



March 6, 2025

Resilience Resource Review

Supporting Families Most Impacted by Recent Federal Policy Changes

In this special edition, we're sharing resources for communities affected by changing federal government policies and actions. These resources will be posted and updated on the [Resilience Durham NC website](#).

Navigating a Changed Federal Policy Climate

Recent policy changes have left many in our community facing uncertainty and concern. This section provides clear, up-to-date information to help you feel prepared and informed.

[Executive Orders Affecting Charity Non-Profits](#), National Council on Nonprofits
After his January 20th inauguration, President Trump signed dozens of Executive Orders (EOs) covering a broad range of issues, including diversity, equity, and inclusion programs; government grants and contracts; civic engagement; immigration; and certain nonprofit subsectors. Some of the EOs won't take effect immediately, and many are expected to be immediately challenged in court. [This chart](#) outlines some of the EOs that may affect nonprofits directly or indirectly.

[Executive Orders & Public Health Practice: FAQs](#), Act for Public Health

In response to the recent flurry of federal executive orders, Act for Public Health presents [these FAQs](#) to help readers understand executive orders, the goals and limits of their application, and how public health practitioners might think about them. While executive orders can be issued at all levels of government

(federal, state, and local), this explainer focuses only on federal executive orders.

[A One-Month Status Update on Trump's Executive Orders](#), The 19th





In the first month of his second term, President Donald Trump has signed a slew of executive orders restricting immigration, programs related to diversity, equity and inclusion, and services for transgender people. The administration is now facing dozens of lawsuits, and some judges have already issued decisions blocking some of the orders. [Here](#) is an update on where some of the orders that affect LGBTQ+ people and women stand.

Local Resources & Events

Stay connected and informed with community events and local Durham resources that support health and well-being. Whether you're looking for services, workshops, or ways to engage with your community, here's what's happening near you!

[El Futuro: Community-based Latino Mental Health Resources](#)

- [Time of Crisis Videos](#) - Find here useful videos with information about stigma reduction and grounding techniques.
- [Mental Health Resources in Times of Change](#) - Read here for resources and links to learn how to provide support during times of change.
- [North Carolina Mental Health Resource List](#) - This link will bring you to a list of organizations and resources available to support Latine mental health in North Carolina with a phone number, location, website, and payment information.
- [La Mesita](#) - This is a free Latine Mental Health Professional Network. This is the best way to stay connected. You can use this to ask questions about resources, share opportunities, and to network with others who might be able to meet your needs. Over 2000 providers representing every county in NC and the majority of states are part of the network.


El Futuro    

Hablemos de SALUD MENTAL

¿Por qué es difícil conversarlo?

Existe la idea equivocada en la comunidad latina que tener dificultades emocionales es algo penoso que no se debe hablar. Nadie necesita tener vergüenza por tener emociones difíciles. Si nadie habla de estas dificultades no se va a saber que en realidad la mayoría de las personas tienen preocupaciones de salud emocional en algún momento de sus vidas. La terapia para la salud mental puede ser útil para muchos!

¡Escanea esto para ver videos sobre salud mental!



¿Cuales son los ejemplos?

Ejemplos de síntomas de salud mental que pueden necesitar ayuda profesional son:

- Estar en crisis y pensar en lastimarse a sí mismo o a otros
- Pensamientos acelerados o dificultad en levantarse de la cama
- Sentimientos que alteran nuestros cuerpos y actividades diarias

¡Estos pueden ser síntomas con los que un profesional podría ayudar!

¿Como puede alguien ayudarse a si mismo?

Algunos recursos positivos y saludables que se pueden utilizar para centrarnos después de un día o evento estresante podrían ser:


Mente	Cuerpo	Corazon
• Meditacion	• Salir a caminar al aire libre	• Habla con un amigo
• Visualiza algo pacifico	• Aprieta una pelota antiestrés	• Escribe en un diario
• Concéntrate en tu respiración	• Yoga y ejercicio	• Pasa tiempo con una mascota

y mas! Estas son pequeñas formas de regular nuestras emociones y volver a un estado de animo básico.

¿Qué tipos de ayuda profesional existen?

Cuando las herramientas de autorregulación no son suficientes, las personas pueden necesitar ayuda externa o profesional. La terapia puede ser una herramienta útil para cuando los síntomas no desaparecen con el tiempo. Cuando se necesita ayuda profesional, hay recursos disponibles para asistir pagar por la terapia. Y no olvide que, para emergencias de salud mental, siempre llame al 911.

¡Escanea esto para obtener más recursos!



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[Rainbow Collective for Change \(RCC\)](#)

Rainbow Collective for Change NC is offering several free virtual workshops in March for educators and school administration and staff to learn how to support and affirm transgender and gender expansive students. [Register Here.](#)

Rainbow Collective for Change NC is building safe and affirming spaces for LGBTQIA+ and gender diverse children and families in Durham, NC and surrounding areas, and aims to raise a generation of inclusive and anti-racist humans. RCC provides LGBTQIA+ families with meaningful opportunities to connect with each other and engage in advocacy and activism as a collective. Events are available on their [website](#) and [Facebook](#).



Supporting and Affirming Transgender and Gender Expansive Students

A Free Workshop for North Carolina Educators

Wednesday, March 12th
3:30-5pm EST

Virtual (we will NOT be recording)



RAINBOW COLLECTIVE FOR CHANGE

Register Here:
bit.ly/3X58BYA



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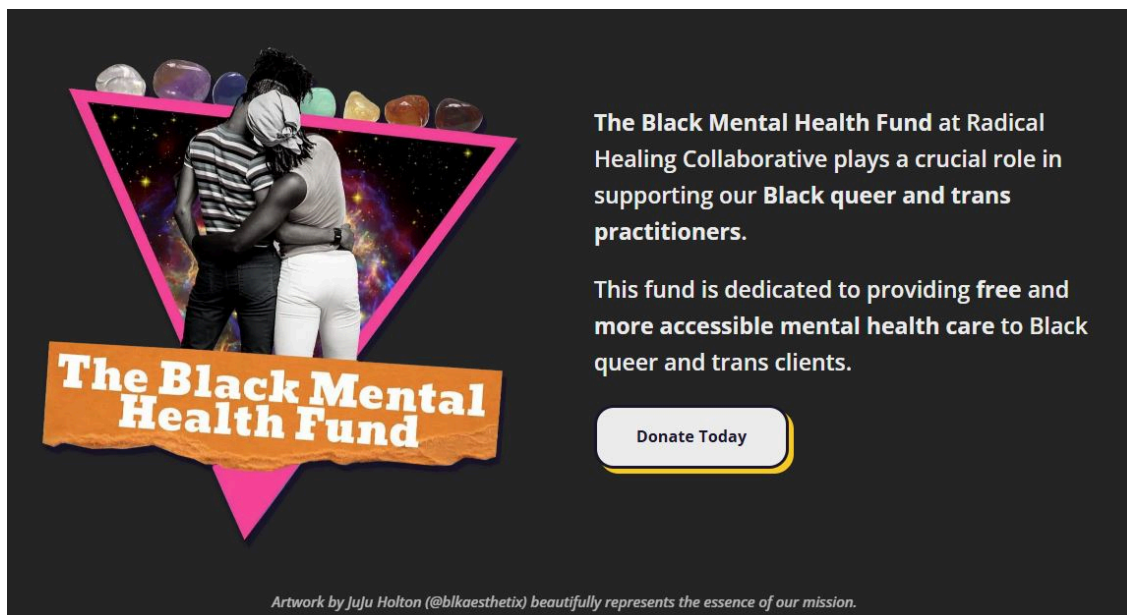


[LGBTQ Center of Durham Resource List](#)

The LGBTQ Center of Durham commits to centering the experiences of those who are the most marginalized among us. With a history of providing services supplementing this commitment, they continue to strive to set an example for other communities and organizations to prioritize lifting families up. They have put together this comprehensive resource list of individuals, businesses, associations, and organizations that have expressed interest in support for the local LGBTQ+ Community.

[Radical Healing Durham](#)

At its heart, Radical Healing is a tribute and love letter to the collective care and wisdom of BIPOC, queer and trans folx. It is a center for healing, self-love, and joy, where clients and visitors can delve into individual and group therapy, receive primary care services, and participate in art and expressive movement – as well as garden, gather, and connect! Another way to support their work is to donate to their [black mental health fund](#).



The Black Mental Health Fund at Radical Healing Collaborative plays a crucial role in supporting our Black queer and trans practitioners.

This fund is dedicated to providing free and more accessible mental health care to Black queer and trans clients.

[Donate Today](#)

Artwork by Juju Holton (@blkaesthetic) beautifully represents the essence of our mission.

Resources for Impacted Communities

Whether you're looking for legal support or reliable information, these resources are here to help community members navigate difficulties associated with recent policy changes. Find the guidance and support you need here.

Resources for Talking to Your Kids about These Stressful Times

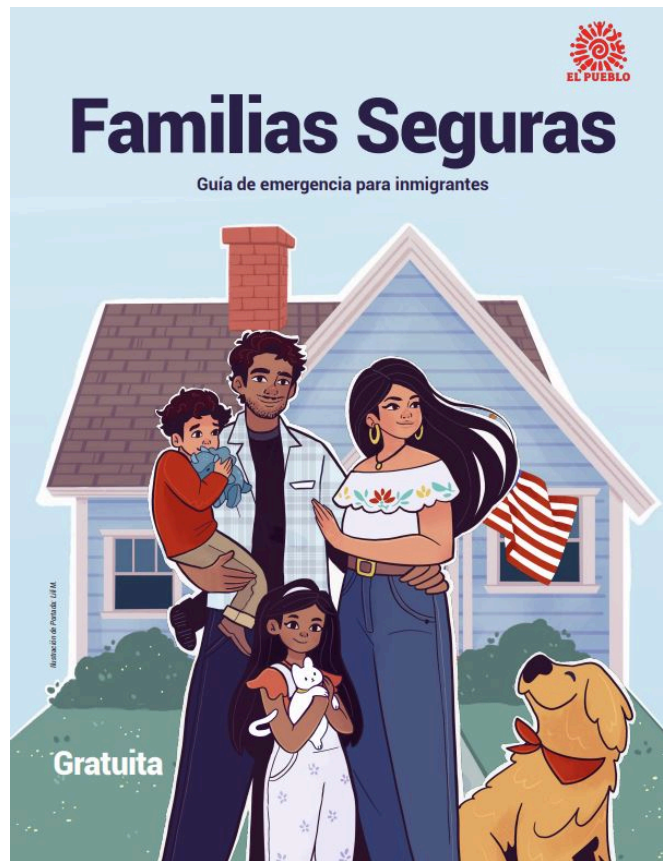
Children pick up on uncertainty, and it can be difficult to know how to support them through challenging times. These resources offer guidance on having age-appropriate conversations, providing reassurance, and helping children feel safe and understood.

- [Talking to Kids About Fear and Violence](#) - Mental Health America
- [Assisting Parents/Caregivers in Coping with Collective Traumas](#) - National Child Traumatic Stress Network
- [Helping Youth after Community Trauma: Tips for Educators](#) - National Child Traumatic Stress Network
- [Here for Each Other: Family Guide for Helping After Emergencies](#) - Sesame Workshop
- [Offering Comfort to Young Kids \(ages 1 - 6\)](#) - Sesame Workshop

Family Guide



[Familias Seguras Gratuita Guía de emergencia para inmigrantes](#), El Pueblo El Pueblo, a local Latine immigrant rights organization, announced the release of a Spanish-language emergency guide, *Familias Seguras. Guía de emergencia para inmigrantes (Safe Families. An Emergency Guide for Immigrants)* can inform Latine immigrant families about their rights and how to prepare for possible detention or deportation in response to the fear generated by immigration operations. Another resource that is available in English and Spanish is [An Emergency Planning Guide for North Carolina's Immigrant Community](#) from the North Carolina Justice Center. This guide was created in 2017.



[Health Care Providers and Immigration Enforcement: Know Your Rights, Know Your Patients' Rights](#), National Immigration Law Center

The threat of immigration enforcement raises concerns among immigrant families, some of whom may forego necessary medical services out of fear that they could be putting themselves and their family members at risk. [This factsheet](#) from the National Immigration Law Center provides advice to hospitals, medical centers, community health centers, other health care facilities, and advocates on how to prepare for and respond to (a) enforcement actions by immigration officials and (b) interactions with law enforcement that could result in immigration consequences for their patients.

[Know Your Rights: Immigrants' Rights](#), American Civil Liberties Union

Regardless of your immigration status, you have guaranteed rights under the Constitution. Learn more here about your rights as an immigrant, and how to express them. This resource was published by the ACLU.

[Toolkit: Protecting Immigrant Families Facing Deportation](#), Children Thrive Action Network

Children Thrive Action Network created this toolkit, which is being updated on an ongoing basis, to serve two purposes: help service providers and community

members speak out against immigration enforcement that harms children in immigrant families AND help parents, service providers, and community members protect families at risk of being torn apart by immigration enforcement.

Nurturing Families & Building Community

Caring for our families and building strong communities go hand in hand. This section includes resources for childcare, community gatherings, and trauma-informed trainings. Together, we can create spaces of support, understanding, and resilience.

[Stronger Together: Creating Connections For Early Childhood](#), North Carolina Infant and Early Childhood Mental Health Association

Things are changing quickly at the federal and state level, creating fear and uncertainty for children, families, and those of us who support them. In response, North Carolina Infant and Early Childhood Mental Health Association has created Stronger Together: Creating Connections for Early Childhood as an open, monthly, virtual space. It is a welcoming, nurturing space where you can connect with colleagues who are also supporting young children and families. Join them to engage in thoughtful dialogue about what you are noticing and experiencing or to simply “be with” and feel heard and held. Whether you are seeking new perspectives, heartfelt discussions, or just a place to be yourself, this group is here to foster genuine connection and community as they navigate together the challenges facing young children, families, communities and our early childhood workforce.

[Entre colegas... Dialogues between Behavioral Health Providers of Latinos](#), Hispanic/Latino Behavioral Health Center of Excellence, March 19th 1:00-2:00pm

Do you provide behavioral health services to Latino populations as part of a community-based organization? Participating in these dialogues allows you to listen, converse, and learn more about effective and culturally informed practices with Latino populations. This virtual activity is scheduled for the last week of each month, every other month. It will feature a guest specialist facilitating the discussion on a particular topic of Latino behavioral health.

[Register here.](#)

FCR FAMILIES & COMMUNITIES & RISING
HEAD START & EARLY HEAD START

HEADSTART & EARLY HEAD START

APLIQUÉ AHORA!

ONLINE

EN PERSONA | PARA MÁS INFORMACIÓN
1-844-770-0698

[Head Start & Early Head Start](#), Families and Communities Rising (FCR) FCR Head Start & Early Head Start, a no cost childcare program, is accepting applications for its 2025-2026 school year. The Early Head Start program offers home-based services to pregnant women and children up to 2 years of age and it offers center-based services to children ages 6 weeks up to 2 years of age. The Head Start program offers center-based services to children 3 years of age and offers center-based Pre-K services to children 4 years of age. Applications are now open on their website in English and Spanish.

DURHAM PREK

The Durham PreK Application is

NOW OPEN!

La solicitud de Durham PreK está

¡ABIERTA AHORA!

Apply now!
¡Aplica ya!

[Durham PreK Applications Open](#)

The 2025-2026 Durham PreK Application is now open! All children living in Durham County and who will turn 4 years old by August 31, 2025 are eligible to apply. A child's birthdate should be between 9/1/20 to 8/31/21.

Partnership for a Health Durham's System Equity Action Team (SEAT) Community Meeting

This committee is hosting a meeting *Creating Space: Building Connections for a Stronger Community* on **March 12th from 3-4:30pm**. The purpose of this meeting is to have an intentional space for people to support one another, share helpful information, resources, and ideas given the current political climate. The location is **1209 North Elizabeth St. Durham, NC 27701**. For more information, please contact co-chairs Najla McClain (najla.mcclain@duke.edu) and Kelly Warnock (kwarnock@dconc.gov).



[Motivational Interviewing Introduction & Skill Building](#), March 17 & 18

Motivational Interviewing is an evidence-based communication style designed to help people identify their readiness, willingness and ability to make meaningful change in their lives. In this training, you will explore this client centered approach to working with individuals to help them prepare for and commit to making change. You will talk about techniques to draw out people in order to find out their motivations and help them become empowered to make change to meet their own goals rather than trying to persuade people to comply with our plans. Exercises will provide opportunities to identify change and sustain talk, make meaningful complex reflections, intentionally evoke and expand change talk, and soften sustain talk.

[Become a Positive Childhood Ally: 2025 Learning and Leadership Summit](#),

March 18 & 19, Durham Convention Center

Everyone wants to see children have positive childhoods, strong supportive caregivers, and live in thriving communities! At Positive Childhood Alliance NC, we believe that happens when we align our efforts. We invite you to join us on March 18 & 19 at the Durham Convention Center to learn with us, share your expertise with our statewide audience of child maltreatment prevention professionals and take your new knowledge back to your communities to implement lasting change. This year's Learning & Leadership Summit, *Become A Positive Childhood Ally*, is designed to build our collective understanding and to mobilize participants to advance practices that support family and child well-being.

[DCo Thrives, Guaranteed Income Pilot Program, Launching Soon!](#)

DCo Thrives is a guaranteed income pilot program that will distribute no-strings attached funds to 125 families for 12 months. In August 2023, the Durham County Board of County Commissioners (BOCC) unanimously approved \$1.69 million in American Rescue Plan Act funding for the DCo Thrives guaranteed income pilot program. This program is founded on the belief that people living

on low-incomes are best positioned to make financial decisions to address their households' needs. DCo Thrives has a Randomized Control Trial (RCT) design so that the impact of guaranteed income payments can be studied. [Sign up to be notified](#) when DCo Thrives applications open.



DCI
DURHAM CHILDREN'S INITIATIVE



DCo THRIVES GUARANTEED INCOME PROGRAM

The DCo Thrives guaranteed income program, for low-income families, intends to positively impact the well-being of children and families living in Durham County.

RECEIVE :

- ✔ \$750 per month for 12 months
- ✔ An additional \$100/month for completing monthly surveys
- ✔ Access to community resources

REQUIREMENTS :

- ✔ Must reside in Durham County
- ✔ Must have income at or below 30% Area Median Income
- ✔ Must have at least one child under the age of 18

DURHAM COUNTY
DCo
1881

Sign up to be notified when DCo Thrives applications open.



DCI
DURHAM CHILDREN'S INITIATIVE



PROGRAMA DE INGRESOS GARANTIZADOS DCo THRIVES

El programa de ingresos garantizados DCo Thrives, para familias de bajos ingresos, tiene la intención de tener un impacto positivo en el bienestar de los niños y las familias que viven en el Condado de Durham.

RECIBIR:

- ✔ \$750 por mes durante 12 meses
- ✔ \$100 adicionales por completar encuestas mensuales
- ✔ Acceso a los recursos comunitarios

REQUISITOS:

- ✔ Debe residir en el Condado de Durham
- ✔ Debe tener ingresos en o por debajo de 30% de ingreso medio del área
- ✔ Debe tener al menos un hijo menor de 18 años.

DURHAM COUNTY
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Regístrese para ser notificado cuando se abran las aplicaciones de DCo Thrives.

[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.

[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: 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-REQUISITE:
Online Course: Core Components and Skills for Trauma Informed Practice
<https://ibhs.unc.edu/course-components-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://ibhs.unc.edu/ibhrplm/s/courseview.nhp?cid=989>







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