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Resilience Resource Review

April 19, 2024

Durham Adverse Childhood Experiences and Resilience Taskforce meets every other month. Our next meeting will be April 30th from 9:30-11:00am. To register for the Zoom meeting, please click [here](#).

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



Facilitator:
Tauchiana Williams, DSW

Circle of Hope is a FREE support group for Black mothers, led by skilled facilitators. Come build community with parents you can relate to - we're stronger together!

- ✓ **Food and childcare provided**
- ✓ **Open to the community**
- ✓ **Opportunity for self-care**

TUESDAYS
APR 2 - MAY 7
6:00 - 7:30 p.m.

Durham Children's Initiative
2101 Angier Rd, Durham

www.epic-nc.org

REGISTER NOW!



This Circle of Hope is all about building capacity for Black parents and families dealing with trauma, offering safe space for connection and sharing challenges, and working towards solutions to be able to show up to support students with our whole, healthy and healed selves. [Register here.](#)



Saturday, April 27, 2024

10:00am-2:00pm

North East Baptist Church

3204 NC HWY 55 Durham NC 27713

Items that can be discarded:

- Used syringes
- Prescription medications
- Over-the-counter medications
- Inhalers
- Medication ointments
- Expired medications (any kind)

Drop off medications and learn about community resources.

For more information, contact
Donna Rosser
drosser@dconc.gov or 919-
560-7765

Partners:



Public Health





Durham Mental Health Awareness Kickoff Event

Join us for a day of Free food, games, resources, dancing, networking, FUN and more



Date:

May 4th, 2024

Time:

10-2pm

Location:

The River Church

4425 Ben Franklin Boulevard

Durham, NC 27705



Interested in being a vendor **REGISTRATION IS FREE**



Click on the Link:

<https://forms.gle/Yw6ac1rLB573nJ6t5>

Contact Ashley Bass-Mitchell at abassmitchell@alliancehealthplan.org



Durham Mental Health Awareness Kickoff Event, May 4th, The River Church

Looking for family friendly vendors that can:

- Share your community resources and/or offer free samples of your services (you can setup your table and share about the resources that you offer healthcare, housing, food, jobs, social engagement, transportation, safety, legal, therapy, reentry, youth engagement, relaxation, etc.)
- Lead interactive/wellness activities (Zumba, Pilates, yoga, line dancing, sport activities, etc.)
- Entertainment

- Community engagement (board games, painting, building, bubbles, jump ropes, hula hoops, etc.)
- Massages,
- face painting,
- selfies stations
- wellness station
- CPR
- Leading sensory/spectrum friendly activities and engagements
- And more

Don't see your area on the list but want to be involved, give us a call, and tell us more about the work that you do. Also seeking volunteers for this event to help keep things safe, orderly, and running smoothly! [Register here.](#)



Healthy Minds

STRONGER SCHOOLS

APRIL 26TH & 27TH

Did you hear the news? Tickets have opened today for the [Healthy Minds, Stronger School Conference!](#) This is a 2-day conference that is centered

around collective healing and wellness through engaging panels, workshops, and a keynote dinner. The theme of the conference is *Healing Within: Nurturing Mind, Body, and Soul*.

[Biennial Latine Mental Health Conference](#), Fall 2024

Mental health professionals working with the Latine community may find themselves engaging with more than just the individual in the room, often including a clients' social systems into treatment. However, providers typically operate within a health-care framework that focuses on treating individuals, or their symptoms, in isolation. El Futuro's 2024 Conference, ***Nunca Caminamos Solos: Supporting Latine Families Across the Lifespan***, centers on exploring the nuanced ways in which families and social contexts can connect to the mental health and well-being of our Latine clients.

Using a developmental approach, national speakers invited to participate in this 2-day virtual conference will guide participants through life's developmental stages, discussing the interplay of family systems and social context within each, and their role in mental health treatment. Each 90-minute session will offer practical tools and evidence-based approaches to support family systems integration to client care, all with the goal of moving us towards El Futuro's mission: **Nurturing stronger *familias* to live out their dreams.**

ACEs and Resilience Research and News

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!

[Early Childhood Action Plan Updated to Address Urgent Issues Impacting Children](#), NCDHHS, April 2024

The updated plan describes the actions by NCDHHS to address these key concerns such as increasing access to contraception, enhancing NCDHHS food and nutrition programs, deploying regional child welfare permanency specialists to county departments of social services and working to enhance early childhood teacher compensation.

[Families impacted by incarceration need positive childhood experiences](#), HOPE, April 2024

This new [Four Building Blocks of HOPE resource](#) was developed in partnership

with and tailored specifically for caregivers who have experienced or are still experiencing incarceration. In recognition of the unique challenges faced by this community, this fact sheet offers practical strategies on how to access the Four Building Blocks of HOPE for families impacted by incarceration. From fostering relationships to creating nurturing environments, each Building Block is crafted to empower caregivers with the tools they need to promote positive childhood experiences (PCEs) and build resilience.

[Framing Adversity, Trauma, and Resilience](#), FrameWorks Institute

This brief, developed to support the work of the Maryland State Commission on Trauma-Informed Care, offers guidance on how to effectively translate what is known about adversity, trauma, and resilience into efforts to strengthen related policies, programs, and public agencies. It is written for people who communicate publicly about these connected topics – a broad field that includes researchers, advocates, health care and mental health care providers, and practitioners working on issues like child abuse and neglect, family violence, adverse childhood experiences (ACEs), early trauma and trauma informed care, and toxic stress.

[How Evictions Can Affect Children’s Cognitive Development](#), Urban Institute, 2022

This study examines how evictions at different stages in childhood affected outcomes in four different cognitive assessments. The authors analyzed data from the Fragile Families and Child Wellbeing Study (FFCWS), which involved 4,898 infants born from 1998 to 2000 across 20 large US cities. The FFCWS included follow-up interviews with the children and their families at ages 1, 3, 5, 9, and 15, along with four cognitive skills assessments at age 9 that measured executive function, mathematical reasoning, written language skills, and vocabulary skills. Additional questions were included in the interviews with parents, including whether they had been evicted in the 12 months preceding the check-in at each age.

[When Work and Wellness Collide](#), Vernisha Crawford, March 2024 [video]

Work can be a big part of our lives– it is necessary to survive and meet our needs. Often, we overwork ourselves to make ends meet and forget to take care of ourselves. Vernisha Crawford knows first-hand the impact that an unhealthy work culture can have on a family. However, Vernisha believes that taking a trauma-based approach to work can integrate wellbeing and promote intergenerational wellness. Vernisha Crawford is involved in trauma-informed care as the CEO of the Trauma Informed Institute.

Job Opportunities

Please contact the hiring agency with any questions.

[Community Alignment Specialist](#), Family Connect Durham, Center for Child and Family Health

The Community Alignment Specialist (CAS) will manage, coordinate, and participate in the development of community resources in partnership with both public and private agencies within the community, and oversee the development and implementation of a marketing plan for the program. This position is responsible for the establishment of viable coalitions and partnerships with civic, community, health, and human services partners to plan programs, services, and supports designed to meet the needs of families with newborn children. The CAS will establish and maintain communication between community resources, physicians, nursing personnel, and other health care and community professionals regarding program objectives, policies, and procedures. The CAS will solicit feedback from home visitors and supervisors regarding unmet needs in the community and, with the team and community partners, will plan for closing those gaps as possible. In addition, s/he will lead the Family Connects Durham marketing and public relations efforts. Learn more and apply [here](#).

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.

[2024 Smart Start Conference](#), May 6-9, 2024, Greensboro

The 2024 Conference features a full day of preconference sessions followed by three days of workshops and networking opportunities. Workshop focus areas include Early Care and Education; Child Health & Well-being; Family Support and Engagement; Public Engagement, Fundraising, and Management; Prenatal through Five Systems Building; and Racial Equity. The conference also includes an opening keynote presentation, a flex block session, and a keynote luncheon.

There will be a pre-conference session on May 6th on "Moving Beyond: From

Individual Resilience to Organizational and Community Resilience."

[Diversity, Equity, and Inclusion \(DEI\): The Language of Belonging](#), May 9th, virtual

Healthcare professionals should recognize that patient care, education, and leadership inclusively necessitate recognizing that diversity, equity, inclusion, and belonging (DEIB) are not standalone principles, philosophies, or practices. DEIB is deeply influenced by broad societal events, perspectives, and perceptions. Dr. Lewis unpacks the contextual factors influencing DEIB efforts in this two-hour session. He emphasizes that belonging is the outcome of DEI and will explore how mindset and language shifts represent the foundational steps in becoming a transformative, inclusive leader.

[Attachment in Reflective Supervision: Using a Relational Lens to Understand Supervisory Dynamics](#), May 10th, virtual

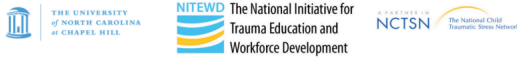
This workshop will introduce a relational model of reflective supervision based on attachment theory using the Circle of Security as a model for understanding supervisory dynamics. We will briefly review attachment theory and the historical context of supervision and discuss the importance of ongoing supervision as a way to support frontline staff and mitigate the impact of secondary traumatic stress and burnout. We will consider the Supervisor's Circle of Security and present a matrix model of supervisor—supervisee relationships, lending 16 possible attachment combinations for the dyad. Vignettes highlighting supervisory dynamics will offer opportunity for participant discussion.

[Core Components and Skills for Trauma Informed Practice](#), The National Initiative for Trauma Education and Workforce Development, online, self-paced
This course promotes the understanding and use of 12 common evidence and trauma-informed practice elements, such as trauma assessment, safety planning, and behavioral interventions, for use in the treatment of children, youth, and families exposed to trauma. The practice elements are introduced through three case vignettes developed by nationally-recognized trauma experts and are filmed with therapists and clients varying by age, race, ethnicity, and gender. Case discussions are facilitated by Drs. Virginia Strand and Sarah E. (Betsy) Bledsoe.

[Advanced Training in Trauma Practice through a Racial Equity Lens](#), The National Initiative for Trauma Education and Workforce Development, online,

self-paced

This training is a sequel to the online course referenced below. Each 4-hour session provides a facilitated, synchronous learning experience for practicing clinicians interested in applying the common trauma informed practice elements using a racial equity lens. Each session is worth 4 CE's, and all three sessions provide a total of 12 CE's for social workers, psychologists or licensed mental health counselors.



Advanced Training in Trauma Practice Through a Racial Equity Lens: Three Part Series

This training is a sequel to the online course referenced below. Each 4-hour session provides a facilitated, synchronous learning experience for practicing clinicians interested in applying the common trauma informed practice elements using a racial equity lens. Each session is worth 4 CE's, and all three sessions provide a total of 12 CE's for social workers, psychologists or licensed mental health counselors.

The Case of Emma Grace

1. Identify three specific ways in which a young child's biological, emotional, social, and cognitive development may be affected by a traumatic experience.
2. Appreciate two impacts of client and therapist positionality on the therapeutic alliance.
3. Identify and appropriately apply trauma assessment, psychoeducation, safety planning, and family interventions with young children and caregivers.
4. Incorporate an understanding of how oppression and discrimination affect children and families in relationship to trauma.

The Case of Jamal

1. Identify at least three secondary adversities characteristic of trauma exposure in childhood
2. Identify how a triggering experience can impact a school-age child who has experienced trauma
3. Identify two cultural factors and processes which can influence children's and families' experiences of trauma
4. Understand and apply the practice elements of relaxation, affect regulation, non-verbal interventions, and homework with at least one client

The Case of Diego

1. Identify and describe at least three domains of impairment exhibited by adolescents who have experienced trauma
2. Identify at least one technique for addressing cognitive distortions and apply the cognitive regulation/restructuring intervention element
3. Identify how underlying goals/values that are important to adolescents can be used to influence beneficial choices and apply one behavioral regulation intervention practice element
4. Identify at least three components of trauma processing and apply with one client

Meet your trainers:

Dana Marlowe, PhD, LCSW
Laura Quiros, PhD, LMSW
Myra Garcia, LCSW
Karen VanDeusen, PsyD, MSW

PRE-REQUIRETE:
Online Course: Core Components and Skills for Trauma Informed Practice
<https://bhs.unc.edu/course/components-and-skills-trauma-informed-practice>

CORE COMPONENTS AND SKILLS FOR TRAUMA INFORMED PRACTICE

Do you want to work with children and families affected by trauma?

This course promotes the understanding and use of 12 common evidence and trauma-informed practice elements, such as trauma assessment, safety planning, and behavioral interventions, for use in the treatment of children, youth, and families exposed to trauma. The practice elements are introduced through three case vignettes developed by nationally-recognized trauma experts and are filmed with therapists and clients varying by age, race, ethnicity, and gender. Case discussions are facilitated by Drs. Virginia Strand and Sarah E. (Betsy) Bledsoe.

FREE, REVISED VIRTUAL TRAINING!
4.5 CE CREDITS FROM ASWB, APA, NBCC
SELF-PACED/ASYNCHRONOUS ONLINE



PLEASE REGISTER AT:
<https://bhs.unc.edu/bhrtim>
[s/courseview.rh07cfe989](https://courseview.rh07cfe989)



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