



Healthy Outcomes from Positive Experiences (HOPE) Framework

Using The 4 Pillars of HOPE¹ *Examples from The Youth Commission & OASIS*

The HOPE framework demonstrates connections between research and community efforts that promote positive experiences and reduce adversity, to improve the lives of all children, particularly those exposed to harmful experiences. Intentionally promoting positive childhood experiences, creates a strong base for learning, as well as physical and mental health. This framework also points to the importance of focusing on strengthening the capacity of parents and other adults in order to promote healthy youth development.²

Some of the ways the 4 Pillars of HOPE can be seen in the work of the Youth Commission and OASIS include the following:

Being in nurturing supportive relationships

- Parenting and grand-parenting groups
- Family and sibling therapy
- Parent consults
- Strengthening Families Program / Families Matter Program
- Hidden in Plain Sight Interactive Outreach Program
- S-BIRT (Screening Brief Intervention and Referral to Treatment)

Living, Playing and Learning in safe, stable, protective and equitable environments

- Community Gardens
- Policy Work (i.e. local Tobacco Regulations, Zoning Out Retail Recreational Marijuana, Updating Alcohol By-Laws)
- Stoughton Conversations
- Stoughton U-Knighted Cable Show
- Playground and park renovations (CAPP/Halloran & Wilkins Playgrounds)
- Storybook Trail
- Safe RX drug disposal
- Access to high quality mental health services

Engaging in constructive social / civic activities that develop a sense of connectedness

- Stoughton Leadership Institute
- Pride of Stoughton Day (and other community events)
- Stoughton Diversity and Inclusion Organization ("All are Welcome")
- Coalition Work
- Babysitter training (skill building)

Developing social and emotional competencies

- Individual therapy
- Positive Community Norms communications campaign
- Psycho-social groups (Teen Esteem, Anger Management, etc.)
- Youth Health Survey
- 2nd grade medication safety
- 5th grade transitions

¹ Sege, R. & Harper Browne, CH. (2017). Responding to ACES with HOPE: Health Outcomes from Positive Experiences. *ACADEMIC PEDIATRICS* 2017;17:S79–S85

²Sege, R. & Harper Browne, CH. (2017). Responding to ACES with HOPE: Health Outcomes from Positive Experiences. *ACADEMIC PEDIATRICS* 2017;17:S79–S85