|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Resources** | Child/Family | Community | Institution | System | Culture |
| **Audio Recordings** |  |  |  |  |  |
| Minnesota public radio [interview on resilience](http://www.mprnews.org/story/2015/01/30/daily-circuit-friday-roundtable) | X |  |  |  |  |
| **Reading materials (articles and books)** |  |  |  |  |  |
| [Adverse Community Experiences and Resilience](https://www.preventioninstitute.org/sites/default/files/publications/Adverse%20Community%20Experiences%20and%20Resilience.pdf): Addressing community trauma at a population level with a framework for preventing trauma. |  | X |  |  |  |
| [The Beginning of Resilience A View Across Cultures](http://www.mtroyal.ca/cs/groups/public/documents/pdf/pdf_educationcanadaarticleunga.pdf): How culture and context shape a child’s resilience. | X | X |  |  | X |
| [Building A Resilient Organizational Culture](http://www.kenan-flagler.unc.edu/~/media/Files/documents/executive-development/Building-a-Resilient-Organizational-Culture-final.pdf): A guide to create a workplace culture that fosters resilience. |  |  |  |  |  |
| [Building Resilience in Young Children](http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf): This booklet, filled with tips and resources to build resiliency, is for parents of children from birth to age six. | X | X |  |  |  |
| [Don’t Forget the Family Search Institute](http://www.search-institute.org/downloadable/SearchInstitute-DontForgetFamilies-Report-10-13-2015.pdf): Developing strong parent/child/family relationships results. | X |  |  |  |  |
| [Factors that help children thrive in the face of adversity:](https://www.sciencedaily.com/releases/2016/04/160430100352.htm) Research on how families and communities build resilience. | X | X | X |  |  |
| [From Best Practices to Breakthrough Impacts](http://46y5eh11fhgw3ve3ytpwxt9r.wpengine.netdna-cdn.com/wp-content/uploads/2016/05/HCDC_From_Best_Practices_to_Breakthrough_Impacts.pdf): A science-based approach to building a more promising future for young children and families. |  |  |  | X |  |
| [Guide for Engaging and Supporting Parents Affected by Domestic Violence](http://www.nationalcenterdvtraumamh.org/wp-content/uploads/2016/04/NCDVTMH_GuideEngagingSupportingParents.pdf) | X |  | X | X |  |
| [Key Processes in Family Resilience](http://www.pardess.info/wp-content/uploads/Walsh-NFP4-Ch.-17-Family-Resilience.pdf) (Based on model from Fromma Walsh) | X | X |  |  |  |
| [Meditation: Practices, Approaches](http://www.mindful.org/meditation-practices-approaches/) | X |  |  |  |  |
| [Parenting Gap](http://www.brookings.edu/~/media/Research/Files/Papers/2013/09/09%20parenting%20gap%20social%20mobility%20wellbeing%20reeves/09%20parenting%20gap%20social%20mobility%20wellbeing%20reeves.pdf) | X |  |  |  |  |
| Parental Resilience: A neglect construct in resilience research | X | X |  |  |  |
| [The Principles of Strength-based Practice](http://www.mentalhealth4kids.ca/healthlibrary_docs/PrinciplesOfStrength-BasedPractice.pdf): A method of working with and resolving problems from a resiliency lens. | X | X | X | X |  |
| [Resilience Across Cultures](http://pss-forum-2013.repssi.org/download/Media/Ungar-%20resilience%20across%20cultures.pdf) |  |  |  |  | X |
| [Road Map to Resilience](http://www.janeellenstevens.com/ACEsRoadmaptoResilience.html) |  | X | X | X |  |
| [Resilience in youth](https://www.psychologytoday.com/blog/freedom-learn/201509/declining-student-resilience-serious-problem-colleges): Declining student resilience is becoming a problem in colleges. | X | X | X | X |  |
| [Washington State Study](http://www.healthygen.org/sites/default/files/Online%20Version_2014-2015%20Statewide_4-21-15.pdf?_sm_au_=i7VK4ZHfn4kJJnLS) on Neuroscience, Epigenetics, Adverse Childhood Experiences and Resilience. | X | X |  | X |  |
| [Youth, Resilience, and Culture](https://www.researchgate.net/publication/269096082_Youth_Resilience_and_Culture_-_Commonalities_and_Complexities): Cross-cultural understanding of resilience. |  | X |  |  | X |
| **Speakers** |  |  |  |  |  |
| Dr. Adolph Brown, III | X |  | X |  |  |
| [Nan Henderson](https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/): Nan Henderson is a speaker and author of Resiliency in Action. | X |  |  |  |  |
| [Dr. Ken Ginsburg](http://www.fosteringresilience.com/professionals/): Dr. Ginsberg is a pediatrician who talks about the 7 Cs of resiliency | X | X | X | X |  |
| Christian Moore | X |  |  |  |  |
| **Training Material** |  |  |  |  |  |
| [Building Resiliency in Child Welfare](https://www.ovcttac.gov/views/TrainingMaterials/dspBldgResiliencyChildAbuseOrgs_InstructorMaterials.cfm) |  |  | X | X |  |
| [Community Resilience Workbook](http://communityresiliencecookbook.org/) |  | X |  |  |  |
| [Resilience Breakthrough](http://whytry.org/index.php/products-solutions/category/43-resilience-breakthrough) | X |  | X |  |  |
| [Resiliency Ohio](http://www.resiliencyohio.org/resiliency_ohio_training.php) | X |  | X | X |  |
| [10 Phrases Resilient Families Use](http://www.kidspot.com.au/10-phrases-you-hear-in-resilient-families-are-you-using-them/) | X |  |  |  |  |
| [Why Try?](http://whytry.org/index.php/resource-center) Resources Page | X | X |  |  |  |
| **Resilience Measures** |  |  |  |  |  |
| [Reaching In Reaching Out](http://www.reachinginreachingout.com/documents/APPENDIX%20E%20-%20Annotated%20Compendium%20of%20Resilience%20Measures.pdf): 20 page document of selected resilience and related measures. | X |  |  |  |  |
| [Simple Resiliency Quiz](http://www.resiliencyquiz.com/index.shtml) | X |  |  |  |  |
| [40 Developmental Assets: Girl Scouts](http://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/about-girl-scouts/research/gsle_asset_map_2012.pdf) | X |  |  |  |  |
| **Videos** |  |  |  |  |  |
| [Program Self-Assessments](http://www.cssp.org/reform/strengtheningfamilies/practice#program-self-assesments) for agencies. |  |  | X |  |  |
| [Why We Need to Practice a Little Self-Compassion](http://www.mindful.org/why-we-need-to-practice-a-little-self-compassion/?utm_source=Mindful+Newsletter&utm_campaign=509da7bd09Mf_Weekly_March_15_20163_15_2016&utm_medium=email&utm_term=0_6d03e8c02c-509da7bd09-21916737)**:** 5-min video on how to practice self-compassion \***DISCLAIMER**\* This animated cartoon is topless in a bathtub. | X |  |  |  |  |
| [Why Try Video](https://www.youtube.com/watch?v=mpKte_9-sPI): Removing negative labels and finding the “real me”. | X |  |  |  |  |
| [The Reality Ride](https://www.youtube.com/watch?v=Fwzn4Wyv8VI) teaches students how today’s decisions have consequences that effect their future. | X |  |  |  |  |
| [The Science of Resilience](https://www.youtube.com/watch?v=1r8hj72bfGo#action=share): Illustrates resilience as a balance scale with protective factors on one side and adversity on the other. | X |  |  |  |  |
| How [Resiliency is Built](https://www.youtube.com/watch?v=xSf7pRpOgu8): How supportive relationships with parents, coaches, teachers, caregivers and other adults in the community build resilience. | X | X | X | X |  |
| Dr. Vince Filletti: ACEs: Discusses the findings that [adverse childhood experiences](https://www.youtube.com/watch?v+Me07G3Erbw8) have significant impact on long term health outcomes. (90 minutes)  [Wounds that won’t heal](http://www.youtube.com/watch?v=tMXtOxXBCRo): Eight adult survivors of ACEs describe their childhood experiences and the effects later in life. (30 minutes)  [ACES study results](http://www.youtube.com/watch?v=GQwJCWPG478)/consequences (13 minutes)  [Origins of the Adverse Childhood Experiences Study](https://www.youtube.com/watch?v+Oph-aKUuWrE) and its Clinical Use | X  X  X  X | X  X  X  X |  |  |  |
| Dr. Rob Anda  Speaking to [community leaders](file://dhs.wistate.us./1ww/Common/OCMH/Collective%20Impact/CI%20Resilience%20Committee/Committee%20Resources/:%20https:/www.youtube.comwatch?v=QLfUi4ssHmY)  [Adverse Childhood Experiences in Our Society](https://www.youtube.com/watch?v=OVJ5G9pGog8): Where Sciences Collide (42 minutes)  [Impact of Adverse Childhood Experiences](https://www.youtube.com/watch?v=F4fBdHHsj5A) on Health Across the Life Course (20 minutes)  [What Does the ACE Score Mean?](https://www.youtube.com/watch?v=qp_9nLjRdDo)  (3 minutes)  [How Trauma Affects the Brain](https://www.youtube.com/watch?v=8C70DWD1GJs) (2 minutes)  [Building Resilience](https://www.youtube.com/watch?v=2B5ux-elQWM) Prevention of Adverse Childhood Experiences. (2 minutes)  [Importance of ACEs](https://www.youtube.com/watch?v=rdsiy6AJyJw) Physical and emotional trauma in childhood left unresolved can result in some of society’s most destructive problems. (2 minutes)  [What Happened to you?](https://www.youtube.com/watch?v=VGMe8HWUCuI)  A short documentary about the Impact of trauma on our lives. (14 minutes) | X  X  X  X  X  X    X | X  X  X  X |  |  |  |
| [Center on the Developing Child](http://developingchild.harvard.edu/resources/inbrief-resilience-series/)    [Science of Resiliency](https://www.youtube.com/watch?v=Ptuvg8mnUic) from Dr. Darlene Mininni (1 hour 30 minutes) | X  X |  |  |  |  |
| [Working Toward a More Trauma-Informed City](https://www.youtube.com/watch?v=Zsq34bsWxVM)  Dr. Ken Ginsburg talks about his work with adolescents | X | X | X | X |  |
| **Websites** |  |  |  |  |  |
| [ACE Resiliency Toolkit Iowa](http://www.iowaaces360.org/resiliency-toolkit.html) | X | X | X |  |  |
| [ACE Resiliency Maine](http://maineaces.org/wp/) |  | X | X | X |  |
| [Resilient Cities in Wisconsin](http://www.resilientcities.org/) |  | X |  |  |  |
| [Menominee, Dunn County Resilient Community](http://www.msd.k12.wi.us/UserFiles/Servers/Server_341502/File/Menomonie%20School%20District/Parents%20&%20Community/Community/Partners%20for%20Resilience/Document%20Uploads/PFR201415brochure.pdf) |  | X |  |  |  |
| [WISE End Stigma](http://wisewisconsin.org/) | X | X | X | X |  |
| [RED Gen](http://redgen.org/): Milwaukee school/community partnership. |  | X | X | X |  |
| [Why Try](http://whytry.org/index.php): Resilience building tools and trainings for systems. | X |  |  |  |  |
| [Child Trauma Resources](http://www.samhsa.gov/child-trauma/understanding-child-trauma): Resources for understanding childhood trauma. |  |  |  | X |  |
| [SuperBetter](file://fiwmad0p0759/1wwprofiles$/eithukc/Desktop/SuperBetter.com): Resilience based program that puts makes real life applications of resilience fun. [3-min summary](http://lifehacker.com/5902598/superbetter-is-a-game-that-rewards-you-for-healthy-living-and-working-towards-your-goals): Summary of the game [Ted Talk on SuperBetter](https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life?language=en) (20 minutes) | X | X | X | X |  |