

The Wellbeing Toolkit ECHO: Building Connection, Joy, and Community to Support Youth in the Face of Adversity

October 15 through November 12, 2025

Resource Tracking Document

The following resources, arranged by session topic, were provided during the course of this ECHO series by speakers, panelists and/or participants. They have not been formally vetted by Project ECHO or other DH staff for accuracy or quality, so users should rely on their own judgement when referencing or employing them. These resources were provided during the time period of the ECHO and over time may become outdated.

Session 1 – Building Hope and Joy in the Face of Adversity

- [Jane Goodall Hopecast podcast](#)
- [Why we need hope, with Chan Hellman, PhD, and Jacqueline Mattis, PhD](#)
- [Book recommendation- Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. \(Seligman, M\)](#)
- [HOPEful Conversations Card Deck | Tufts Hope](#)
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Session 2 – Building Connection as a Tool for Mental Health and Wellbeing

- [Risk and Protective Factors | Adverse Childhood Experiences \(ACEs\) | CDC](#)
- [Vivek Murthy | 19th & 21st U.S. Surgeon General](#)
- [Center for RENEW Implementation | Institute on Disability](#)
- [Stress Busters | ACEs Aware – Take action. Save lives.](#)
- [Worried you may be burning out?](#)

Session 3 – Applying Skills to Support a Community in Distress: Connection and Hope

- [The Anxious Generation — from a book to a movement](#)
- [Landline Kids](#)