

## DART Resilience Resource Review: January 27, 2022



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***If you have not already, please take [this survey](#) and rank your preferred times for DART meetings in 2022.***

### Durham Resources and Happenings

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

- [Circle of Hope](#), Empowered Parents in Community, January 24-February 21<sup>st</sup>  
Circle of Hope will host a 4-week mini session beginning on Monday, January 24th until Monday February 21st, 2022. This session will focus on New Year Same Goals: Self-care, health and wholeness to show up for our kids. Reclaiming the promise.

- **ECHO Teleconsultation Clinic Series: Challenging Times and Complex Concerns: Addressing Our Own Needs as Providers Working With Latinx Communities**, El Futuro, Starting February 4<sup>th</sup> 12:00-1:30pm
  - Topic: Structural barriers and attuned approaches to working with historically under-resourced communities
  - Presenter: Juan Prandoni, PhD, LPA, HSP-PA
  - Date: Friday, February 4th
  - Time: 12-1:30PM EST
  - Join link: <https://us02web.zoom.us/j/4034151164>
- **Parent & Family Advocacy and Support Training**, Durham County Cooperative Extension, Beginning February 2<sup>nd</sup>  
 Parent & Family Advocacy and Support Training (P-FAST) is a free 8-week online course to help parents navigate the public school system. In the spring of 2022, PFAST will be offered on Wednesdays from February 2- March 23 from 3:00-4:15PM.  
 More information can be found [here](#). To register visit: [PFAST Spring 2022 Registration Survey \(surveymonkey.com\)](#)
- **[Mental Health First Aid Virtual Training](#)** (Adult), Alliance Health, February 8th  
 Adult Mental Health First Aid teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. This training will also be offered on March 29<sup>th</sup> and April 26<sup>th</sup>.
- **[Youth Mental Health First Aid](#)**, Alliance Health, February 25<sup>th</sup>  
 Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This class will also be offered April 29th.

## 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.*

- **[The pandemic has taken a big toll on the mental health of children](#)**, NPR, January 11, 2022

NPR's A Martinez talks to California's Surgeon General Nadine Burke Harris about children coping with adverse childhood experiences brought on by COVID, and what can be done to undo the damage.

- [Equity and Inclusion on Sesame Street with Dr. Jeanette Betancourt](#) (video lecture)  
For the Spring 2022 Crown Distinguished Lecture, Dr. Jeanette Betancourt, Senior Vice President for U.S. Social Impact at Sesame Workshop, spoke on January 18 about "Equity and Inclusion on Sesame Street". She directs the development and implementation of community and family engagement initiatives making a difference in the lives of vulnerable children and their families. These research-based initiatives are designed to impact children's early learning, health and well-being, and provide strategies and resources to counteract the effects of trauma while fostering the critical connections that adults have on children's lives.

## ACEs and Resilience Research

*This section contains research—academic, community, and organization—about topics related to ACEs and resilience. Did you recently release a report or publish an article or read something that informed your practice? Share it here!*

- [Building a Resilient and Trauma-Informed North Carolina](#), NC Institute of Medicine, January 2022  
As part of the NC Institute of Medicine's (NCIOM) [38th annual health policy meeting](#), moderators and panelists participated in discussions around key behavioral health indicators outlined in the Healthy North Carolina 2030 (Healthy NC 2030) [report](#) and the State Health Improvement Plan, a companion [report](#) published by the North Carolina Department of Health and Human Services (NCDHHS). The implementation of trauma-informed and resilience-building practices to prevent Adverse Childhood Experiences (ACEs) is an important focus area in both reports and was a major focus of the annual meeting.
- [Cash Aid to Poor Mothers Increases Brain Activity in Babies, Study Finds](#), The New York Times, January 24, 2022  
"Researchers are still trying to determine why the money altered brain development. It could have purchased better food or health care; reduced damaging levels of parental stress; or allowed mothers to work less and spend more time with their infants."

## Webinars, Conferences, and Trainings

*There may be support to help with attendance at relevant trainings and events. Please reach out to Jess Bousquette ([jbousquette@dconc.gov](mailto:jbousquette@dconc.gov)) for more information.*

- [\*\*Building a National Movement to Prevent Trauma and Foster Resilience Workshop Series\*\*](#), starting January 7<sup>th</sup>  
 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.

  - 2/4: Building the Movement with Child Welfare and Justice Systems
  - 2/18: Building the Movement through Transformative Justice and Faith-Based Communities
  - 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
  
- [\*\*The Body Keeps the Score Book Club\*\*](#), Trauma Research Foundation, Thursday starting January 20<sup>th</sup> 4:00-5:30pm  
 Meetings will be on Thursdays for 6 weeks from 4-5:30 pm ET starting on January 20, 2022 The final week will be a live Q&A / discussion with author Bessel van der Kolk, M.D. on February 24th. Registration is free and open to everyone. The discussion group will consist of 20 panelists who will be selected for each weekly meeting. Engagement for the entire group will be available through attending the webinar presentation of the discussion group panel, the live chat during the webinar and the Bookclubz app (optional). Each session will be recorded and available after the meeting.
  
- [\*\*North Carolina Home Visiting & Parenting Education Summit\*\*](#), January 31<sup>st</sup> and February 1<sup>st</sup>  
 This virtual conference will provide updates on North Carolina's efforts to create a coordinated system of parenting education supports for the families of young children to positively impact parent-child relationship and family and child well-being, engage home visiting and parenting education professionals across the state in the work of the System Collaborative, and share news and professional development on topics like early childhood mental health, virtual delivery of services, impact of trauma and ACEs, equity, and the latest innovations and research.
  
- [\*\*Foundation for All Future Development: Celebrating Highlights in Infant and Early Childhood Mental Health\*\*](#), Infant and Early Childhood Mental Health Technical Assistance Center

This 3-part series will highlight innovations and successes from SAMHSA IECMH, Project LAUNCH, and Indigenous LAUNCH grantees. Grantees from across the nation will showcase examples from their communities and share lessons learned with the broader early childhood field.

All Webinar Dates:

- Thursday, December 2, 2021, from 2:00-3:30pm ET
- Thursday, February 3, 2022, from 2:00-3:30pm ET
- Thursday, March 3, 2022, from 2:00-3:30pm ET

- [\*\*Doing Better Together to Equitably & Innovatively Advance Reproductive Health and Healthcare with a Focus on Human Rights, Quality Improvement, and Interprofessional Collaboration\*\*](#), Mountain Area Health Education Center, Thursday February 17-March 17<sup>th</sup>  
The learning collaborative's goal is to increase awareness and engage interprofessional collaboration in the provision of maternal health/well-woman care. The learning collaborative is primarily comprised of Family Medicine, Obstetrics & Gynecology, Pediatric, and Nursing professionals as well as related providers from across the 6 perinatal care regions in North Carolina. To operationalize our efforts for sharing best practices and improving communication amongst providers, we are offering a series of continuing education opportunities, as well as technical assistance to bridge the gap between theory and practice to advance family and community health.
- [\*\*The Impact of Toxic Stress on Health and Your Role in Resilience\*\*](#), NC AHEC, February 28<sup>th</sup>9:00-12:30pm  
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.
- [\*\*Virtual Risking Connection Basic\*\*](#), Traumatic Stress Institute, March 8-10, 2022  
Risking Connection is a training program created to provide professionals serving trauma survivors with a philosophy and method for working with these challenging survivors. The 3-Day Basic Training is adapted from the original curriculum, Risking Connection: A Training Curriculum for Working With Survivors of Childhood Abuse (Saakvitne, Gamble, Pearlman, & Lev, 2000). Each day of this active-learning course includes lively presentations, small and large group discussions, application exercises, and activities designed to address self-care and well-being of treaters. All participants receive a certificate of attendance at the end of the training.

- [2022 Kids Policy Summit](#), NC Child, March 29<sup>th</sup> and 30<sup>th</sup>  
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.