

**Harnessing Three Critical Resources to Advance Mental Wellness:
Leadership, Resilience Science, and Hope – A Workshop
Mind Your Mind: Advancing Mental Wellness Conference
November 4, 2016
Eugene, Oregon**

Handouts:

Powerpoint presentation, 10 Step Systems Thinking Framework to Build Capacity for Resilience, Suggested Reading List

SUGGESTED READING LIST

Alarcon, G. M., Bowling, N.A., and Khazon, S. (2013). Great expectations: A meta-analytic examination of optimism and hope. *Personality and Individual Differences*, 54: 821-827.

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Cacioppo, J., Reis, H., Zautra, A. (2011). Social resilience: The value of social fitness with an application to the military. *American Psychologist*, Vol. 66 (1):43-51.

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Folke, C. Carpenter, S.R., Walker, B., Scheffer, M., Chapin, T. and Rockström, J. (2010). Resilience thinking: Integrating resilience, adaptability, and transformability. *Ecology and Society*, 15(4): 20.

Glandon, D. (2015). Measuring resilience is not enough; we must apply the research. Researchers and practitioners need a common language to make that happen. *Ecology and Society*, 20(2):27

Horman, S., Vivian, P. (2013). *Organizational trauma and healing*. CreateSpace: South Carolina.

Heifetz, R., Grasho, A., and Linsky, M. The practice of adaptive leadership: Tools and tactics for changing your organization and the world. Harvard Business Press: Boston, 2009

Kawamoto, t., Mitsuhiro, U., Nittono, H. (2015). Intrapersonal and interpersonal processes of social exclusion. *Frontiers in Neuroscience*, 9(62).

Kent, M., Davis, M. (2010). The emergence of capacity-building programs and models of resilience. In J. Reich, A. Zautra, & J. Hall. *Handbook of adult resilience* (pp. 427-449). New York: Guilford Press.

Kotter, J. (2012). *Leading change*. Boston: Harvard Business Review Press.

Longstaff, P. (2009). Managing surprises in complex systems: multidisciplinary perspectives on resilience. *Ecology and society*, 14(1):10-12.

Masten, A. and O'Dougherty Wright, M. (2010). Resilience across the lifespan: Developmental perspectives on resistance, recovery, and transformation. In J. Reich, A. Zautra, J. Hall Handbook of Adult Resilience (Eds.). New York: The Guildford Press.

Masten, A. S., Monn, A. R., & Supkoff, L. M. (2011). Resilience in children and adolescents. In S. M. Southwick, B. T. Litz, & D. Charney (Eds.), *Resilience and mental health: challenges across the lifespan* (pp. 103-119). New York: Cambridge University Press.

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Rodin, J. (2014). *The resilience dividend: Being strong in a world where things go wrong*. New York: Rockefeller Foundation, 2014.

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Senge, Peter M. (2006). *The fifth discipline: The art and practice of the learning organization*. New York: Doubleday.

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Sippel, I., Pietrzak, R., Charney, D., Mayes, L., Southwick, S. (2015). How does social support enhance resilience in the trauma-exposed individual. *Ecology and Society*, 20(4):10

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The Ford Family Foundation. (2014). *The adverse childhood experiences study: How are the findings being applied in Oregon?* Roseburg, OR: D. Mandell.

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Ungar, M., Ghazinour, M., and Richter, J. (2013). Annual research review: What is resilience within the social ecology of human development? *Journal of Child Psychology and Psychiatry*, 54:4, 348-366.

Yale Child Study Center (no year given). Using literacy-based approaches to promote social competence and foster resilience, New York: Scholastic, S.L. Tominey, T.A. Leslie, S. M. Southwick, L.C. Mayes. Available at:
<http://steinhardt.nyu.edu/scmsAdmin/media/users/hz421/5.24YaleWhitePaperv2.pdf>.