



SDSU | San Diego State University
Social Policy Institute
School of Social Work



HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES



BUILDING A HOPE INSPIRED FUTURE

Healthy Outcomes from Positive Experiences

Healthy Outcomes from Positive Experiences (HOPE) out of Tufts Medical Center, elevates the importance of positive childhood experiences (PCEs). HOPE is based on research that shows that secure relationships, belonging and connectedness can build resilience and buffer childhood trauma and adversity. The HOPE framework honors individual and community strengths and is focused on inclusion, belonging, and equity. The HOPE framework promotes universal access to PCEs through programs, practices, and policies in the places that families live, work, learn, and play and include partnerships with community-based organizations, education, child welfare, juvenile justice, and health care.

HOPE'S GUIDING PRINCIPLES

- **WE HONOR** the hope, goodness, and strength that exists inside every single one of us.
- **WE BELIEVE** in the goodness embodied by the deep loving relationships between parents and their children.
- **WE SEEK TO CREATE** equitable conditions for health and well-being so that all families and children have the opportunity to thrive.
- **WE CELEBRATE** our differences as our collective strength and speak out against racism and stereotypes for the harm they inflict.
- **WE JOIN** with others to advance the evidence of positive experiences to support health and well-being for all children and families.
- **WE ACT** with humility, respect, and gratitude for others in everything we say and do.

HOPE'S VISION

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

Over the past several years, the **YMCA Childcare Resource Service**, alongside our community partners, has embraced the HOPE framework. Together, we've woven its principles into the fabric of our organizations and community.

As we continue this journey, we are excited to share a timeline of how we started engaging in the HOPE Framework and our progress thus far, highlight the expansion of HOPE across different areas of our community, and extend opportunities for engagement as we build a HOPE-inspired future.

FOUNDATIONS OF THE SAN DIEGO MOVEMENT

September 2020
Dr. Robert Sege, developer of the HOPE Framework from Tufts Medical Center introduces HOPE at the **Early Childhood Mental Health – We Can't Wait** Conference, inspiring our team to learn more.

January 2021
YMCA Childcare Resource Service forms an official partnership with the **HOPE Innovation Network**, laying the groundwork for collaboration and implementation.

July 2022
YMCA Childcare Resource Service collaborates with the **California Training Institute** to align capacity building efforts, focusing on reflective Communities of Practice and implementation planning, particularly in areas such as Strengthening Families Protective Factors, Trauma Informed Care, and HOPE, to support partners in Family Resource Centers (FRCs), Child Abuse Prevention Councils (CAPCs), and child welfare agencies across California.

March 2022
YMCA Childcare Resource Service launches Foundational Trainings, marking a significant milestone in the integration of HOPE.

September 2022
YMCA Childcare Resource Service presents the Strengthening Families Protective Factors and HOPE frameworks in both English and Spanish at the Early Childhood Mental Health – We Can't Wait Conference, amplifying the reach and impact of HOPE-inspired practices.

January 2023
YMCA Childcare Resource Service convenes over 40 partners to hear a presentation from Dr. Sege, identify opportunities for deeper alignment across the work, and envision a path toward becoming the first HOPE-Inspired Community. Since this convening, we have scheduled 11 HOPE trainings and trained 474 individuals.

September 2023
YMCA Childcare Resource Service presents the HOPE framework and intentions to become the first HOPE-inspired community, which include efforts from the County of San Diego and San Diego State University at the Early Childhood Mental Health – We Can't Wait Conference, further solidifying our commitment to the HOPE movement.

October 2023
San Diego State University embarks on its own HOPE journey with the launch of the HOPE-Inspired University, catalyzing campus-wide engagement through information sessions and community partnerships.

January 2024
YMCA Childcare Resource Service launches an ongoing training and discussion series for their leadership team of over 70 people, and incorporates elements of the HOPE framework into learning and exploring best practices for supervision and program implementation.

March 2024
YMCA's Childcare Resource Services begins a year-long case study with **Root Cause** in partnership with HOPE to assess how HOPE implementation is progressing within the organization and to measure HOPE's impact on families utilizing our services.

In our ongoing partnership with Tufts Medical Center, we are actively disseminating the HOPE framework throughout San Diego County, striving to become the first HOPE-inspired community.

»» INTRODUCTION TO HOPE TRAINING

YMCA Childcare Resource Service alongside our HOPE inspired community partners can provide the introduction to HOPE training in large group settings, with both virtual and in-person options. For more information, please reach out to Brandi Paniagua at bpaniagua@ymcasd.org.

»» HOPE TRAINERS AND CHAMPIONS

Currently, San Diego has 20 certified HOPE trainers, including 5 esteemed HOPE champions. To respond to the growing demand for HOPE-inspired implementation, we have developed a local training-of-trainer model which is held quarterly. If you are interested, please [register here](#).

»» VISION AND GOALS

Many partners and community members have expressed excitement for spreading the HOPE framework in their programs and communities. We have a vision to make San Diego the first HOPE-inspired community, ensuring all children have more positive experiences and that all families have the support to nurture and celebrate their strengths. We are achieving this by:

- **Continuing Our Partnership with Tufts Medical Center:** Innovating ways to disseminate the HOPE framework to our partners and communities.
- **Developing a Local Training-of-Trainer Model:** Enhancing our capacity to provide HOPE trainings to interested partners and community members.
- **Engaging in a Year-Long Case Study with Root Cause:** This partnership will help us understand and demonstrate the impact of the HOPE framework.

»» JOIN US

Interested in joining the HOPE movement as a trainer? [Register here](#), and we'll notify you when our cohort registration becomes available.



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