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August 23, 2024

# Resilience Resource Review

## Durham Resources and Happenings

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



The poster features a white background with a black scalloped border. At the top left is the logo for 'THE SUMMIT CHURCH' with a mountain icon. In the center, 'H.E.A.R.T.S.' is written in black with two red hearts above the 'A' and 'R'. To the right is the 'The Love Bug' logo. Below this is a yellow banner with 'BLESSFEST' in large, bold, black letters, followed by 'COMMUNITY DAY EVENT' and 'IN PARTNERSHIP WITH SUMMIT DOWNTOWN DURHAM'. A monarch butterfly is on the right. Below the banner is the text: 'JOIN H.E.A.R.T.S., SUMMIT DOWNTOWN DURHAM & MANY FRIENDS AS WE CELEBRATE AN OPPORTUNITY TO BLESS THE COMMUNITY WITH OUR OVERFLOW! FREE ADMISSION AND STREET PARKING!'. Four colored buttons are arranged horizontally: 'FREE BABY SUPPLIES' (pink), 'KIDS CORNER' (red), 'BLOOD DRIVE' (red), and 'FOOD & MUSIC' (purple). At the bottom, a black box contains 'SATURDAY SEPT 14TH 2024' and '10AM - 3PM'. Below that, 'RECITY NETWORK 112 BROADWAY ST., DURHAM'. An orange banner at the very bottom says 'LEARN MORE & REGISTER AT HEARTSNC.ORG'.

**THE SUMMIT CHURCH**

**H.E.A.R.T.S.**

**Love Bug**

**BLESSFEST**  
**COMMUNITY DAY EVENT**  
IN PARTNERSHIP WITH SUMMIT DOWNTOWN DURHAM

JOIN H.E.A.R.T.S., SUMMIT DOWNTOWN DURHAM & MANY FRIENDS AS WE CELEBRATE AN OPPORTUNITY TO BLESS THE COMMUNITY WITH OUR OVERFLOW! FREE ADMISSION AND STREET PARKING!

**FREE BABY SUPPLIES** **KIDS CORNER** **BLOOD DRIVE** **FOOD & MUSIC**

**SATURDAY SEPT 14TH 2024** **10AM - 3PM**  
RECITY NETWORK  
112 BROADWAY ST.,  
DURHAM

**LEARN MORE & REGISTER AT HEARTSNC.ORG**

BlessFest is H.E.A.R.T.S. opportunity to give from our overflow of baby supplies to the community! With help from Summit Church, they also will have The Blood Connection Bus where you can donate blood, food by Mellow Dogs, a fun kids corner, Durham Fire Department & MUCH MORE! Join us on September 14th at @recity from 10 am-3 pm! More information [here](#). You can register as a vendor [here](#) and to volunteer [here](#).

### **Drug-Free Communities (DFC) Support Program Youth Suicide Prevention Webinar, September 11th at 12pm**

The DFC Support Program is hosting a webinar to bring coalitions from across geographies and grant years together virtually to learn about youth suicide prevention, and strategies and tools that can be implemented into coalition activities.

During this webinar, Shamia Moore of CDC Division of Injury Prevention's Suicide Prevention Team will discuss national trends on suicide among youth, including a focus on youth who are at increased risk for suicide behavior, and prevention strategies and tools that can be implemented in coalition activities. **Dr. Wanda Boone of the Together for Resilience Youth (T.R.Y.) Coalition in Durham, NC** will discuss emerging trends in suicide behavior among African American youth in North Carolina and local prevention efforts that promote positive childhood experiences. Register [here](#).

### **Duke Health Transportation Survey**

The Duke Transportation HRSN (Health Related Social Need) Steering Committee is conducting a survey to understand how transportation barriers impact our clients' ability to get the care and support they need. Your feedback will be instrumental in helping Duke Health develop a system wide strategy to reduce transportation barriers. [The survey](#) should only take a few minutes to complete.

### **Family Engagement Summit Workshop 2024: Presenter and Vendor Applications**

Durham Public Schools (DPS) Office of Federal Programs & Community Programs is excited to host our Second Annual Family & Community Engagement Summit. The theme for the summit is "Family & Community Engagement: Connect, Engage, Inspire!" The summit will be held on Saturday, October 12, 2024, at Northern High School (4622 N. Roxboro Road) in Durham, N.C. from 8:00 a.m. to 12:30 p.m.

During the summit, DPS families will learn about available resources within the community, as well as participate in workshops to support their child(ren) at home and school, and connect with community partners. Workshops are 45 minutes and will be held at the following times: 10:00am and 11:00am. Sessions may be offered in English or Spanish. All concurrent session presentations must address one or more of the following strategies:

- Building Relationships
- Communication
- Linking Families to Learning Outcomes
- Collaborative Practices
- Community Partnerships

The deadline to sign up to be a [vendor](#) or a [presenter](#) is Friday, August 30, 2024.

## Fall 2024 Trauma-Informed Communities Retreat Invitation Request

Thank you for your interest in participating in the **Fall 2024 TIC Retreat** for members of System of Care collaboratives and trauma-, resilience-, and/or ACEs/PACEs focused community coalitions. This gathering will be a space to build community and enhance connection through relational power and restorative justice practices. We'll examine the internal work of our teams to address growth-edges, and identify gaps and opportunities for improvement and practice change; and collaborate on strategies to deepen our community-led, trauma-informed, and racial equity-focused efforts. Together, we will reimagine sustainability and nourish ourselves for the work moving forward! We aim to practice our values of nourishing ourselves during this retreat, as a model for what we hope will continue in your spaces and communities.

Dates: September 23-25, 2024

Location: Trinity Conference Center - Pine Knoll Shores, NC

[This form](#) will close **Friday, August 30th at 11:59pm ET**. The project team will review requests, make the final selection of participants, and extend invitations by Friday, September 6th.

Updated Resource list for Housing Options for People with Substance Use Disorder.

The Durham County Dept of Public Health has updated the resource list "**Durham County Housing Options for People with Substance Use Disorder**." The updated resource includes detailed information on all Durham agencies that provide housing for individuals with substance use disorder, including homeless shelters, short-term transitional housing, and long-term housing. The following changes and new additions have been made:

- Information on wheelchair accessibility added
- Information on whether residents need to sign a lease added
- Changes/increases to costs and rental rates
- Updates to addresses, phone numbers, services, and exclusion criteria
- New column for length of stay
- Links to websites in the PDF now work
- Several housing providers that closed have been removed from the list and two new providers have been added
- The list of housing assistance programs is greatly expanded and includes descriptions

The most current version of the housing options resource is always available on [this page](#).

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## Webinars, Conferences, and Trainings

### [NCIMHA 2024 Annual Conference - Cradled in Care: Nurturing Mental Health from Roots to Peaks](#), September 18-19

NCIMHA's 2024 Annual Conference will connect professionals from all over North Carolina whose work supports early relationships and child well-being from many different roles. Professionals who work in all scopes of mental health — promotion, prevention, intervention, or leadership — are warmly invited to join us September 18-19 at Lake Junaluska Retreat and Conference Center in Lake Junaluska, NC (Haywood County, near Waynesville, NC) for connection, relationship-building, and professional learning. We will rejuvenate and be inspired as we enhance our capacity to continue the crucial work of supporting young children's mental health across sectors and systems.

### [Biennial Latine Mental Health Conference](#), September 26-27, 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.


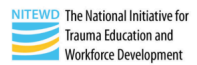

Using a developmental approach, national speakers invited to participate in this 2-day virtual conference will guide participants through life's developmental stages, discussing the interplay of family systems and social context within each, and their role in mental health treatment. Each 90-minute session 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.** [Register here.](#)

[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 CEs, and all three sessions provide a total of 12 CEs 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 CEs, and all three sessions provide a total of 12 CEs 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:**

**PRE-REQUIREMENTS:**  
 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/bhtr/aim/courses/view.php?id=989>







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