



July 19, 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!

Updated Nurturing Durham Communications Materials Available



Does your program regularly see Durham families (including pregnant parents) in person? In collaboration with the Nurturing Durham Advisory team, READY Project recently ordered a new print run of the half page flyer that promotes the [nurturingdurhamnc.org](https://www.nurturingdurhamnc.org) resource guide, as well as an extra 4' tall foamboard poster 'advertising' the site. See the designs below. We'd love to get these

materials in front of parents and caregivers and could use your help.

If you could add a Nurturing Durham flyer to a packet or materials you already distribute or put a stack of flyers (or a poster!) in a waiting room where many families pass through, please reach out to katharine.cannon@duke.edu; materials delivery is available.

The [flyer](#) is printed as a half page with the English on one side and Spanish on the other: The [poster](#) is really big (3' x 4').

Durham Children's Initiative Open Enrollment

The image shows two versions of a flyer for Durham Children's Initiative (DCI) Open Enrollment. The left flyer is in English and the right is in Spanish. Both feature the DCI logo at the top, which consists of a purple square with a white checkmark and the letters 'DCI' in a stylized font. Below the logo is the tagline 'A unifying force for a more equitable future.' The English flyer text reads: 'DCI serves Durham County families with youth ages 0-24 years old. We offer a holistic approach to family support that connects youth and families to our pipeline of high-quality services and programs. We aim to help youth and families overcome barriers to their success so that they can dream big and reach their life goals.' The Spanish flyer text reads: 'DCI atiende a familias del condado de Durham con jóvenes de 0 a 24 años. Ofrecemos un enfoque holístico de apoyo familiar que conecta a los jóvenes y sus familias con nuestra cadena de servicios y programas de alta calidad. Nuestro objetivo es ayudar a los jóvenes y sus familias a superar las barreras a su éxito para que puedan soñar en grande y alcanzar sus metas en la vida.' Both flyers include three circular images: a group of people at a table, a group of people standing together, and a person presenting at a screen. Below the images is the call to action 'Register Here for Enrollment!' in English and '¡Regístrese aquí para la inscripción!' in Spanish. Each flyer also features a QR code and a link to 'bit.ly/DCIinterestform'. At the bottom, contact information is provided: '(919) 908-8709' and 'thedurhamchildrensinitiative@dc-nc.org' for phone and email, and '2101 Angier Ave., Suite 200 Durham, NC 27703' for the address.

Durham Children's Initiative has opened their annual enrollment – through September 30th - for Durham County families with children 0-24 years old. Visit bit.ly/DCIinterestform to register.

Back to School Bash



Fall 2024 Trauma-Informed Communities Retreat Interest Form

The TIC Project team is planning a multi-day **Fall 2024 retreat** for members of System of Care collaboratives and resilience/ACEs 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!

If this sounds like something you'd like to be a part of, [please complete this interest form](#). By indicating your interest, you'll be notified of event and registration details as they become available.

[County Invites Residents to Attend Community Forums for RYSE Assessment Center](#)

Residents are encouraged to participate in a pair of Community Forums to introduce the new Durham County Resources for Youth Success & Empowerment (RYSE) Assessment Center. The two sessions will be held from 6:30 to 7:30 p.m. inside the Durham County Main Library's auditorium, located at 300 N. Roxboro St., on Tuesday, July 30, 2024, and Tuesday, August 13.

These informative and engaging community forums will provide community members a chance to learn about the new program and its benefits to the Durham County community. Participants will get a firsthand perspective from RYSE Assessment Center staff, be able to ask questions, and share their thoughts.

Residents may also submit questions in advance for staff to answer during the forum [here](#). Spanish translation will be on site for the July 30 session.

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!

[When little kids don't have stable housing, it can affect their health later](#), NPR

"Not having secure housing is a huge stress for anyone. But when children experience this, especially in early childhood, it can affect their health years down the line.

That's the finding of a new study in the journal *Pediatrics*, which says that teens who experienced housing insecurity earlier in life were more likely to report worse health."

[Why I train grandmothers to treat depression](#), TED Talks

Dixon Chibanda is one of 12 psychiatrists in Zimbabwe -- for a population of

more than 16 million. Realizing that his country would never be able to scale traditional methods of treating those with mental health issues, Chibanda helped to develop a beautiful solution powered by a limitless resource: grandmothers. In this extraordinary, inspirational talk, learn more about the friendship bench program, which trains grandmothers in evidence-based talk therapy and brings care, and hope, to those in need.

Funding Opportunities

This section contains local, state, federal, and foundation funding opportunities for work related to ACEs and resilience. If you would like to further discuss an opportunity with other DART members and would like support coordinating conversations, let Jess know.

[Community Engagement Mini-Grants](#), City of Durham

Application Deadline: July 21st

More information [here](#)

These mini-grants are designed to increase community engagement and outreach.



Community Engagement

\$500 MINI-GRANTS

Equitable Funding for Community Projects!

APPLICATION DEADLINE:

JULY 31

DurhamCommunityEngagement.org

Contact us @ 984.309.8470
CommunityEngagementTeam@durhamnc.gov

Interested-Scan here! →

NEIGHBORHOOD IMPROVEMENT SERVICES
CITY OF DURHAM

The flyer features a blue background with a red silhouette of a city skyline. Three circular images show community activities: a person painting a mural, a group of women standing together, and two men sitting on chairs. A QR code is located in the bottom right corner.

[Durham County Announces New “Certify & Succeed” Program to Help Minority- & Women-Owned Businesses](#)

The “Certify & Succeed” program will help eligible businesses:

- Register for the State of North Carolina’s E-Vendor Portal;
- Register for Durham County’s eBid System;
- Submit applications to the State of North Carolina to obtain a Historically Underutilized Business (HUB) Certification, Statewide Uniform Certification (SWUC), and/or Small Business Enterprise (SBE) Certification; and
- Develop a comprehensive capabilities statement for government contracting.

Eligible Durham County minority- and women- business owners are strongly encouraged to take advantage of this unique opportunity to pursue certification by registering [here](#). One-on-one session scheduling starts now and is available through June 2025 at the Durham County Main Library (300 N. Roxboro St. Durham, NC 27701) on Tuesdays from 10 a.m. to 1 p.m. and the East Regional Library (211 Lick Creek Lane Durham, NC 27703) on Wednesdays from 10 a.m. to 1 p.m. Appointments are required.

Webinars, Conferences, and Trainings

[Trauma-Informed Schools: Understanding Adverse Childhood Experiences & Improving Student Well-Being Through Resilience-Building Practices](#), August 13th 8:30-12:00, Rocky Mount

This workshop will include a deep dive into trauma and Adverse Childhood Experiences (ACEs) and the research behind them, with an overview of the brain science behind the stress response system and how the impact of trauma may be displayed specifically in the school/classroom setting. Once the foundation has been established regarding the trauma, its effects and the research, we will shift to discussing resilience and trauma-informed strategies for schools and educators to consider, equipping attendees with tangible resources and strategies they could begin implementing right away.

OPTIMIZING OUTCOMES

MATERNAL MENTAL HEALTH AND SUBSTANCE USE DISORDERS SUMMIT

SAVE THE DATE

Friday, August 16, 2024

DoubleTree by Hilton
Asheville-Biltmore
ASHEVILLE, NC

Registration coming soon!

Through the efforts of NC MATTERS and the Optimizing Outcomes: MMHSUD Summit, healthcare and public health professionals will be uniquely positioned to support a maternal health call to action. The purpose of this event is to provide relevant updates in maternal health screening and treatment options and elevate destigmatizing approaches to integrated care. Participants will have the opportunity to address real world scenarios by engaging in peer-to-peer sharing across varying perinatal care regions and utilizing group breakouts to develop practical work plans that will aid in practice change.

This activity has been approved for
AMA PRA Category 1 Credit™

Official summit brochure to come, including
hotel/group rate information.

Target Audience

Physicians (OB/GYN, family medicine, primary care, psychiatry, specialists), advanced care practitioners, behavioral health and substance use professionals (psychologists, therapists, social workers, counselors), nurses, doulas and support teams, as well as others interested from across North Carolina



NC MATTERS



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health

WAKE AHEC
PART OF NC AHEC

RECRUIT
TRAIN
RETAIN

73717LM

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[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.

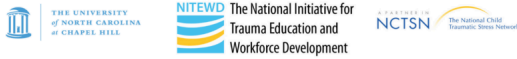
Using a developmental approach, national speakers invited to participate in this 2-day virtual conference will guide participants through life's developmental stages, discussing the interplay of family systems and social context within each, and their role in mental health treatment. Each 90-minute session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

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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