



# Resilience Resource Review

February 16, 2023

## Durham Resources and Happenings

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

**2023-2024 DURHAM YOUTH LEADERSHIP FUND (DYLF)**

Have an idea for a community-based project? The City of Durham announces the 2023-24 Durham Youth Leadership Fund (DYLF)! You and your community groups, and organizations are invited to apply for up to \$500 - \$20,000! **Apply by March 26, 2023!**

**DYLF IS LOOKING TO FUND UP TO 15 COMMUNITY-BASED PROJECTS THAT WILL BUILD YOUTH LEADERSHIP AND DECISION-MAKING SKILLS.**

Young people ages 13-24 years; Black, Latinx, and Indigenous youth; LGBTQ+ youth; migrant youth; youth who have experienced economic hardships, housing instability, or being pushed out of institutions, including education or employment; recently aged out of foster care; and youth with disabilities, including physical and mental health.

**AND FOCUS ON THESE THREE AREAS:**

- Opportunities for young people to explore + find connection through art
- Opportunities that support young people's mental health + wellness
- Opportunities that support young people's economic stability

**STEPS + TIMELINE** (Spanish language access is available)

- Submit an Interest Form at [bit.ly/DYLF2Form](https://bit.ly/DYLF2Form) by 11:59pm on Sunday, March 26, 2023.
- Selected applicants will be invited to pitch proposals to a virtual session (sometime April 25-May 10, 2023).
- Finalists are notified and finalize their agreement to mid-June.
- Projects begin September 1, 2023!

**GOT QUESTIONS? NEED SUPPORT WITH APPLICATIONS?**

English Information Session: Thur, March 16 from 6-7pm, register at [bit.ly/DYLF2FAQ](https://bit.ly/DYLF2FAQ)  
 Spanish Information Session: Wed, March 15 from 6-7pm, register at [bit.ly/DYLF2FAQES](https://bit.ly/DYLF2FAQES)

Support in English: Alice at [Alice.Frazier@durhamnc.gov](mailto:Alice.Frazier@durhamnc.gov) or call/text (919) 689-7555  
 Support in Spanish: Jeymi at [Jeymi.Dubons@durhamnc.gov](mailto:Jeymi.Dubons@durhamnc.gov) or call/text (919) 689-7555

**FONDO DE LIDERAZGO JUVENIL DE DURHAM 2023-2024**

¿Tienes una idea para un proyecto basado en la comunidad? ¡La Oficina de Jóvenes de la Ciudad de Durham se complace en anunciar el Fondo de Liderazgo Juvenil de Durham 2023-24 (DYLF por sus siglas en inglés)! Se invita a los jóvenes (edades de 13 a 24 años), grupos comunitarios y organizaciones a solicitar becas de un año que van desde \$500 a \$20,000! **Solicite antes del 26 de marzo de 2023.**

**DYLF ESTÁ BUSCANDO FINANCIAR HASTA 15 PROYECTOS COMUNITARIOS QUE DESARROLLEN EL LIDERAZGO JUVENIL Y LA TOMA DE DECISIONES, Y APOYEN:**

Los jóvenes de 13 a 24 años; Jóvenes Negrxs, latinxs e indígenas; jóvenes LGBTQ+; jóvenes inmigrantes y migrantes; jóvenes que han vivido dificultades económicas, falta de vivienda e interacciones con las fuerzas policiales, o han sido expulsados de instituciones, incluidos los entornos educativos; jóvenes que acaban de salir del sistema de cuidado sustituto por su edad; y jóvenes con discapacidades, incluidas las físicas, mentales y de desarrollo.

**Y CONCÉNTRERE EN ESTAS TRES ÁREAS:**

- Oportunidades para que los jóvenes exploren + encuentren conexiones a través del arte
- Oportunidades que apoyan la salud mental y el bienestar de los jóvenes
- Crear "espacios adicionales" (fuera de la escuela/trabajo + el hogar) se sientan seguros, bienvenidos y apoyados

**PASOS + LÍNEA DE TIEMPO** (El acceso al idioma español está disponible para todos los pasos)

- Presenta el Formulario de interés en [bit.ly/DYLF2FormES](https://bit.ly/DYLF2FormES) antes de las 11:59pm del domingo 26 de marzo de 2023.
- Se invitará a los solicitantes seleccionados a presentar sus propuestas al equipo de Concesión de Becas para Jóvenes y Adultxs en una sesión virtual (en algún momento del 25 de abril - 9 de mayo).
- Los finalistas serán notificados y finalizan su acuerdo con la ciudad de Durham (de principios a mediados de junio).
- Los proyectos comienzan el 1 de septiembre de 2023!

**¿TIENES PREGUNTAS? NECESITA APOYO CON LA SOLICITUD?**

Spanish Information Session: Wed, March 15 from 6-7pm, register at [bit.ly/DYLF2FAQES](https://bit.ly/DYLF2FAQES)  
 English Information Session: Thur, March 16 from 6-7pm, register at [bit.ly/DYLF2FAQ](https://bit.ly/DYLF2FAQ)

Apoyo en español: Jeymi a [Jeymi.Dubons@durhamnc.gov](mailto:Jeymi.Dubons@durhamnc.gov) o llamar/texto (919) 689-7555  
 Apoyo en inglés: Alice a [Alice.Frazier@durhamnc.gov](mailto:Alice.Frazier@durhamnc.gov) o llamar/texto (919) 689-7555

## [2023-2024 Durham Youth Leadership Fund Applications Open, Durham Office on Youth](#)

The Durham Office on Youth is excited to announce the 2023-2024 Durham Youth Leadership Fund (DYLF)! The DYLF will fund community-based projects led by

young people, youth groups, community groups, and organizations that: 1) build connection through art; 2) create welcoming, safe, and supportive “third spaces” outside of school and home where young people can just be; and 3) enhance mental health and wellness. The DYLF will award up to 15 one-year grants ranging from \$500-\$20,000! Spanish language access will be incorporated into all steps of the process.

- READ all the details about the funding areas, selection criteria, and how to apply: [English Information Sheet](#); [Spanish Information Sheet](#)
- APPLY by 11:59pm on Sunday, March 26, 2023: [English Interest Form](#); [Spanish Interest Form](#)
- SHARE with others: flyers in [English](#) and [Spanish](#)
- QUESTIONS: If you have questions or just want to talk through an idea, in English - call or text A'lice at (984) 260-6703 or email at [A'lice.Frazier@durhamnc.gov](mailto:A'lice.Frazier@durhamnc.gov); in Spanish - call or text Jeymi at (919) 698-7555 or email at [Jeymi.Dubon@durhamnc.gov](mailto:Jeymi.Dubon@durhamnc.gov)

[“Supporting Latine Adolescents & Young Adults who Present with Substance Use: Familial, Cultural, & Systemic Considerations”](#) **February 24th 12:00-1:30pm, El Futuro**

This webinar is aimed at supporting mental health providers to increase their confidence and skill in supporting adolescents and young adults who present with substance use problems. The frame presented moves beyond the general frame of understanding and treating substance use to include aspects of family, values, culture, and systems in conceptualization and treatment. Dr. Gonzalez will provide an overview of recent trends in substance use among Latine adolescents and young adults, as well as a frame for assessment and treatment in a systemic, collaborative way.

[Intervening to Prevent and Reduce Behavioral Health Disparities](#), **February 21st 3:00-4:30pm Duke Sanford School of Public Policy**

Behavioral health disparities and health care access are of serious concern for underserved populations. Telehealth options are increasingly available but vary in

their effectiveness. Families may not be able to seek out services on their own or be able to determine which services are effective but can benefit from referrals made by individuals they trust. Embedding prevention programs in primary care can improve contact with families over time, increase families' trust in health care providers, and enhance sustainability. This presentation will summarize findings from a study of barriers to health care and the promise of a program that has demonstrated efficacy and effectiveness in averting numerous behavioral health problems.

[Early Childhood Initiative Lecture with Eva Marie Shivers](#), **March 2 1:00pm,**  
**Center for Child and Family Policy**

Eva Marie Shivers, founder and director of the Indigo Cultural Center in Phoenix, Arizona, will discuss how to create equitable career pathways for infant/early childhood mental health consultants and the evidence around how infant/early childhood mental health consultation promotes equity, addresses disparities and reduces suspensions/ expulsions in early care and education settings.

[Pregnancy, Substance Use, and Connection to Treatment Lunch and Learn Series](#), **next event on March 15th at 12:00pm**

Part Three: Responding with a Motivational Interviewing approach: How brief strategies using this approach can engage patients, reduce shame, and encourage behavioral changes. Register for Part Three with this [Zoom link](#).

[HEART Community Partner Open House](#), **March 20th 4:00-6:00pm**

Come get to know the Holistic Empathetic Assistance Response Team (HEART) and see their space. RSVP using this [link](#).

# Join Durham's Community Safety Department for a Community Partner Open House with HEART

## **WHEN:**

Monday March 20, 2023  
4:00PM – 6:00PM

## **WHERE:**

Durham City Hall front lobby  
101 City Hall Plaza  
Durham, NC 27701



Come see our space and get to know our team! Light refreshments provided.

RSVP using the link or by scanning QR code below:  
[bit.ly/HEARTOpenhouse](https://bit.ly/HEARTOpenhouse)



***Are you a behavioral health agency?***  
*Help us learn more about how we can work with you by responding to this form:*  
[bit.ly/AgencyQuestions](https://bit.ly/AgencyQuestions)



Learn about Community Safety and HEART  
[www.DurhamNC.gov/HEART](https://www.DurhamNC.gov/HEART)

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## 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!

### [CDC data shows U.S. teen girls ‘in crisis’ with unprecedented rise in suicidal behavior, CDC](#)

The pandemic took a harsh toll on U.S. teen girls’ mental health, with almost 60 percent reporting feelings of persistent sadness or hopelessness, according to a government survey released in February that bolsters earlier data. In 30 years of collecting similar data, “we’ve never seen this kind of devastating, consistent findings,” said Kathleen Ethier, director of CDC’s adolescent and school health division. “There’s no question young people are telling us they are in crisis. The data really call on us to act.”

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## 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.

### [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.

**Prevent Child Abuse [Award Nominations](#) due February 17th**

In March 2023, the PCANC Summit will pay tribute to a few individuals or organizations that have made significant contributions to supporting the development of safe, stable, nurturing communities where children and families can thrive. Recipients of the Donna Stone and Parent Leadership awards will be recognized at our Awards Ceremony during the Summit. Submit nominations [here](#).

