



June 27, 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!

School's Cool Summer Celebration!!

Welcome Baby is hosting a FUN back to school event for Durham families!
We hope you can join us...

Saturday June 29th, 2024
10:00am-12:00pm
721 Foster St.

Community Partners
WE'LL BE SHARING INFORMATION

Raffle Prizes
Children's Activities
Resources

Literacy resources
Child care resources
4H information
Safety Resources
And More...

Navigating the school system
Nutrition

Celebración de Verano!!

Welcome Baby está organizando un evento divertido de regreso a la escuela para las familias de Durham!

sabado 29 de junio del 2024
10:00am-12:00pm
721 Foster St.

Socios de la comunidad
COMPARTIRÁ INFORMACIÓN

Rifas y Regalos
Actividades para los niños
Recursos

Recursos de alfabetización
Recursos de guardería
Información de 4H
Recursos de seguridad
Y mucho más...

Navegando el sistema escolar
Nutrición

Join Welcome Baby this Saturday for back to school resources and activities!



Have you heard about North Carolina's new SUN Bucks program?

Beginning this summer, SUN Bucks will provide families with a **one-time payment of \$120 in food assistance benefits per eligible child**. Benefits will be issued on debit-like cards that can be used to buy healthy food at grocery stores, farmers markets, and some online retailers. SUN Bucks is a new program that will provide grocery-buying benefits to qualifying families with school-aged children during the summer months when schools are on summer break.

▶ Who is eligible for SUN Bucks?

Some children will automatically qualify for SUN Bucks based on their participation in one or more benefit programs, while other children will need to apply by August 31, 2024. The 2024 SUN Bucks application will be available beginning in May. Visit www.ncdhhs.gov/sunbucks for more information about eligibility and the application.

▶ Stay updated on SUN Bucks!

Visit www.ncdhhs.gov/sunbucks for more information and frequently asked questions. Follow @NCDHHS on Instagram, Facebook, and X (Twitter) to stay in the loop for important program updates and announcements.



www.ncdhhs.gov/sunbucks • NCDHHS is an equal opportunity employer and provider. • 4/2024



¿Has oído hablar del nuevo programa SUN Bucks de Carolina del Norte?

A partir de este verano, SUN Bucks proporcionará a las familias un pago único de **\$120 dólares en beneficios de asistencia alimentaria por cada niño elegible**. Los beneficios se emitirán en tarjetas de débito que podrán utilizarse para comprar alimentos sanos en tiendas de comida, mercados de agricultores y algunos comercios en línea. SUN Bucks es un nuevo programa que proporcionará beneficios para la compra de alimentos a las familias con niños en edad escolar que cumplan con los requisitos durante los meses de verano, cuando las escuelas están en receso de verano.

▶ ¿Quién es elegible para SUN Bucks?

Algunos niños podrán calificar automáticamente para SUN Bucks basándose en su participación en uno o más programas de beneficios, mientras que otros niños tendrán que solicitarlo antes del 31 de agosto de 2024. La solicitud de SUN Bucks 2024 estará disponible a partir de mayo. Visita www.ncdhhs.gov/sunbucks para más información sobre los requisitos y la solicitud.

▶ ¡Mantente al día sobre SUN Bucks!

Visita www.ncdhhs.gov/sunbucks para obtener más información y consultar las preguntas más frecuentes. Síguenos en @NCDHHS en Instagram, Facebook, y X (anteriormente Twitter) para mantenerte al tanto de las actualizaciones y anuncios importantes del programa.



www.ncdhhs.gov/sunbucks • NCDHHS es un empleador y proveedor que ofrece igualdad de oportunidades. • 4/2024



The SUN Bucks program has officially launched in North Carolina! SUN Bucks will provide grocery-buying benefits to qualifying families with school-aged children during the summer months when schools are on summer break. SUN Bucks is sometimes referred to as Summer EBT.

SUN Bucks benefits are issued to debit-like cards (EBT cards) that families can use to purchase nutritious food. Beginning in summer 2024, families will receive \$120 per eligible child for the summer period. Learn more [here](#).



CENTER FOR CHILD
& FAMILY HEALTH

CARE Training

Child-Adult Relationship Enhancement (CARE) is a trauma-informed way for any adult to interact with any child or teen. It seeks to increase positive child-adult interaction, child compliance, and child engagement.

CARE uses ideas and skills derived from evidence-based, positive parenting programs. CARE is not therapy, but can compliment ongoing therapeutic services. Participants will learn a skillset that will enhance child-adult relationships in any setting and with a multitude of child populations, ages 2-18.

Who CAREs

CARE is for any adult working with children or teens to improve relationships and reduce mild-to-moderate behavior challenges:

*Parents (foster, kinship, adoptive, biological);
School personnel; Medical and allied health professionals;
Mental health professionals; Autism service providers;
Child welfare or advocates; Early childhood program
providers; Home visitors; Shelter, residential,
substance abuse treatment staff*

Skills Preview

Participants will learn and practice skills designed to strengthen healthy relationships. Trainers give live feedback to enhance learning of CARE skills. Modifications to training can be made for use with adolescents. CARE training targets two key concepts:

- **Positive Relationships:** Skills and techniques that work together to strengthen relationships, improve communication, and reduce problematic behaviors.
- **Increased Compliance:** Tips and strategies to improve the likelihood of following adult directives.

Why CARE?

Nationally, 99% of participants report learning at least one useful skill, and 98% would recommend the training to a colleague. CARE blends lecture, activities, and live practice with trainer feedback to create a fast-paced, fun-filled training experience.

Learning Objectives

By the end of the workshop, participants will be able to:

- Identify at least 2 reasons why use of CARE skills with children and teens may benefit those with a trauma history.
- List 3 ways to improve relationships with children and teens, including how to improve behaviors in children and teens.
- Discuss how to help adults provide instructions that are more likely to improve compliance rather than defiance.
- Discuss how CARE skills can be easily implemented into multiple settings, including schools.

DETAILS

When

9:00 a.m. - 1:00 p.m. EST
Thursday, July 11, 2024

Where

Virtual on Zoom

Facilitated by

Robin Gurwitch, PhD
Center for Child & Family Health

Darden White, LCMHCS
Center for Child & Family Health



Cost & Registration

Cost: \$150 per person. [Click here to register](#) or contact Laura Nelson at laura.nelson@duke.edu or (919) 385-0811

CARE™ is a product of the developers from Cincinnati Children's Hospital Medical Center, Duke University Medical Center, and Children's Hospital of Philadelphia.

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Suite 100, Durham, NC 27701
Tel (919) 419-3474
Fax (919) 419-9353

CCFHNC.ORG/CARE



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!

[Child care providers experience high levels of anxiety and depression](#)

In this fact sheet, we report on data from March 2021 through July 2023 and focus on what we are hearing about providers' emotional well-being, specifically symptoms of [anxiety](#) and [depression](#). According to the World Health Organization, anxiety and depression can cause significant distress and interfere with daily activities.

We aimed to understand anxiety as a collection of symptoms that include feeling nervous or restless/fidgety, and depression as a collection of symptoms that include feeling sad, hopeless, worthless, or like everything is an effort.

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.

[Grant Funding Focus June 2024](#)

Working in collaboration with Innovative Funding Partners, BlueCross BlueShield of NC Foundation has developed a curated collection of federal, state, and private grant funding opportunities that fall within our current areas of focus. They encourage you to view this first edition, which includes details on more than 50 opportunities. Subsequent issues will be released each month. If you are interested in receiving Grant Funding Focus on a monthly basis, you can [subscribe](#). Please also feel free to share this resource with anyone within your organization and your broader network who may also benefit.

Webinars, Conferences, and Trainings

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 DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Public Health

WAKE AHEC
PART OF NC AHEC

RECRUIT
TRAIN
RETAIN

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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.

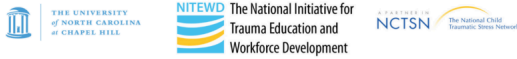
Using a developmental approach, national speakers invited to participate in this 2-day virtual conference will guide participants through life's developmental stages, discussing the interplay of family systems and social context within each, and their role in mental health treatment. Each 90-minute session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