

Trans-NIH Resilience Working Group Inaugural Webinar

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May 7, 2021

Trans-NIH Resilience Working Group Inaugural Webinar: Designing Resilience Research in the Context of Military Stress

Wednesday, May 19, 11:30 a.m.–12:30 p.m. ET
To view: <https://videocast.nih.gov/watch=41984>

About This Presentation

Join the Trans-NIH Resilience Working Group for its inaugural webinar, where National Institutes of Health (NIH) grantees from the University of Minnesota Medical School will discuss their strategies for designing resilience research within the context of military stress.

Our featured speaker, Melissa A. Polusny, Ph.D., L.P., is principal investigator of the Advancing Research on Mechanism of Resilience (ARMOR) Study, a large multilevel, prospective longitudinal study investigating resilience processes that promote adjustment among National Guard service members. The goal of ARMOR is to identify neural, behavioral, and interpersonal pathways to resilience that will lead to the development of interventions to enhance well-being and prevent stress-related psychopathology. This study is supported by the National Center for Complementary and Integrative Health (NCCIH).

Dr. Polusny will address how concepts of resilience were applied in the design of her NCCIH-sponsored study. Her colleague, Christopher R. Erbes, Ph.D., A.B.P.P., will participate in a brief panel discussion following the main presentation.

This event is open to the public via NIH VideoCast. Registration is not required.
<https://videocast.nih.gov/watch=41984>

Save this event to your calendar: <https://videocast.nih.gov/ical.ics?live=41984>

Questions are being accepted in advance of the webinar. Submit your questions to:
Trans-NIHResilienceProgram@od.nih.gov

View later option: This webinar will be recorded and made available on the [NIH VideoCast Past Events](#) website several days after the live event.

About the Speakers

Melissa A. Polusny, Ph.D., L.P., is a clinical psychologist at the Minneapolis Department of Veterans



Affairs (VA) Health Care System and core investigator in the Center for Care Delivery and Outcomes Research, a VA Health Services Research & Development Center of Innovation. She also holds a joint appointment as professor in the department of psychiatry and behavioral sciences at the University of Minnesota Medical School.

Dr. Polusny is director of the Readiness and Resilience in National Guard Soldiers Research Laboratory. She is principal investigator of the ARMOR Study, a large multi-level, prospective longitudinal study investigating resilience processes that promote adjustment among National Guard service members. Dr. Polusny's research strives to identify neural, behavioral, and interpersonal pathways to resilience to develop interventions to enhance well-being and prevent stress-related psychopathology.



Christopher R. Erbes, Ph.D., A.B.P.P., is a clinician investigator at the Minneapolis VA Health Care System, specializing in assessment, treatment, and resilience processes for mental health problems related to traumatic stressors. He is an associate professor of psychiatry at the University of Minnesota Medical School. His research has focused on interpersonal context as a risk or resilience pathway for posttraumatic stress among National Guard soldiers exposed to military stressors. He is the co-director of the Readiness and Resilience in National Guard Soldiers Research Laboratory with Dr. Polusny and heads the clinician investigator team of mental health researchers at the Minneapolis VA.

About the Trans-NIH Resilience Working Group

The Office of Dietary Supplements (ODS), in its role as a coordinating office within the NIH Office of the Director, established the Trans-NIH Resilience Working Group in 2019 to bring together NIH institutes, centers, and offices that have strategic priorities related to, or funds dedicated to, resilience programs. Chaired by ODS's LaVerne L. Brown, Ph.D., the group identified the need for a comprehensive resilience research model that complements the NIH's mission to seek fundamental knowledge about the nature and behavior of living systems and to promote the application of that knowledge to enhance health, lengthen life, and reduce illness and disability. For more information about the Trans-NIH Resilience Working Group: <https://ods.od.nih.gov/Research/resilience.aspx>



Contact Us

If you have questions about the working group or would like to submit questions to the speakers in advance of or during the webinar, contact Dr. Brown at: Trans-NIHResilienceProgram@od.nih.gov.

COVID-19 is an emerging, rapidly evolving situation.

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About ODS

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Office of Dietary Supplements
National Institutes of Health
6100 Executive Boulevard, Room 3B01
Bethesda, MD 20892-7517

Email: ods@nih.gov

Website: <https://ods.od.nih.gov>

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