



# Resilience Resource Review

January 18, 2024

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## Durham Resources and Happenings

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

### [Trauma-Informed Communities Project: The Journey is the Work Launch Call](#),

January 19th at 10:00am, Zoom

The NC Trauma-Informed Communities Project is partnering with NC Healthy & Resilient Communities Initiative at NCPC to offer an engaging learning community for local multi-sector coalitions addressing trauma and resilience.

Join us to learn more about a FREE virtual workshop series on authentic, racially equitable, and trauma-informed community coalition-building, that includes consultation with project faculty between sessions for additional support on topics of interest. (Jess will be attending)

### [Community Conversations for City's Budget Priorities](#), January 2024

The 2024 Community Conversations will focus on budget priorities for the upcoming 2024-2025 fiscal year. This is an opportunity to help City officials better understand your priorities for City spending.

- IN PERSON: Saturday, January 20, 11 a.m. – 2 p.m. at the I.R. Holmes Recreation Center, 2000 S. Alston Ave, Durham, NC 27707
- IN PERSON: Tuesday, January 23, 6 p.m. – 8 p.m. at the Durham Armory, 212 Foster St, Durham, NC 27701
- VIRTUAL: Tuesday, January 30, 6 p.m. – 7:30 p.m. on Zoom.

## Let's Come Together, Let's CRM Together Community Resiliency Model,

January 29th, 10:00-12:00pm, webinar

The Community Resiliency Model (CRM) develops a shared understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased by helping ourselves and others through simple wellness skills. Through CRM, individuals learn to read sensations connected to their own well-being and to expand their capacity to return to their resilient zones. Join Rachel Galanter online for this interactive training! CEUs available.

## Incredible Years (for families with children 3 to 5 years), Welcome Baby, February 6th-April 30th, 10:00am-12:00pm

This evidence-based curriculum focuses on how to effectively use play, praise, rewards, limit setting, consistency, consequences, time-out and other positive discipline techniques. The parenting tools learned will foster cooperation, problem solving, and responsibility. Available in English and Spanish (flyers below).

Welcome Baby is inviting Durham families to join the Incredible Years positive parenting class.

Routines Mealtimes Bedtimes Morning

Praise and encouragement

The Incredible Years

Social and Emotional Development

Coaching children

Focus on solutions

When: February 6th-April 30th, 2024  
Time: 10:00am-12:00pm  
Where: 721 Foster St., Durham, NC 27701  
RSVP: Call or text Karen Rodriguez (919)698-0539

Each week we will discuss parenting strategies to strengthen relationship with children, gain cooperation and reduce family stress. Food and child-care provided during class for families participating. In addition, families receive many great incentives for completing the series: discounted Museum Membership, toys to practice parent strategies and skills and more!

Welcome Baby is a program of Durham County Cooperative Extension-Supported by funds from the Durham's Partnership for Children, a Smart Start initiative and Durham County Government

¡La clase de Años Increíbles está comenzando!  
Lunes 5 de Febrero 2024  
5:45pm - ONLINE - Zoom

En estas clases ayudaremos a los padres, madres y cuidadores con los dificultades que todos los padres han tenido en algún momento en la crianza sus hijos.  
El programa de Años Increíbles sirve además para:  
• Conocer a otros padres con los mismos retos de paternidad.  
• Al final del programa desarrollará una mayor conexión con sus hijos y disfrutarán más de pasar tiempo juntos.  
• Descubrirá cómo funciona la mente de un preescolar y entenderá mejor a su hijo.  
• Aprenderá cómo iniciar rutinas y/o cómo mantenerlas

Si está interesado en asistir a esta serie de 14 semanas, puede registrarse contactando a Evelyn al (919) 560-7338 o Alfonso 984-2277-0104 [aeblanco@dcconec.gov](mailto:aeblanco@dcconec.gov).  
Asegúrese de incluir su nombre, número de teléfono o correo electrónico.

La clase será online en Zoom

NC Cooperative Extension  
Cooperative Extension

Welcome Baby es un programa de Durham County Cooperative Extension, con fondos de Durham's Partnership for Children, una iniciativa de Smart Start, y de Durham County Government

## Motheread Class, Welcome Baby, February 7th-April 10th, 10:30am-12:00pm

This 10-week evidence-based curriculum uses children's books, adult poems and narratives to teach literacy skills to adults. Curriculum focuses on developing skills in all four areas of literacy: listening, speaking, reading, and writing. The lessons help parents understand the importance of reading regularly to and with their children and gain the skills of how. Available in English.

## "Handling Temper Tantrums" 4-week workshop, Welcome Baby, Thursday-starting February 1st, 10:00am-12:00pm

This free workshop will cover what a temper tantrum, social emotional

coaching, maintaining calm, and teaching children calm strategies. Available in English.

[Supporting Children's Healing--Building Connections, Guiding Behavior](#),

February 12th, 9:30am-12:45pm, webinar

The quality of parent-child attachments is central to children's mental health. Parents are the medicine that can remediate children's behavioral issues. attention difficulties, non-compliance, aggression, and trauma. Providers who work with young people without engaging their parents are missing an opportunity to augment children's healing. Learn how to help parents use attention, communication, and structure to build stronger parent-child relationships and support children's wellbeing. CEUs available.

[Healthy Minds, Stronger Schools Conference](#), DPS Foundation, April 26-27, 2024

The "Healthy Minds, Stronger Schools Communities" Conference happening *April 26th and 27th, in Durham, NC*. This conference is currently being presented by the WHOLE Schools Movement, Durham Public Schools, Duke Health, and the Durham Public School Foundation. This two-day conference will be held to create multigenerational conversations around wellness, build skills within the DPS community to support individual and peer mental health and well-being, reduce stigma, create networks, and connect the community to resources. The target audience includes middle & high school DPS students, caregivers, educators, and community members. This will be a low-cost opportunity with proceeds going directly back to supporting additional mental health and wellness support across DPS.

Applications are open for presenters for the Healthy Minds, Stronger Schools Conference on a wide array of topics within the overarching theme of "Healing Within: Nurturing Mind, Body, and Soul". Whether you are an experienced professional, have lived experience, or have a passion for a topic, we welcome submissions that showcase innovative ideas, strategies for change and conversation, and practical applications for DPS students and educators to utilize and benefit from. We champion and apply the wellness wheel in our strategy to guide, engage, and empower the community to enhance both individual and collective well-being and health. You are encouraged you to submit a proposal for consideration. Each presentation slot will be for 1 hour, and we are looking for roughly 12-15 presentations total. To submit your proposal, please visit our [conference website](#) or apply via this [Google form](#) and follow the guidelines outlined. The submission deadline is **February 1st, 2024**,

and we anticipate notifying selected presenters by **February 23rd, 2024**.

### [Durham Youth Leadership Fund 2023-2024 Projects Launched!](#)

The Durham Office on Youth Durham Youth Leadership Fund (DYLF) 2023-2024 projects launched in September 2023 and for the next year will be working on building youth leadership across Durham! They awarded \$300,000 to a total of 18 projects focused on: creating opportunities for young people to explore and find connection through art; enhancing and supporting young people's mental health and wellness; and curating new safe, welcoming, and supportive "third spaces" and places for young people. Check out the list of 2023-2024 DYLF grantees on their [website](#).

### [Mayor Leonardo Williams Presents Top Priorities for Durham's Future](#), January 8, 2024

Mayor Leonardo Williams announced his immediate priorities for Durham's future: Building a safer and better-connected Durham; Continuing the revitalization of Durham's economy; and Developing Durham's workforce now and for the future. To help meet his goals, he has identified three focus areas and will embark on a listening tour around the city to hear from City of Durham department leaders, the business community, and residents about their ideas on how the city can move forward together in the following areas.

### [Call for 2024-2025 UNC Public Health Capstone Project Proposals](#), proposals due February 5th

The Health Behavior (HB) and Health Equity, Social Justice and Human Rights (EQUITY) MPH concentrations at the UNC Gillings School of Global Public Health are seeking participatory public health projects for Capstone, our year-long, community-led, critical (i.e., explicitly focused on social justice) service-learning course that serves as the culminating experience for HB and EQUITY MPH students. Our partner organizations define the scope of work for the Capstone projects. This community-led approach prioritizes our partners' interests and gives students an opportunity to do applied public health work on a range of topics with a variety of organization types. Ideal Capstone projects are:

- Rooted in a commitment to equity, inclusion, and social justice in their approach to addressing public health problems
- Informed by, and responsive to, the intended beneficiaries of the project work
- Designed to yield 4-6 deliverables that have clear purposes and steps, are interrelated, and connect to one overarching project goal

- Feasible for a team of 4-6 students to produce over two academic semesters (August-April while classes are in session)
- Designed to enhance students' public health skillsets
- Supported by organizations and preceptors who have the capacity (2-4 hours/week), interest, and expertise to mentor MPH students an entire academic year

If you are interested in applying for a Capstone team, please review the attached materials and schedule an informational meeting with a member of the Capstone teaching team to discuss your project ideas and receive tips on the Capstone project proposal process. Informational meetings must take place by **January 31, 2024**. Final Capstone project proposals, with accompanying letters of support, are due on **February 5, 2024**.

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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!

[Patient and Caregiver Perspectives on Implementation of ACE Screening in Pediatric Care Settings: A Qualitative Evaluation](#), November-December 2023, Journal of Pediatric Health Care

This qualitative research study explored the perspectives of adolescents, 12 to 19-years-old, and caregivers of children under 12-years-old on the acceptability of adverse childhood experiences (ACEs) screenings in five pediatric clinics. Participants generally found ACEs screenings acceptable. Some adolescents identified benefits from the experience. However, clinics planning to adopt routine ACEs screening should ensure clear messaging on why screening is occurring, anticipate and address privacy concerns, and adopt workflows to discuss screening results.

[Social Networks, the COVID-19 Pandemic, and Mental Health: Resiliency Through Social Bonding and Cohesion](#), American Journal of Public Health, August 2023

"These findings highlight the importance of tailoring public health response to pandemics by age group. Specifically, the strong protective effects of social network strength and density on the mental health of emerging adults suggests

the critical importance of maintaining social integration in tightly knit core networks at this stage in the life course." "These findings also highlight the importance of strong, lasting social relationships among young people, in general. Unfortunately, recent cohorts of emerging adults may be at greater risk of mental health problems because their relationships are increasingly likely to be mediated by technology relative to past cohorts."

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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.

[45th Annual Minority Health Conference - The Building Blocks to Well-Being: Connections Between Health and Stress](#), February 23rd 9:00-4:30pm, in person or online

The Minority Health Conference, the largest and longest-running student-led health conference in the country, aims to raise awareness around minority health and mobilize students, academics, and community members to take action for change. The conference was founded and is led by students at the Gillings School of Global Public Health, UNC-Chapel Hill.

This year theme is "The Building Blocks to Well-Being: Connections Between Health and Stress".

The social determinants of health are the conditions in which people are born, grow, work, live and age, as well as the wider set of forces and systems shaping the conditions of daily life that impact health outcomes (Healthy People 2030). One of the primary methods by which these factors influence health is through the mental and physical stress they can place on individuals and communities — with intergenerational life cycle impacts. In this year's conference, we will explore the social determinants of health, the stress they can cause, and their impacts on the short and long-term well-being of minority communities.

[ACEs, Trauma, and Burnout: From Surviving to Thriving](#), March 5th-6th, Rocky Mount

During this two-day conference, participants will learn from experts about the impacts of adverse childhood experiences (ACEs), trauma, and burnout. Participants will hear personal experiences of ACEs and trauma and will gain knowledge and competence on utilizing tools and resources geared toward

building resilience. Discussion will also include information on provider burnout and ways to prevent compassion fatigue in their personal and professional lives. This conference is designed to change the focus from a survival perspective to how to live a resilient and thriving life.

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## **Job Opportunities**

Please contact the hiring agency with any questions.

### [ACEs and Resilience Program Manager, North Carolina Division of Public Health](#)

Closing date: January 22nd at 5:00pm

The ACEs and Resilience Program Manager provides leadership to the Branch's activities related to preventing ACEs and manages North Carolina's CDC grant for the Essentials for Childhood: Preventing Adverse Childhood Experiences through Data to Action program in addition to providing oversight for North Carolina's CDC grant for the Core State Injury Prevention Program. The position is responsible for coordinating, developing, and maintaining federal grants to provide primary prevention programming for ACEs, as well as providing technical assistance and appropriate information to state-level and community-based organizations across North Carolina. Work involves the technical and administrative activities of ACEs prevention; coordinating with internal and external partners; and monitoring contractors to assure efficient and effective prevention service delivery.



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