

# Moments of HOPE



**The HOPE frameworks helps transform our work by actively promoting positive experiences that drive health and well-being for children, families, and communities. HOPE begins with a shift in mindset that calls on each of us to identify, celebrate, and promote individual and family strengths in each moment.**

**Moments of HOPE can be integrated into existing models and layered into the work you're already doing including:**

1. [In each encounter.](#)

Start each encounter with a family or child with a moment of HOPE. What has gone well since the last time you saw each other? What is something they are proud of? Celebrate the successes with them, however big or small.

2. [During intake and assessments.](#)

Each of us has a unique mixture of strengths and challenges. Create a moment of HOPE by asking about strengths first. Consider asking open-ended questions about relationships, environments, engagement, and emotional growth. Please see the [training videos](#) that demonstrate HOPE-informed screening, and for a [description of four ways to assess for PCEs](#).

3. [When sharing referrals or community resources.](#)

Ensure that each connection you make for a family is individualized to their specific strengths, challenges, and culture. Offer a moment of HOPE to families by connecting referrals and community resources to the Building Block that it relates to. Infusing information about the protective nature of Positive Childhood Experiences into conversations about community resources reminds parents of the tremendous power they have to protect their children's adult health!

4. [When creating or revising policies.](#)

Does your policy promote access to one of the Four Building Blocks? Does it block access? Does it intentionally recognize the positive? Are there certain groups of individuals who are disproportionately affected by your policy? Take a look at our [HOPE-informed Checklist for Decision Making](#) and [HOPE as an Anti-racist Framework in Action](#) to see how your everyday policies can promote equitable access to the Four Building Blocks.

5. [In your internal organizational culture.](#)

Spreading HOPE goes beyond what happens with families and children. It starts with an internal culture of HOPE. Not sure where to begin? Start with our [HOPE-informed Supervision and Leadership document](#).

**Whether big or small, moments of HOPE can occur every day. We know they help us stay grounded and positive. We *hope* they do the same for you!**

