



HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES



HOPE 101

A VIRTUAL WEBINAR

Join us for an engaging, interactive workshop designed to help you infuse **H.O.P.E.** into your work while deepening your understanding of how positive experiences impact health outcomes. In this training, you'll gain practical skills to foster supportive, empathetic interactions that elevate the quality of care you provide. By strengthening these approaches, participants can enhance patient satisfaction while also reducing stress for both providers and those they serve.

May 18, 2026

9:30am - 11:30am Central
2.0 Contact/Clock Hours/CE units

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Rachel Hanson, MS, IMH-E®

Project Manager

Centerstone

Lawrenceburg, TN

In partnership with



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Rachel Hanson holds a bachelor's degree in social work from the University of Tennessee at Martin and a master's degree in psychology, specializing in Child and Adolescent Development, from Capella University. She currently serves as the Project Manager for the TN Maternal Workforce Solutions Project and the federal Healthy Start TN grants at Centerstone. Previously, Rachel worked as an in-home therapist, where she specialized in addressing perinatal mood disorders. Rachel is a certified HOPE Champion, and FAN trainer, as well as an endorsed reflective supervisor. Rachel resides in Lawrenceburg, TN, with her husband and three children.

HOPE 101 Session Learning Objectives:

- Participants will gain an understanding of the research behind Positive Childhood Experiences (PCEs);
- Participants will begin to understand how PCEs lessen the effects of Adverse Childhood Experiences (ACEs); and,
- Participants will review the four Building Blocks and the HOPE framework and explore ways to apply these concepts in their professional practice.

This program has been approved by the National Association of Social Workers – Tennessee Chapter (Provider Number: NASWTN 2026-0051) for 2 continuing education units.



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