

DART Resilience Resource Review: February 23, 2022



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Durham Resources and Happenings

Do you have an announcement about a new resource, program, or event? This is the spot to share it!

- [A Faith-Based Response to Adverse Experiences](#), March 20th 6:00pm-7:30pm
Dr. Wanda Boone will present a study on ACEs, resilience and healing from the Scriptures. Register [here](#).
- [Courageous Conversations About Race and Youth Activism Symposium](#),
NCCU March 31st 6:00pm-9:00pm
This event will include engagement from Courageous Conversations Foundation Staff, including a keynote address from youth activist Madison Potts. This event

will facilitate conversations and prepare students for action that fosters racial healing. This symposium will be followed by a Reception and Meet and Greet with local elected officials and student activists.

- **CaroNova Youth Mental Health Journey Mapping Session**

CaroNova will be holding a Patient Journey Mapping session where they will help to visually map out the journey through the health system for youth, with mental health challenges, and their parents/caregivers. With the help of a graphic designer, the map will be created live as participants speak about their journey with an experienced facilitator, Dr. Margaret Brunson. CaroNova hopes to learn about the experiences that youth and their parent/caregivers have when it comes to navigating mental health in North and South Carolina in an effort to inform future models of care. CaroNova understands that people with lived experiences are best equipped to inform and advocate for change when it comes to their health. Through this journey mapping session, our hope is to work alongside people with lived experiences to help build a system that works for them.

Who:

- Parent/caregiver who cares for a child/ youth with a current diagnosis for at least one common child/youth mental health condition (i.e., autism spectrum disorders, conduct disorder, eating disorders, anxiety, depression) or who is currently self-identified as dealing with at least one of these conditions (e.g., waiting for diagnosis).
- Young adults (18+) who are or were diagnosed with at least one common child/youth mental health condition (i.e., autism spectrum disorders, conduct disorder, eating disorders, anxiety, depression) while they were a youth (younger than 18)
- Advocates who work with children/youth diagnosed with mental health conditions

Compensation for Participating: \$150 – this covers the cost of participating the day of and any pre-work

When: March 21 or March 22 – a 2-hour session that will be determined on the availability of the participants

Where: Virtual – Zoom

Contact Ellen Carroll (efahey@ncha.org) for more information

Resilience in the News

This section contains news articles on topics relevant to resilience and ACEs. Have you read something that informed your practice or made you think about ACEs and Resilience in a different way? This is a place to share with colleagues.

- [**CDC, American Academy of Pediatrics update developmental milestones for developmental surveillance program**](#), February 8th 2022

Changes to the guidance include:

- Adding checklists for ages 15 and 30 months; now there is a checklist for every well-child visit from 2 months to 5 years.

- Identifying additional social and emotional milestones (e.g., Smiles on their own to get your attention, age 4 months).
- Removing vague language like “may” or “begins” when referring to certain milestones.
- Removing duplicate milestones.
- Providing new, open-ended questions to use in discussion with families (e.g., Is there anything that your child does or does not do that concerns you?).
- Revising and expanding tips and activities for developmental promotion and early relational health.

This is the first update in about 20 years.

Webinars, Conferences, and Trainings

There is support to help with attendance at relevant trainings and events. Please reach out to Jess Bousquette (jbousquette@dconc.gov) for more information.

- **[Building a National Movement to Prevent Trauma and Foster Resilience Workshop Series](#)**, starting January 7th
This workshop series will bring experts from sectors across the country to accelerate the movement by providing stakeholders, advocates and practitioners with the tools necessary to encourage and assist systems in every community in integrating trauma-informed, resilience-focused, and healing-centered approaches and principles into their daily operations, thereby making America trauma-informed. The workshops are designed explicitly to build momentum; thus, each workshop is held every 2 weeks on Friday for half a day from 1:00 - 5:00 ET.
 - 3/4: Building the Movement with Populations with High Prevalence of Trauma
 - 3/18: Building the Movement with Foundations and the Private Sector
 - 4/1: Building the Movement to Address Global Crises
 - 4/15: Building the Movement through Policy and Advocacy

Recordings can be found [here](#).

- **[The Impact of Toxic Stress on Health and Your Role in Resilience](#)**, NC AHEC, February 28th9:00-12:30pm
Many health professionals do not have a clear understanding of the impact of adverse childhood experiences (ACEs), how to mitigate the risks by building up protective factors, or how to explain to their clients how toxic stress in childhood has had a sustained impact on their physical and behavioral health. The program will review the documentary Resilience; discuss social determinants of health; review tools to screen for social determinants of health including ACEs, benevolent childhood events, and adult resilience.

- [2022 Kids Policy Summit](#), NC Child, March 29th and 30th

2022 Kids is a two-day policy summit for North Carolina's advocates for children.

You are invited to help us:

- Learn from peers who are developing community-driven policy solutions.
 - Deepen awareness and work on centering racial equity, and
 - Connect and build power to advance racially equitably public policies.
- [The Next Step in Early Childhood Policy: Creating a Universal System of Care for Families with Young Children](#), Duke Center for Child and Family Policy, April

12th 9:00-5:00pm

During this national convening, attendees will explore what research says about what young children and their families need and, subsequently, how universal systems of care could be developed to meet those needs. The conference will provide a national platform for researchers, practitioners, and policymakers to join together in shifting the conversation away from fixing "broken" families and, instead, focus on how to build universal systems that provide young children and families the opportunity to thrive.