

Healthy Outcomes from Positive Experiences

Impact Report
2020 - 2025

The HOPE National Resource Center leads the widespread research and practice of positive childhood experiences (PCEs) that children need for lifelong health and well-being. We developed and train professionals, organizations, and communities on the HOPE - Healthy Outcomes from Positive Experiences framework that centers on promoting the four key types of PCEs we call the Four Building Blocks of HOPE:

- **Relationships:** safe and supportive relationships within the family and with other children and adults.
- **Environment:** safe, equitable, and stable environments where children can live, learn, and play.
- **Engagement:** opportunities for social and civic engagement to develop a sense of belonging and connectedness.
- **Emotional Growth:** opportunities for emotional growth where children feel supported through difficult events and emotions.



RELATIONSHIPS



ENVIRONMENT



ENGAGEMENT

EMOTIONAL
GROWTH

Letter from our Director



The HOPE- Healthy Outcomes from Positive Experiences framework and the HOPE National Resource Center have come a long way since our Center opened six years ago.

Hope started as an outgrowth of trauma-informed care and the substantial work done on adverse childhood experiences. Our small group realized that childhood development was affected by all experiences, positive and adverse. We proceeded on a path to better understand the key types of positive childhood experiences that help children thrive. We developed the HOPE framework to provide professionals and organizations an actionable way to promote PCEs in their work with children and families.

This impact report highlights our latest accomplishments:

Our research publications are highly cited, and the research on PCEs continues to grow worldwide. We have also developed a network of professionals and organizations working to promote PCEs. We work with major national organizations, including the American Public Health Association, the American Academy of Pediatrics, and the Centers for Disease Control and Prevention, and have trained over 700 HOPE Facilitators in 47 States. Together, the HOPE National Resource Center and our network of Facilitators have reached over 90,000 providers with information about the HOPE framework and how to use it to transform care.

The HOPE framework and the power of the positive is real. Everyday, we hear inspiring stories from our partners on how they used the HOPE framework to create positive changes in their programming, practices, and policies to better support the children and their families they serve.

We're deeply indebted to our colleagues at Institute for Clinical Research and Health Policy Studies at the Tufts Medical Center for supporting our remarkable progress and the dedicated members of our National Advisory Board for their collaboration and guidance.

Join us in celebrating the positive experiences that drive child development and the achievement of human potential.

Robert Sege, MD, PhD, Director of the HOPE National Resource Center

We began with research.

In 2019, Robert Sege, MD, PhD led a groundbreaking research study that found that PCEs promote resilience and improve long-term health and well-being. Soon after, Dr. Sege launched the HOPE National Resource Center. *The Center's goal?* To ensure that every child has access to PCEs. *How?* By developing and sharing the HOPE Framework.

We are rapidly growing.

Our team of 10 professionals based across the country has led remarkable development on the research on PCEs and training on the HOPE framework. Our research team has published 13 peer-reviewed papers that were cited over 470 times in 2025 alone. Our training and technical assistance team has led 569 workshops and has trained over 37,800 people.



Our next phase of growth is scaling the implementation of the HOPE framework and understanding its impact through evaluation.

Join us in building the HOPE movement.



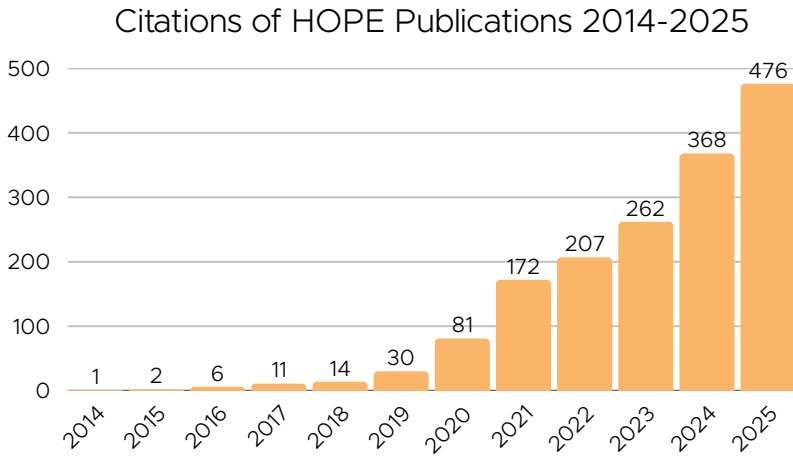
We are inspiring change around the world.

People are hungry for PCEs. The demand for our Introduction to HOPE workshops led us to create the HOPE Facilitator program, which gives anyone the tools to lead their own workshops in their communities. As our growing network of 750 Facilitators expanded the reach of the HOPE framework, the demand for implementation support grew. We further developed the HOPE Champion and Organizational Certification programs, which enable organizations to implement large-scale changes that promote PCEs. Today, we are hearing inspiring stories of impact, including improved staff retention and stronger family engagement.

OUR RESEARCH

13 peer-reviewed publications published as of November 2025.

476 citations of HOPE publications in 2025 alone.



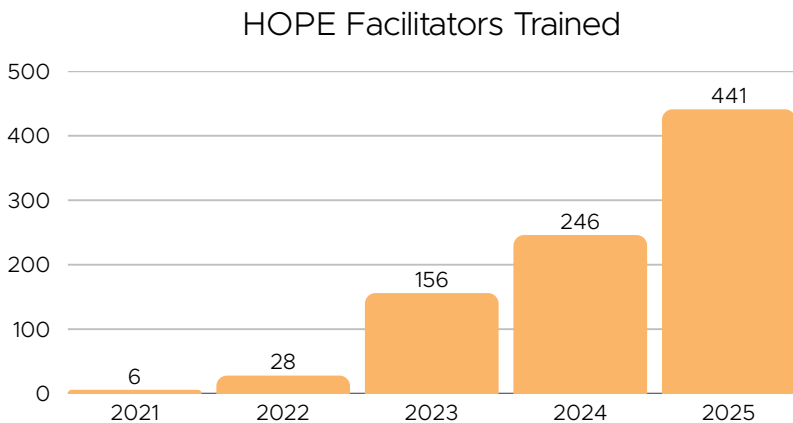
215,353 views of HOPE publications since 2021.

Articles citing “positive childhood experiences” have grown **844% since 2019**.

OUR TRAINING AND TECHNICAL ASSISTANCE

From 2020-2025, the HOPE National Resource Center has hosted **569 workshops** and trained over **37,800 people**.

We currently certify **750** people through our HOPE Train the Facilitator program and **150** people through our HOPE Champions program.



OUR HIGHLIGHTS

RESEARCH GRANT

In 2025, we were awarded a **\$1.4 million, 3-year research grant from the Centers for Disease Control and Prevention** to look into the impact of Paid Family and Medical Leave on PCEs and ACEs.

ECONOMIC IMPACT OF PCEs

In our 2025 JAMA Open publication, the research team found that PCEs were associated with an estimated \$3.1 billion in lower medical spending costs and \$212.8 billion in additional healthy life years, for a total of **\$215.9 billion of economic value**.

POLICY INFLUENCE

We partnered with the Massachusetts and California Departments of Public Health to **add language and resources on PCEs** on their websites.

PARTNERSHIP

Supported by Tufts University School of Medicine Springboard Grant, we built an **anti-racism curriculum for child- and family-serving organizations to accelerate organizational change**.

STATE-WIDE IMPLEMENTATION

The statewide child abuse prevention lead, Children Trust Michigan, has gone all in with HOPE. In just over one year, the organization has hosted private HOPE Train the Facilitator and

The certified HOPE Facilitators and Champions have hosted over **2,000** workshops (2021-2025) and trained **61,068** people to date.

There are **35 organizations** currently enrolled in our Organizational certification program.

We have hosted **5 annual virtual HOPE Summit conferences** that connected over 2,000 professionals from around the world.

Our programs **support long-term sustainability** by generating over \$1.6 million in revenue from 2022-2025.

OUR IMPACT

ADVOCACY

A HOPE Facilitator used the **HOPE framework to successfully advocate for the reinstatement of a weekly parent-child playgroup at a local school** after it was canceled. In a presentation to the school board, she demonstrated the evidence-based importance of positive childhood experiences and brain development, showing how playgroups strengthen community connections, support social-emotional learning, and provide vital early intervention. Showing its importance using the HOPE framework, paired with strong parent advocacy, helped shift a school board member's perspective, ultimately bringing the playgroups back.

"It always feels great to do something nice for young children and families. And it is true that the children are adorable and we have so much fun at playgroups. But that is not why we are doing this. Sharing the HOPE framework and the research around healthy development and resilience helped the decision makers understand the critical importance of early intervention work; It changed hearts and minds, which meant that we can keep focusing on expanding access to the building blocks for all children in our community." - HOPE Facilitator

HOPE Champion programs for their grantees. What began as a collaborative approach among partners has **grown to 11 counties** and continues to expand, connecting communities statewide with a shared approach that helps children feel safe, supported, and ready to thrive.

COLLABORATION

We are working with native Spanish-speaking HOPE Facilitators to create the "HOPE en Español Network" to **unite professionals and advocates** to bring the science and practice of PCEs to Spanish-speaking families and communities worldwide.

OUR WORK

The HOPE National Resource Center offers expertise on the research, practice, and advocacy of positive childhood experiences, including:

TRAINING

Our Training and Technical Assistance programs have grown substantially, offering a wide range of in-person and virtual presentations and workshops. These sessions deepen participants' understanding of PCEs, the science behind the HOPE framework, and practical strategies for applying the HOPE framework in diverse settings. We also offer three progressive certification programs - HOPE Facilitator, HOPE Champion, and HOPE-Informed Organization.

IMPROVING CARE

In partnership with the [Boys & Girls Club of Monmouth County](#) and guided by the HOPE framework, the research team carried out a **quality improvement project** at the Asbury Park location in New Jersey, which led to **improved peer relationships among the youth** at the club.

*“The Positive Deviance approach, guided by the HOPE framework, has meaningfully influenced our organizational practice by promoting a strengths-based, internally driven method of problem-solving. By enabling staff to surface and replicate successful behaviors already present within their peer group, the process has cultivated a more cohesive team culture and contributed to more sustainable, high-impact outcomes for the youth we serve.” - **Destiny Smith, Boys & Girls Clubs of Monmouth County***

Two HOPE Champions at the Great Start Collaborative in Michigan have **embraced the HOPE framework to solve challenges** with their internal culture that impacted staff recruitment and retention.

*“We [Great Start Collaborative Oakland] are implementing HOPE at an organizational level with one of our local early childhood system stakeholders. It is a process in which we are combining HOPE with other tools and frameworks that aim to increase staff's strengths and support them where discouragement and frustration have set in, providing a space where they can recognize and implement HOPE's Four Building Blocks in their daily work.” - **HOPE Champion Flavia Maccio, Great Start Collaborative Oakland***

ENGAGING THE NEXT GENERATION

We offer student internships each semester to support and enrich the academic experience of students through projects related to the HOPE framework. Tufts University students say **the HOPE framework can improve children's lives long-term.**

*“I liked seeing how much action HOPE was taking. HOPE is a research lab, but they're also employing their framework...It was cool to see this implemented so easily. If the HOPE framework were taught as part of medical training, these strategies could be used as a natural part of interviewing a patient and doing a regular assessment.” - **Rachel Weisburst, Past HOPE Intern***

RESEARCH

Our research team is actively engaged in cutting edge research to further the knowledge about the effects of PCEs on health outcomes. Many of our projects are carried out in partnership with respected local and national institutions recognized for their expertise in research.

COLLABORATION

Much of our work is done in collaboration with partners who seek to develop HOPE-Informed approaches to supporting children and families.

We provide organizations with funding and guidance through the [HOPE Innovation Network](#) program to implement an organizational change. Through this program we provide training, technical assistance, and opportunities for peer learning in exchange for knowledge gained from their projects.

We engage directly with partners through the [HOPE National Advisory Board](#). This board is made up of members who are experts from diverse child- and family-serving organizations across the country, along with parents and community members with lived experiences that we call the Family and Community Experts (FACES) of HOPE.

LOOKING AHEAD: THE FUTURE OF THE HOPE NATIONAL RESOURCE CENTER

Our next phase will focus on scaling impact, expanding research, and deepening policy integration. We are now seeking partners to provide the unrestricted funds needed to leverage our successes to date and support our continued growth and impact.

The HOPE framework is a new way of seeing, honoring, and fostering positive experiences in every child's life. It has evolved into a nationwide movement, shaping policies, training professionals, and ensuring that children and families have access to the positive experiences that build lifelong well-being.

With your support and belief in the HOPE National Resource Center, the movement can reach even greater heights. Invest in a vision that not only impacts individual lives but also creates a ripple effect that spreads across communities, policies, and generations. Through direct support or by helping us connect with others who share our vision, your involvement strengthens the foundation we built and ensures our continued success.

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