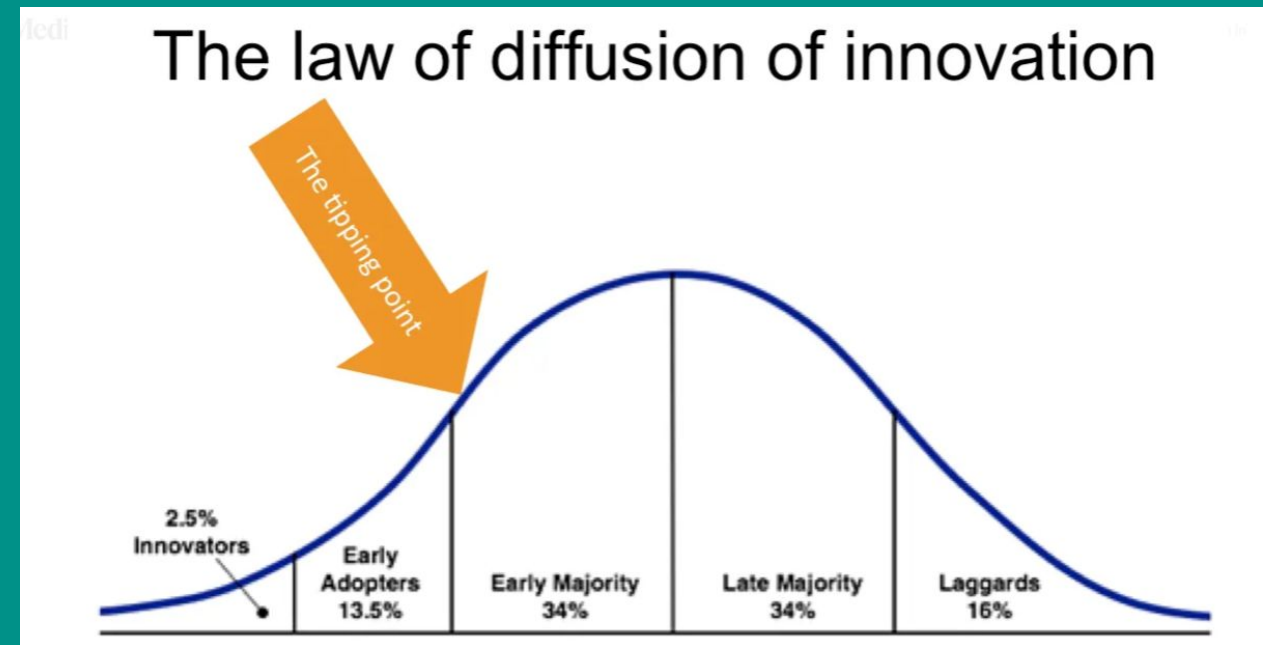
Training to staff, grantees,
community partners

Technical Assistance around your
internal culture (strategic plans,
department meetings, grantee
meetings, forms, policies, virtual
environments)

Incorporating HOPE into grant
making and contracting (RFPs,
grantee support, metrics and
accountability)

Getting HOPE to the Tipping Point

- Building a grass-roots coalition
- Developing a shared vision
- Creating local change – and sharing successes







SIXTH ANNUAL HOPE SUMMIT

VIRTUAL May 19-20, 2026

Join us for the 2026 HOPE Summit:
Building HOPE That Lasts



**REGISTRATION
IS NOW OPEN!**

Register at hopesummit2026.positiveexperience.org

CONTINUING EDUCATION CREDITS AVAILABLE

