

Healthy Outcomes from Positive Experiences



Factors that promote resilience and flourishing among children:

-Having trusting relationships with peers and other adults

-Having high quality learning opportunities

-Experiencing a sense of belonging and personal values

-Learning functional and productive responses to challenges

-Learning self-awareness and social cognition

The Healthy Outcomes from Positive Experiences (HOPE) framework focuses on the need to actively promote positive childhood experiences that contribute to healthy development and well-being, as well as preventing or mitigating the effect of adverse experiences.

Resiliency and flourishing are two measures used by the National Survey of Children's Health (NSCH) to assess children and their well-being. There are also four categories of positive experiences, which can contribute to positive childhood and long term health.

Four Categories of Positive Experiences

1 Being in nurturing, supportive relationships.

2 Living, developing, playing, and learning in safe, stable, protective, and equitable environments.

3 Having the opportunities for constructive social engagement and to develop a sense of connectedness.

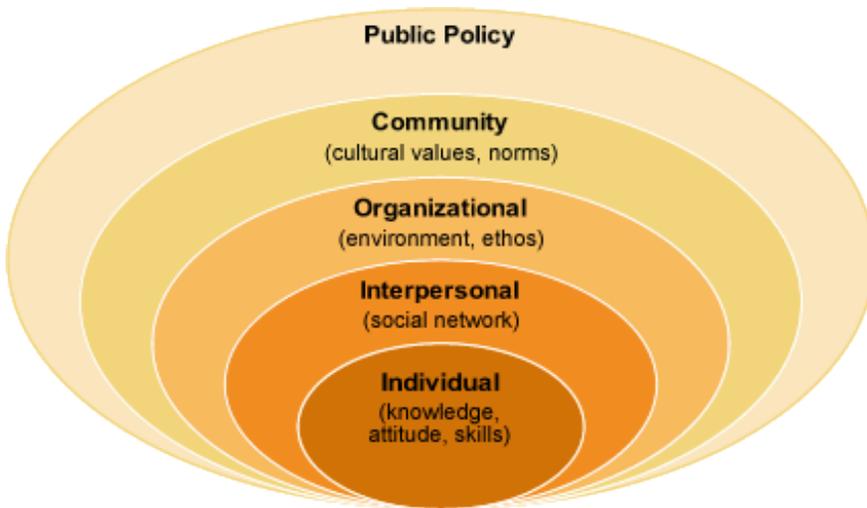
4 Learning social and emotional competencies.

“Positive experiences and supportive relationships provide the buffering that allows children to withstand, or recover, from adverse experiences.” - *Balancing ACES with HOPE*



Positive Community Norms Framework

The Positive Community Norms (PCN) is a key strategy for promoting safe, stable, and nurturing environments. It identifies the role of social factors such as how individual behaviors and attitudes are influenced by our perceptions of the behaviors and attitudes of others. The PCN framework focuses on increasing the positive by cultivating both change and transformation across different levels of the social ecology through growing positive norms, leadership development, communications, and integration of prevention resources.



The Social Ecological Model highlights how different levels of influence work together to create the environment for the individual. Developing positive experiences at each level is vital for supporting healthy outcomes.

Implications of HOPE:

- Children can build a strong foundation for lifelong health and learning
- Children can succeed in school
- Parents and families can better manage their stress
- Fewer children in foster care
- Foster parents can help the children in their care thrive

