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October 16, 2025

## 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!

The Durham County Department of Public Health Presents:



## OVERDOSE RESPONSE

What **Teens** and **Adults** Should  
Know to Save a Life

**October 16, 2025**

**Webinar for Youth  
Ages 12-18 and  
Parents/Caregivers**

**7:00-7:45 PM  
To Register:  
[tinyurl.com/46hheeft](https://tinyurl.com/46hheeft)**

Young people have overdosed after taking pills they did not know were laced with fentanyl, a potent opioid drug. This webinar will introduce strategies for keeping teens safe when they encounter drugs. We will learn how to respond if a friend or family member overdoses, including how to administer naloxone.

All participants will receive a gift bag with naloxone and other items.



Public Health

For more info:  
[lfscotland@dconc.gov](mailto:lfscotland@dconc.gov)



[Youth Overdose Response Webinar](#), Durham County Department of Public Health, Zoom, October 16, 7pm - 7:45 pm

The Durham County Department of Public Health will host *Overdose Response Webinar: What Teens and Adults Should Know to Save a Life* on October 16th at 7 p.m. Designed for youth ages 12–18 and their parents or caregivers, this session will address the growing crisis of fentanyl-laced substances and rising overdose deaths among young people. Participants will learn what opioids are, how to recognize the signs of an overdose, strategies for prevention, and how to respond in an emergency, including administering naloxone. All registrants will receive a gift bag with naloxone and other safety items, available for pickup at the Public Health Department. Register [here!](#)



[Hallow-Eno](#), Durham Parks & Recreation, West Point on the Eno, October 18, 3:30 pm - 6:30 pm

Durham Parks and Recreation invites families to the 37th annual Hallow-Eno, a beloved Halloween celebration filled with stories, songs, crafts, games, and sweet treats. Designed especially for children ages 12 and under, this free, family-friendly event offers an evening of festive fun complete with campfire story time and food trucks on-site. Costumes are encouraged, and no registration is required—just come out, rain or shine, and enjoy a safe and spirited night by the Eno! More information [here!](#)

Exchange Family Center

# TRUNK OR TREAT

COSTUME CONTEST | STORY TIME  
CARNIVAL GAMES | RAFFLE | MUSIC | FOOD & DRINK FOR SALE

OCT 25

**FREE ENTRY**  
DONATIONS APPRECIATED

4 PM  
6 PM

3400 CROASDAILE DR  
DURHAM, NC 27705

Rain Date 10/26/2025

For more information visit [exchangefamilycenter.org](http://exchangefamilycenter.org)

[Trunk or Treat](#), Exchange Family Center, 3400 Croasdaile Dr, October 25, 4 pm - 6 pm

The Exchange Family Center invites families to a free *Trunk or Treat* celebration on October 25. This fun-filled community event will feature a costume contest, story time, carnival games, a raffle, and live music, with food and drinks available for purchase. Open to all ages, the evening promises safe Halloween fun and engaging activities for the whole family. Learn more [here](#)!



# Venga a celebrar el Día de los Muertos

Únase para que celebremos juntos el recuerdo de  
nuestros seres queridos y sanemos en comunidad

**Domingo , 26 de Octubre**

**10 am a 12pm- Altar Comunitario**

¡Ayúdanos a pasar la tradición a las nuevas generaciones siendo  
voluntarios y ayudar a crear nuestro altar comunitario, juntos!

**12 -6:00 pm- Exhibición de altar y talleres**

Te invitamos a traer la foto y una dedicatoria a tus seres queridos

**6:00 a 7:30pm- Celebración**

Unidos en comunidad, recordando y celebrando a nuestros seres queridos



[Venga a Celebrar el Día de los Muertos](#), *El Futuro*, 2020 Chapel Hill Rd Ste 23,  
October 26, 10 am - 7:30 pm

El Futuro invites you to their Therapeutic Garden to share a very special Day of the Dead celebration - a space to remember, honor, and heal as a community. Community members can create an altar, join a workshop, or simply celebrate with music, tradition, and love. If you would like to volunteer, please register [here](#).



[Chefs for Change: Annual Gala & Live Auction](#), *Families Moving Forward, The Cookery, November 6, 6 pm, \$200*

Families Moving Forward will host its Chefs for Change: Annual Gala & Live Auction on November 6th at The Cookery, bringing together community, cuisine, and purpose to support families experiencing homelessness in Durham. Guests will enjoy a cocktail reception followed by a multi-course dinner prepared by renowned local chefs with an exclusive live auction featuring unique dining experiences and once-in-a-lifetime offerings. Proceeds from the evening will directly fund safe shelter, early childhood interventions, job training, and long-term housing support, ensuring families have the tools and opportunities needed to thrive. With casual chic attire and an atmosphere of generosity and celebration, this event promises an unforgettable night where every plate shared helps create a future of stability and hope. Register [Here!](#)

FREE



DPS  
FOUNDATION

Hosted by DPS Student Support Services & DPS Foundation

## Youth Mental Health First Aid Training Series

Monthly Training Sessions for  
DPS Community & Caregivers



Spots are limited – register today!

**Oct 15 & 16 | 5–8 PM**

- In-Person

**Nov 12 & 13 | 5–8 PM**

- Virtual

**Dec 10 & 11 | 5–8 PM**

- Virtual



**Receive a \$25 Visa Gift Card**  
Conditions apply, see form for details.

Scan QR or click the link:  
[bit.ly/DPSYMHA25](https://bit.ly/DPSYMHA25)

Must be 18+ to participate. For more info visit, [mentalhealthfirstaid.org](https://mentalhealthfirstaid.org)

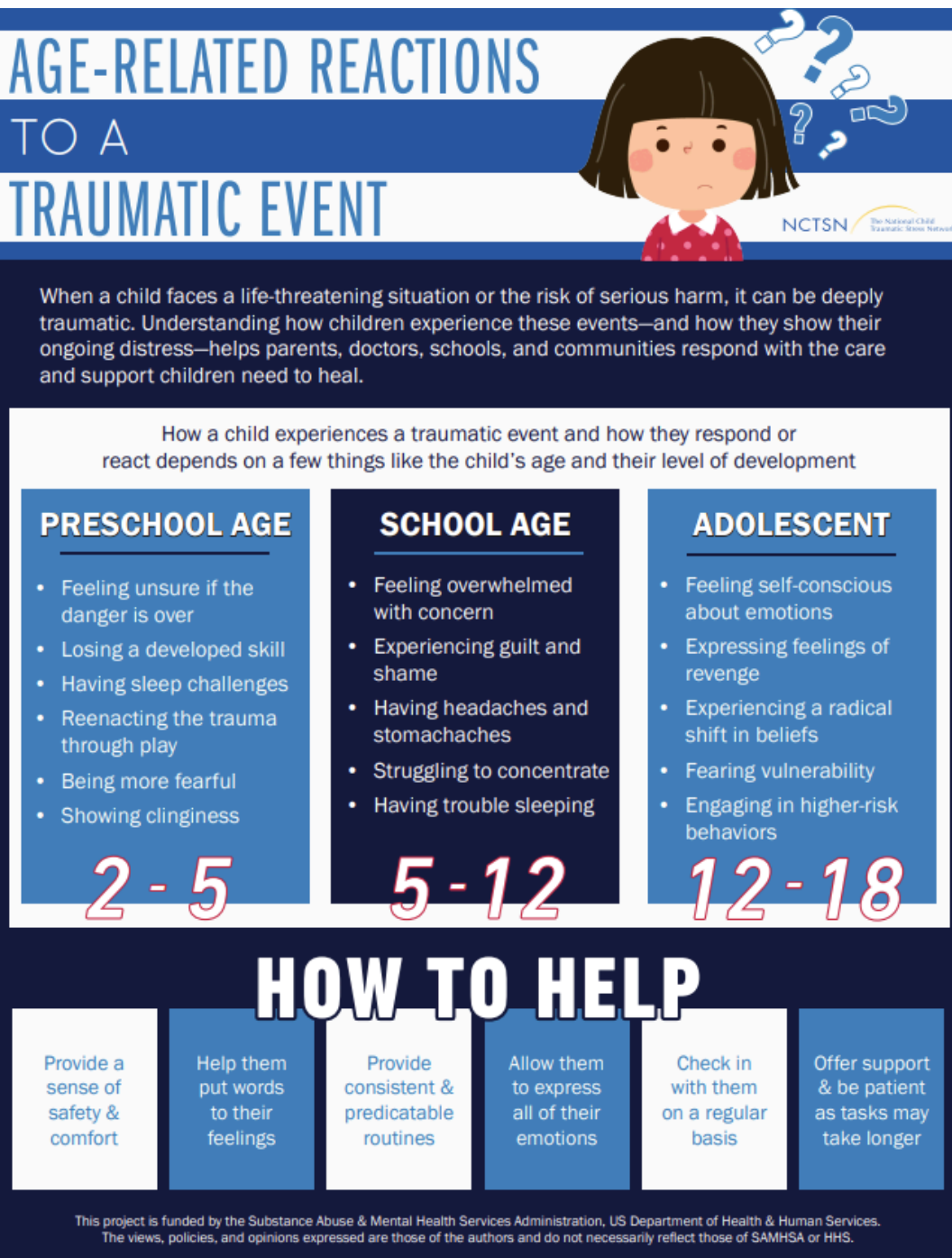
For inquiries email: **Dr. Gradesa M. Lockhart**, [gradesa\\_lockhart@dpsnc.net](mailto:gradesa_lockhart@dpsnc.net)  
**Breyana R. Williams, MPH**, [brey@bullcityschools.com](mailto:brey@bullcityschools.com)

[Youth Mental Health First Aid Training Series](#), *DPS Student Support Services & DPS Foundation, Multiple Dates, 5 pm - 8 pm*

The Durham Public Schools Student Support Services and DPS Foundation invite caregivers, educators, and community members to join the Youth Mental Health First Aid Training Series, a free monthly program designed to empower adults to better support young people. Participants will learn a practical 5-step action plan to identify, understand, and respond to signs of mental health challenges such as anxiety, depression, and substance use. Both in-person and virtual sessions are available, and eligible participants will receive a \$25 Visa gift card upon completion. [Sign up today!](#)

## ACEs and Resilience Research and News

This section contains research - academic, community, and organizational - 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!



### [NCTSN Releases Infographic on Age-related Reactions to a Traumatic Event](#)

The National Child Traumatic Stress Network has released an infographic on age-related reactions to a traumatic event. This simple visual explains how children of different ages may react to traumatic events and offers simple strategies for parents, caregivers, and communities to provide support and promote healing.

### [NCDHHS Introduces Citizen Review Panels to Strengthen Child Welfare Services](#)

The North Carolina Department of Health and Human Services (NCDHHS) has launched three new [Citizen Review Panels](#) to strengthen child welfare services





[Nourishing Connections: How Nutrition Shapes Developing Brains in the Context of Early Childhood Relationships](#), North Carolina Infant and Early Childhood Mental Health Association (NCIMHA), Zoom, October 23, 11 am - 1 pm. \$15

This NCIMHA Quarterly Webinar will explore how early nutrition and nurturing relationships work together to shape healthy brain development in young children. Drawing from current research and practical insights, the session will highlight how everyday feeding interactions can strengthen family bonds, support emotional regulation, and build the foundation for lifelong mental and relational health. Participants will also consider how cultural values and family practices influence children's early experiences with food and care, offering strategies to promote wellness within diverse family contexts. Open to both members and non-members, this webinar provides an enriching opportunity for early childhood professionals to deepen their understanding of how nutrition and connection intertwine in the earliest stages of development.

[Talkspace NC: Expanding Access to Mental Health Care for Justice-Impacted Youth](#), NC DHHS & Talkspace, Zoom, October 28, 12 pm - 1 pm

NC Department of Health & Human Services and Talkspace invite the community to a webinar introducing their new partnership to provide free virtual therapy for justice-impacted teens. This session will explore the urgent need for accessible, consistent, and high-quality mental health services for youth in the justice system, while showcasing how Talkspace can help bridge gaps in care. Family members, eligible youth, and professionals, including mental health providers, court officials, advocates, counselors, and justice system staff, will gain valuable insight into the program's impact and see a demonstration of its features. Register [here!](#)

[The Upright Summit](#), American Foundation for Suicide Prevention, Virtual, October 28, 2 pm - 4:15 pm

The American Foundation for Suicide Prevention invites participants to the inaugural Upright Summit on October 28. This virtual gathering marks the first in a three-part series exploring The Upright, a new initiative designed to close critical gaps in access, effectiveness, and cultural relevance in mental health and suicide prevention. Rooted in equity, action, and collaboration, the summit will feature local and national experts discussing the importance of embedding health equity into suicide prevention efforts, while highlighting three community-based programs that are demonstrating measurable impact in increasing help-seeking, reducing stigma, and saving lives. Register [here!](#)

## Funding Opportunities



[Children Violence Prevention Grant](#), *US Department of Justice Office of Juvenile Justice & Delinquency Prevention (OJJDP)*

The US OJJDP is accepting applications for a new funding opportunity aimed at reducing youth violence and supporting children exposed to violence in their homes, schools, and communities. This program seeks to strengthen community safety through accountability measures for juvenile offenders, expand support services for child victims of violence, and increase protective factors that prevent delinquency and victimization. Eligible applicants include government entities, educational institutions, nonprofit organizations, and Tribal institutions. Projects should align with the Office of Justice Prevention's mission to uphold the rule of law, protect civil rights, and promote safer, more resilient communities. Submissions are due October 21, on [Grants.gov](#) or October 27 on [JustGrants](#).



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