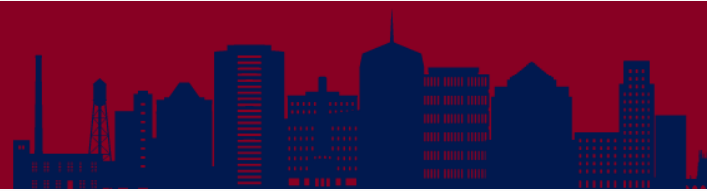


**D·A·R·T**

Durham ACEs Resilience Taskforce (NC)



# Resilience Resource Review

December 16, 2022

## Durham Resources and Happenings

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

**Community Health and Healing**  
Starting with TRAUMA ending with RESILIENCE

January 14, 2022  
10:30 AM – 2:00 PM  
North Carolina Central University  
School of Education Auditorium  
700 Cecil Street  
Durham, NC 27707

Keynote Address: Dr. Kendrick Kennedy  
Duke University Medical Center

**Eventbrite** Registration: <https://HealthHeal.eventbrite.com>

Sponsored by  
WUNC, North Carolina Central University MTI & SOI  
Get Happy, TRY Achieving Health Hand in Hand

**Economic Stability**   **Education**   **Health and Health Care**   **Neighborhood and Built Environment**   **Social and Community Context**

[Community Health and Healing](#), Together for Resilient Youth, January 14th  
Keynote Speaker: Kendrick Kennedy, MD Duke University Medical Center.  
Youth moderators/panelists, Community member experts, field of science experts, and real solutions to prevent chronic disease, fentanyl/opioid overdose and violence. Learn how it's all connected.

### [Durham County Seeks Resident Feedback on National Opioid Settlement Funding](#)

Durham County Government has begun to receive its part of the historic \$26 billion [National Opioid Settlement \(NOS\)](#). These settlement funds will bring much needed help to counties on the frontline of the opioid epidemic by providing public services that save lives and support recovery. This [survey](#) asks which of 12 strategies eligible for NOS funding are a priority for community members. It also seeks information on services Durham County lacks, parts of the community hardest hit by the opioid epidemic, most important resources needed, and other issues which overlap with our opioid issues. Please take the time to respond to the survey and share with those who are most impacted by opioid use by mid-January.

### **2022 Injury-Free NC Workforce Assessment**

Injury-Free NC, a collaborative program of the UNC Injury Prevention Research Center and the Injury and Violence Prevention Branch at the North Carolina Division of Public Health is conducting focus groups to assess the training and education needs of the North Carolina Injury & Violence Prevention (IVP) workforce. The information gathered through these focus groups will shape the future of Injury-Free NC programming so that it will be more responsive to the needs of IVP practitioners. Anyone who considers themselves to be a part of the NC IVP workforce and would like to share details about what their training and education needs are, is eligible to participate in a focus group. If you are interested in participating in a focus group, please complete and [submit this interest form](#).

---

## **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.

### **SF guaranteed income program for pregnant Black women expands to additional counties**

"A San Francisco-based guaranteed income program that gives monthly checks to pregnant Black women received \$5 million to expand its care to soon-to-be-mothers across California, the San Francisco Department of Public Health announced. Since 2021, the Abundant Birth Project has provided an additional \$1,000 a month to 150 at-risk pregnant women of color in efforts to mitigate racial birth disparities."

### **10 Ways to Practice Positive Childhood Experiences this Holiday Season**

"School is out for the holidays, and the holiday season is an opportunity to fill children's time off with the positive experiences that are all around. Many families have traditions, and many communities have events and activities for the whole family to enjoy. For many of us, the season also has times of stress and pressure, but no matter what you celebrate, believe, or practice, this season can offer big and small opportunities to create positive memories. These memories of loving relationships, warm environments, engagement with family and tradition, and emotional growth can help build lifelong resilience."

### **More Than Silver Linings: Resilience, Awe, and Perspective**, Psychology Today

"That's the purpose of this post—to explain a critical resilience practice called cognitive reappraisal and to provide practical ways to utilize it. Cognitive reappraisal refers to applying a perspective to a situation in which you try to take something positive from it, regardless of what occurred—especially, though, if it was a negative situation. Importantly, practicing cognitive reappraisal does not diminish or ignore the negative aspects; instead, it makes time for it and then also makes time for finding something good."

---

## 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!

### [Is paid family and medical leave in the future for North Carolinians?](#), NC Child

"The policy team at Prevent Child Abuse NC recently released their report ["Forward with Hope: Policymaker Perspectives on Child Maltreatment Prevention in North Carolina."](#) The report is based on the findings of a qualitative study the team conducted to learn more about what policymakers know about child maltreatment prevention, and policies and investments that have been linked to boosting child and family well-being. Study findings indicate that family-friendly workplace policies are widely known by policymakers, and the benefits are understood. However, the mechanism for implementing family-friendly policies such as paid family and medical leave was not as well understood or agreed upon by participants. Participants were aware of the benefits, but not sure how to balance the needs of business and employees without causing harm. "

### [A 'New Normal': National Student Survey Finds Mental Health Top Learning Obstacle](#), The74

"Depression and anxiety continue to plague an overwhelming number of America's middle and high school students, particularly LGBTQ and students of color, hampering efforts to boost learning from pandemic losses. Secondary students at every grade level maintain depression, stress, and anxiety is the most common barrier to learning. And fewer than half of them, regardless of gender, sexual and racial identity, have an adult they feel comfortable talking to when stressed or upset, according to a new [report from](#) YouthTruth."

### [Screening for adverse childhood experiences is increasing, but are patients getting treatment?](#), CalMatters

"Medi-Cal doctors are screening more patients for adverse childhood experiences, but they aren't required to report whether those patients receive therapy or other services they may need. Yet getting that helps is key to preventing chronic health or mental health conditions later in life, research finds."

[Effects of the COVID-19 Pandemic on Mental Health and Brain Maturation in Adolescents: Implications for Analyzing Longitudinal Data](#), Biological Psychiatry:

Global Open Science

"The stress of pandemic lockdowns prematurely aged the brains of teenagers by at least three years and in ways similar to changes observed in children who have faced chronic stress and adversity, a study has found." Additional reporting can be found in the [Washington Post](#).

[Supporting Children with Disabilities: Lessons from the Pandemic](#), National Academies

"Based on a workshop held by the Board on Children, Youth, and Families (BCYF), this interactive resource highlights practices employed during the COVID-19 pandemic to address challenges facing children with disabilities and their families. The resource features innovative approaches in education, healthcare, state and federal policy, home care settings, and more - all with potential to improve the system of care for children with disabilities as well as advance health equity and access to services for underserved and marginalized populations."

---

## Funding Opportunities

This section contains local, state, federal, and foundation funding opportunities for work related to ACEs and resilience. If you would like to further discuss an opportunity with other DART members and would like support coordinating conversations, let Jess know

**Advancing Healthy Food Equity**, Blue Cross and Blue Shield of NC Foundation, Coming Soon

The Blue Cross and Blue Shield of North Carolina Foundation is pleased to announce an upcoming funding opportunity to support organizations led by, serving, and accountable to American Indian, Black, Latino, other People of Color, and members of immigrant communities that are currently working on changes in their community that advance equitable access to healthy food. Interested applicants can [sign up here](#) to receive the funding opportunity directly in January.

---

## 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](mailto:jbousquette@dconc.gov)) for more information.

### **An Introduction to Trauma Informed Care for Perinatal Healthcare Providers**, Southern Regional AHEC, January 23, 2023 10:00 AM - 12:00 PM

This two-hour webinar is designed to introduce perinatal healthcare providers to trauma informed care. Research and clinical evidence related to the medical care of traumatized individuals indicates that patients are best served in a trauma informed environment. Rates of trauma exposure among community healthcare patients are high, with the perinatal period introducing additional considerations for the role of trauma in maternal healthcare. Trauma histories and post-trauma symptoms serve as a barrier to full engagement and positive health outcomes for these patients.

### **The Impact of ACES on Autistic Individuals**, Wake AHEC, January 25, 2023 9:00 AM - 12:15 PM

This workshop will provide an overview of adverse childhood experiences (ACES) and how these ACES impact autistic individuals. The presenter will review how ACES can have an ongoing impact on an individual throughout the lifespan and will particularly emphasize possible differences in symptom presentation based on autism alone versus autism and developmental trauma. Case examples will be utilized to apply the concepts and for feedback. The presenter will conclude with an overview of strategies for working with autistic individuals who have mental health conditions resulting from previous adverse childhood experiences.

### **Racial Equity as a Treatment Plan**, Wake AHEC, March 02, 2023 9:00 AM - 12:15 PM

It has long been noted that racism is a public health crisis, but how can socially conscious providers actualize their desire to advance racial equity within their practices? Moreover, how can providers better serve their patients with criminal legal system involvement who are disproportionately also people of color? This

workshop seeks to equip providers with practical tools and strategies toward those ends.

**2023 Learning and Leadership Summit**, Prevent Child Abuse NC, March 27-28th  
Join on March 27-28th for Prevent Child Abuse North Carolina's 2023 Learning and Leadership Summit will enhance participants' practice and leadership skills through presentations and educational workshops designed to help us all support and strengthen families throughout NC and activate support for effective prevention practice. Sessions will offer insight into the latest research, strategies for increasing protective factors and building resilience, effective implementation, public awareness and advocacy.