



Resilience Resource Review

October 27, 2022

Durham Resources and Happenings

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

[See Us, Support Us](#)

Join [Our Children's Place](#) (OCP) and advocates across the country for [See Us, Support Us](#) (SUSU), a year-round effort with national partners to raise awareness about and increase support for children of incarcerated parents, culminating in a month of action in October. This year, SUSU focuses on supporting the physical health and emotional wellbeing of children with incarcerated parents. The SUSU website has great information, resources, tips, [youth art contest](#), links to two webinars, and more. OCP is pleased to be partnering with [NC Health News](#) for a youth journalism project where North Carolina middle and high school students are invited to share their experience of having an incarcerated or returning parent.

Finally, we're issuing our sign challenge! We'd love to have folks (groups, individuals, office mates, etc.) print SUSU signs (we can provide), pose with them, take some photos, and send them to us so we can post on social media. Wouldn't it be great if our social media was flooded with pictures showing kids that we SEE them and SUPPORT them! To learn more, contact Melissa Radcliff at Our Children's Place, mradcliff@coastalhorizons.org or (919) 904-4286.

[North Carolina is home to five promising models for eliminating preschool suspensions, expulsions, and exclusions](#)

"Preschool students who are suspended, expelled, or otherwise excluded from their early care and education settings miss out on crucial developmental opportunities that can affect the course of their lives. A new project aims to address that by eliminating suspensions, expulsions, and exclusions in North Carolina's preschool settings." Featuring Village of Wisdom, Empowered Parents in Community, we are, and Truth Education Foundation in Durham.

[Durham Housing Authority & City Receive \\$40 Million Choice Neighborhoods Grant](#)

"The Durham Housing Authority (DHA) together with the City of Durham announce that the U.S. Department of Housing and Urban Development (HUD) has selected Durham to receive \$40M in Choice Neighborhoods Implementation (CNI) Grant funding. The CNI Grant will specifically support the DHA's Downtown and Neighborhood Plan (DDNP) which serves as a catalyst to revitalization, intentionally reconnecting long-time residents and legacy businesses to the economically booming downtown. CNI funds will go towards the revitalization of Durham's existing 519 East Main + Liberty Street Apartments, along with the development of multiple other DHA, City, and County-owned properties in the Downtown/Central City neighborhood. The plan incorporates ground-floor retail, a new community park and other green spaces, a new community center, and new roads."

[WHOLE-istic Wellness Fair, November 20, 2022](#)

On November 20th join the WHOLE Schools Movement for this free event, hosted for the DPS community. It is filled with opportunities to learn more about the spectrum of Mental Health. This event is ideal for all ages, and across all identities, to allow for intergenerational learning and growth.

The event will hold educational sessions, and wellness sessions to allow for moments of relaxation, laughter, and joy! The event will kick off with a community organization fair to connect the community to the various resources around them. There will be a raffle for attendees the day of to win a \$100 visa gift card. There will be free childcare, refreshments, self-care items, and more!

You're welcome to come for the whole time or just part of the day! Register to attend [here](#).

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.

[Why you should stop complimenting people for being 'resilient', NPR Life Kit, August 25, 2022](#)

"The ability to overcome and adapt to difficult life situations seems like an overwhelmingly positive thing – right? After all, being called "strong," "tenacious" or "resilient" is usually perceived as a compliment. But what if glorifying resilience can actually be detrimental?"



[HHS Secretary: 988 Transition Moves Us Closer to Better Serving the Crisis Care Needs of People Across America](#)

In early September, the U.S. Department of Health and Human Services (HHS) is releasing new data that shows that over the first month of the transition to the 988 Suicide and Crisis Lifeline (988 Lifeline) there has been a 45% increase in overall volume and a substantial improvement in answer rates and wait times compared to August 2021. On July 16, the U.S. transitioned to 988, an easy-to-remember, three-digit number for reaching the 988 Lifeline (formerly the National Suicide Prevention Lifeline). More information including materials for sharing the 988 number can be found [here](#).

[Public Charge: The Law Has Changed](#)

The federal government finalized a new rule on “public charge” in September 2022. The changes to the rule are very slight from the "1999 Field Guidance," (which we've been living under since spring 2021), but in any case, there are a few important changes to the final rule. The most important change is that NO public benefits OF ANY KIND used by ANY *child or family member* will be considered at all in a person's immigration application.

Please find the new materials in [English and Spanish here](#), and share them with your community members

PUBLIC CHARGE: A new rule is final!

UPDATED
September 15, 2022

What is Public Charge?

Some people who apply for a green card (lawful permanent resident status) or a visa to enter the U.S. must pass a “public charge” test – which looks at whether the person is likely to depend primarily on government services in the future. Immigration officials look at all of a person’s circumstances, including their age, income, health, education or skills, family situation and their sponsor’s affidavit of support or contract.



IN THE PAST FEW YEARS, the law about “public charge” has changed several times, leaving families confused about what it all means for them. A new regulation on public charge became final on September 8, 2022. This law is a formal regulation and it will be difficult to change it or overturn it in the courts. Read this flyer for the latest information on public charge!

What benefit programs can I use **without concern**?

Under the new public charge rule in 2022, using the following government programs will **NOT** affect your immigration status or your immigration application. You **and** your children and family members may use them **without concern** if you are eligible.

▶ Medicaid*, ACA, NC Health Choice (children’s health insurance), free or sliding-scale clinics, and all other health care ◊ * Except for long-term institutional care paid for by Medicaid	▶ Pandemic-related one-time financial assistance ◊ This includes NC HOPE and local county rental relief programs.
▶ COVID testing, treatment and vaccines	▶ WIC
▶ SNAP (food stamps)	▶ Public Housing
▶ Earned Income Tax Credit (EITC) and child tax credits	▶ Free or reduced-price school lunches and P-EBT
▶ Stimulus checks or tax credits from the IRS	▶ Food banks or shelters

▶ And any other benefits that are **not listed** in the section below...

Are there any benefit programs I **should be concerned** about using?

The only public benefits that are considered negatively in the public charge test are listed below:

- ▶ Cash assistance programs that provide **on-going payments**
 - ◊ For residents of North Carolina, the only programs that will count negatively are: SSI (payments for disabled persons) and TANF (monthly cash assistance)
- ▶ Long-term institutional care at government expense

USCIS (Immigration) will NOT consider ANY benefit programs used by your children or other family members in your household. Your eligible children and family members can use any benefit program they need and Immigration will not ask about it or consider it in your immigration application.

[US Health and Human Services Releases Roadmap for Behavioral Health Integration](#)

"Health and Human Services (HHS) is committed to providing the full spectrum of integrated, equitable, evidence-based, culturally appropriate, and person-centered behavioral health care to the populations it serves. HHS has evaluated key barriers to transforming behavioral health care in line with President Biden's Strategy to Address our National Mental Health Crisis and has identified policy solutions to overcome these barriers. HHS will advance the Strengthen System Capacity pillar in the President's national strategy by developing a diverse workforce prepared to practice in integrated settings and investing in infrastructure for integrated care. HHS will advance the Connect Americans to Care pillar by leveraging health financing arrangements, including efforts to fully realize the potential of parity. HHS will advance the Support Americans by Creating Healthy Environments pillar through investments in behavioral health promotion, upstream prevention, and recovery."

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!

[Adverse Childhood Experiences During the COVID-19 Pandemic and Associations with Poor Mental Health and Suicidal Behaviors Among High School Students — Adolescent Behaviors and Experiences Survey, United States, January–June 2021](#)

The prevalences of poor current mental health and past-year suicide attempts among adolescents reporting four or more ACEs during the COVID-19 pandemic were four and 25 times as high as those without ACEs, respectively. Exposure to specific ACE types (e.g., emotional abuse) were associated with higher prevalences of poor mental health and suicidal behaviors. Primary prevention and intervention strategies for ACEs and their acute and long-term impacts, including early identification and trauma-informed mental health service and support provision, could help address the U.S. child and adolescent mental health and




suicide crisis.

Adverse childhood experiences (ACEs) are common, potentially traumatic events

3 in 4 high school students experienced **at least one** ACE during the pandemic

These students were more likely to report poor mental health and suicidal behavior

We can prevent ACEs and support adolescents who have experienced them with timely, effective care

  bit.ly/mn7141a2 
OCTOBER 14, 2022

The infographic features a purple and white color scheme. At the top, the title is in bold black text. Below it, a white speech bubble contains the statistic '3 in 4 high school students experienced at least one ACE during the pandemic', accompanied by four person icons (three purple, one grey). To the right, a purple box contains the text 'These students were more likely to report poor mental health and suicidal behavior'. At the bottom, a white box contains the message 'We can prevent ACEs and support adolescents who have experienced them with timely, effective care', with a logo of hands holding a heart. Logos for the CDC and MMW are also present, along with a URL and date.

Job Opportunities

Please contact the hiring agency with any questions.

- The Exchange Family Center is now hiring for a Program Manager for our Family Support Program. The FSP Program Manager oversees our staff providing direct services (PCIT, Triple P, ABC, SafeCare) to families with children aged 0-12. Please see the position description and application on their [website](#).
- [Book Harvest](#), a Durham nonprofit that supports children's literacy development, has a new job opening for [Literacy Coach](#). Please share with your contacts the information below and as you see fit.
 - Application Requirements: [Apply online](#) or pick up an application at the Book Harvest office. Contact information for two references is required for application to be complete, but a resume and cover letter

are optional. Proof of COVID vaccination and two boosters will be required upon hire.

- Priority Deadline: Sunday, October 30, 2022. Applications received after this date are not guaranteed review
- Durham Early Head Start Home Based at the Center for Child and Family Health is looking for a full time, bilingual home visitor! The full description and instructions for applying are [here](#)
- The [Center for Child & Family Health \(CCFH\)](#) is hiring a full-time Evaluator and a part-time Training Project Manager to support the ARCh Project. ARCh (Advancing Resources for Children) is a new initiative based at CCFH and working with partners statewide to connect systems, advance workforce capacity, and improve infant and early childhood mental health outcomes in NC. The *Evaluator* position will also support the [NC Child Treatment Program](#) at CCFH.