



August 28, 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!

[International Overdose Awareness Day](#), *Together for Resilient Youth (TRY)*,
August 30, 10 am - 12 pm, 3024 Pickett Road Durham, NC 27705

Please come in person to celebrate International Overdose Awareness Day: Tear Soup Healing Event. This meaningful program will honor families who have lost loved ones to overdose through a memorial tribute, shared stories, and a supportive space for grief and healing. Highlights include a featured presentation of *Tear Soup: A Recipe for Healing After Loss* with Lisa Finlay, Director of Clinical Services at TROSA, as well as community reflections on resilience and hope. The event will also celebrate the graduates of the Youth Health Ambassador, Young Adult Ambassador, and Resilient Recovery programs. Guests will receive a free copy of *Tear Soup* while supplies last. Please RSVP by August 28 using [this link](#) for refreshments.

[Black Youth & Suicide: Understanding the Impact and Finding Solutions](#), *Durham County Department of Public Health*, September 3, 5:30 pm, Virtual Event

Suicide is one of the leading causes of death among youth and Black youth are experiencing rising rates at alarming levels. This powerful session will explore the unique factors contributing to suicide risk in Black children and teens, including systemic barriers, racial trauma, stigma, and gaps in mental health care. The guest speaker, Dr. Sonyia Richardson, will offer insight into the latest data, lived experiences, and what families, educators, and communities can do to better support Black youth. Attendees will leave with actionable steps to

promote mental wellness, resilience, and culturally responsive prevention efforts. Register [Here!](#)

NC Cooperative Extension
Cooperative Extension

PARENTING IS HARD

You are invited to join a 14-week parenting class at **Welcome Baby!**

For Durham families with children ages 2.5-5 years

- 1 Learn how important PLAY is for you and your child.
- 2 Learn ways to build a positive relationship with your child.
- 3 Learn about preventing behavior problems and how to deal with any current challenges.
- 4 Classes are free and are offered in a supportive environment.

The Incredible Years

When: Tuesday starting 9/9/2025
Time: 6:00 p.m. - 8:00 p.m.
Where: Virtually
RSVP: Call, text, or email
Carmen Reeves (919) 698-0607 / creeves@dcnc.gov
Bola Olorode (919) 441-3086 / aolorode@dcnc.gov

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

Durham Partnership for Children

NC Cooperative Extension
Cooperative Extension

LA CRIANZA DE LOS HIJOS PUEDE SER DIFÍCIL

Le invitamos a unirse a las **Clases para padres de 14 semanas en Welcome Baby!**

Para Familias de Durham con niños de 2.5 a 5 años

- 1 Aprende cómo construir una relación positiva con tu hijo.
- 2 Aprende lo importante que es el juego para ti y tu hijo
- 3 Aprende a prevenir problemas de comportamiento y que los niños obedezcan tus órdenes.
- 4 Clases grupales gratuitas con otros padres en los mismos desafíos de crianza.
- 5 Comidas y cuidado de niños gratuito durante las clases

The Incredible Years

Cuándo: Martes 9/sep/2025
Hora: 6:00 A.M. - 8:00 P.M.
Dónde: 721 Foster St. Durham NC 27701
RSVP: Llamar o enviar un correo electrónico
Alfonso (984) 227-0104 / alblanco@dcnc.gov
Evelyn (919) 560-7338 / eramirez@dcnc.gov

Escanea Aquí

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

Durham Partnership for Children

[The Incredible Years](#), *Welcome Baby*, Tuesdays (starting Sept. 9), 6 pm - 8 pm, Virtual

Welcome Baby invites Durham families with children ages 2.5–5 years to participate in *The Incredible Years*, a free 14-week virtual parenting program designed to strengthen parent-child relationships and support healthy development. Through interactive sessions, parents will learn the importance of play, strategies for building positive relationships, and practical tools for preventing and managing behavior challenges - all within a supportive group environment. The program also offers opportunities to connect with other families, share experiences, and build confidence in parenting. [Register now!](#)



A.S.I.S.T.
APPLIED SUICIDE INTERVENTION SKILLS
TRAINING

LEARN THE SKILLS TO HELP SAVE A LIFE!

In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions.
- Provide guidance and suicide first-aid to a person with thoughts of suicide in ways that meet their individual safety needs.
- Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- Appreciate the value of improving and integrating suicide prevention resources in the community at large

SEPTEMBER 11 & 12
THURSDAY & FRIDAY
8:30 A.M. - 5:00 P.M.

Durham County Department of Public Health
414 East Main St.

Register Now



 Public Health 

[Applied Suicide Intervention Skills Training \(ASIST\)](#), Durham County Department of Public Health & Alliance Health, September 11 - 12, 8:30 am - 5 pm, 414 East Main St.

ASIST is an in-person, evidence-based training that equips adults with practical skills to recognize when someone may be thinking about suicide, engage in open and supportive conversation, and develop a safety plan to connect them with help. Participants will explore how attitudes toward suicide affect intervention, learn strategies to support purposeful living, and practice skills through interactive role plays and activities. Space is limited to 25 participants, and no hybrid option is available. Register [here](#)!

[Queer Fertility & Family Fair](#), Breastfeed Durham, September 13, 12 pm - 4 pm, Golden Girlz NC Soul Sanctuary

The Queer Fertility & Family Fair is a joyful gathering that centers LGBTQ+ families and honors inclusive paths to parenthood. The event will highlight diverse experiences of family building, from fertility treatments, surrogacy, and adoption to chestfeeding and donor milk, creating space for every story. Attendees can expect affirming resources, lactation education, infant feeding support, raffles and giveaways, free children's books, a vendor village featuring

local doulas, fertility experts, attorneys, and community organizations, as well as live art and storytelling celebrating queer family joy. With cool-down spaces, shaded seating, and water stations, this celebration is designed to be both welcoming and accessible, uplifting the many beautiful ways families are formed. Also, you can register to be a [vendor](#) or a [volunteer](#) at this event today!



[Resisting By Reimagining: Black SEL Summit](#), DOM Education Fund,
September 25, 10 am - 10 pm, Hillside High School

The Black Social Emotional Learning (SEL) Hub will launch the nation's first intergenerational Black SEL Hub at Hillside High School with a ribbon cutting, guided tours, and remarks from community leaders. The summit will feature a live convening that brings the Black SEL Framework to life through youth-led dialogue, research, and hands-on activities, and will conclude with the Dressed to Defy Gala, a celebration of Black fashion as resistance and remembrance, featuring music, storytelling, and bold cultural expression that honors the resilience and brilliance of Black communities.



[Latino Cultural Festival](#), *El Futuro*, September 28, 4 pm - 7 pm, 2020 Chapel Hill Road

El Futuro invites you to celebrate the Latino Cultural Festival in the spirit of community, connection, and cultural pride. This family-friendly event will feature music, dance, games, traditional food, and cultural performances that honor Latin traditions while creating space for visibility, healing, and belonging. More than a cultural gathering, the festival is a celebration of community spirit and a chance to come together to honor roots and foster unity for future generations. Volunteers are also needed to support logistics, games, and other activities to help create a meaningful space for all. [Register to Volunteer!](#)



CIRCLE OF HOPE for THE COMMUNITY

Circle of Hope is a FREE support group for Black parents, led by skilled facilitators. Come build community with parents you can relate to - we're stronger together! Register for the one for you!

✓ Food and childcare provided
 ✓ Open to the community
 ✓ Opportunity for self-care

WEEK DAYS

Men's Group
 Women's Group
 Multi-family Group

Licensed Facilitators

REGISTER NOW!



Durham, Chatham, & Some Virtual

[Circle of Hope](#), Empowered Parents in Community (EPIC), Multiple Dates

EPIC's Circle of Hope sessions provide Black parents and families with a supportive space to connect, share challenges, and work toward solutions that foster showing up whole, healthy, and healed for their children. Offered in six-week cycles, these gatherings build capacity, strengthen community, and provide meaningful resources to support families. [Registration](#) is required, as space is limited, and dinner and childcare are provided to ensure accessibility and participation.

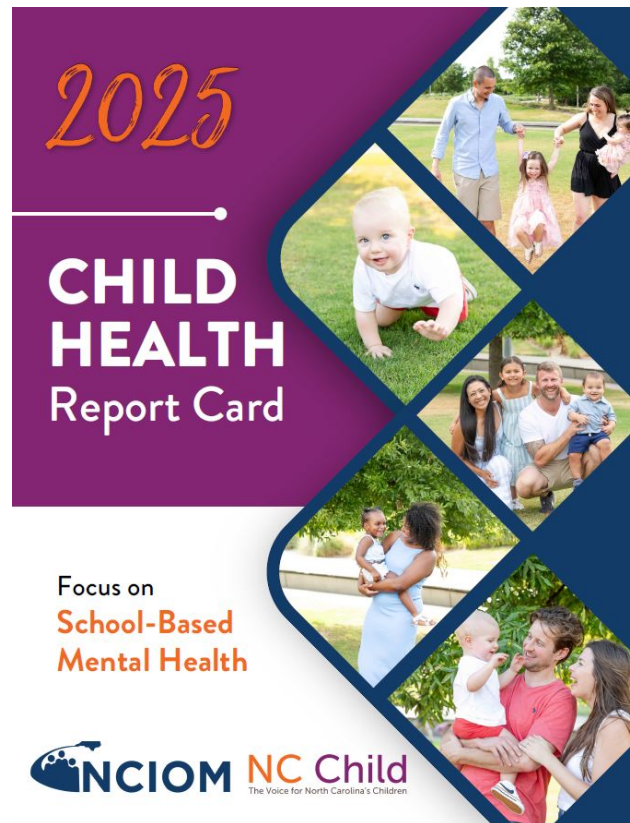
ACEs and Resilience Research and News

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!

[NCDHHS Releases Black Youth Suicide Action Plan](#)

In response to a sharp increase in suicide rates among young Black youth, the North Carolina Department of Health and Human Services announces the NC Black Youth Suicide Prevention Action Plan. Coinciding with the Bebe Moore Campbell National Minority Mental Health Awareness Month, this effort sheds

light on communities which have been marginalized, where mental health challenges persist, and outlines initiatives to be implemented over the next five years to reduce injury and save the lives of Black youth and young adults.



[2025 NC Child Health Report Card](#), *NC Institute of Medicine & NC Child*

The 2025 Child Health Report Card for North Carolina provides a statewide snapshot of child well-being with a focus on school-based mental health. The [report](#) highlights progress and persistent disparities in housing stability, maternal and infant health, oral health, access to preventive care, food security, and youth mental health. While insurance coverage and economic security have improved slightly, challenges remain, including untreated tooth decay among kindergartners, racial disparities in infant mortality, and severe shortages of school-based health professionals. By underscoring the links between economic security, health outcomes, and educational success, the report offers critical insights for advancing prevention, resilience, and equity for children and families in North Carolina.

GETTING HELP SHOULDN'T BE HARD. **NOW YOU HAVE A FRIEND TO GUIDE YOU.**

Meet MyFriendBen

14+ benefits and tax credits

12 languages

SEE WHAT YOU CAN FIND bennc.org

Anonymously estimate your eligibility and dollar value

Information to help you make a plan before you apply

In 6 minutes, most people find about \$1,500 in monthly benefits and tax credits

BENEFITS YOU NEED EVERY MONTH	ITEMS YOU NEED TODAY
- Utility and weatherization assistance - Help with heating bills - Disability benefits - Food assistance - Child care assistance - Free or low-cost health insurance	- Diapers and baby supplies - Food and groceries - Birth control - Dental care

CODE THE DREAM myfriendben myfriendben@codethedream.org

OBTENER AYUDA NO DEBERÍA SER DIFÍCIL. **AHORA TIENES UN AMIGO QUE TE GUIARÁ.**

Conoce MyFriendBen

Más de 14 beneficios y créditos fiscales

12 idiomas

VEA LO QUE PUEDE ENCONTRAR bennc.org.es

Calcule de forma anónima su elegibilidad y su valor en dólares

Información para ayudarle a hacer un plan antes de presentar la solicitud

En 6 minutos, la mayoría de la gente encuentra aproximadamente \$1,500 en beneficios mensuales y créditos fiscales

BENEFICIOS QUE NECESITAS CADA MES	ARTÍCULOS QUE NECESITAS HOY
- Asistencia con servicios públicos y climatización - Ayuda con las facturas de calefacción - Beneficios por discapacidad - Asistencia alimentaria - Cuidado infantil - Seguro médico gratuito o de bajo costo	- Pañales y artículos para bebés - Alimentos y abarrotes - Anticonceptivos - Cuidado dental

CODE THE DREAM myfriendben myfriendben@codethedream.org

[MyFriendBen](#), Code the Dream

MyFriendBen, developed by Code the Dream, is a mobile-friendly benefits screener designed to make accessing the safety net as simple as having a trusted friend by your side. The platform helps individuals and community-based organizations easily understand and connect with government benefits, tax credits, and nonprofit programs. Each year, billions of dollars in food, health care, and other assistance go unclaimed, with Black, Latine, and immigrant communities in North Carolina disproportionately under-enrolled. MyFriendBen aims to close these gaps by empowering low-income individuals and the organizations that support them to maximize enrollment in vital programs that strengthen family and community health.

NAMI Back to School Community Outreach and Resources Summer 2025

[Back to School Community Outreach and Resources](#), National Alliance on Mental Illness (NAMI)

NAMI has released updated [Back to School resources](#) to support students,

educators, and families in addressing mental health challenges as the school year begins. These resources provide strategies and practical tips tailored for each group: educators receive guidance on creating safe, supportive classrooms and integrating wellness into daily routines; parents and caregivers gain tools to foster open conversations and healthy habits at home; and students learn how to seek help early, prevent burnout, and strengthen resilience. Accompanied by a Field Toolkit, the resources are designed to be shared widely within schools and communities to promote collaboration and create safer, healthier learning environments.



[Tangled Routes: A Storytelling Podcast Navigating Youth & Family Systems - Season 2 Now Available](#)

Organized by the National Training & Technical Assistance Center for Child, Youth, & Family Mental Health, Tangled Routes takes listeners on a journey through the systems that shape the lives of youth, young adults, and families living with mental health needs. Each episode shares authentic, first-hand stories from individuals who describe their lived experiences and the solutions they discovered along the way, accompanied by podcast guides with evidence-based practices, community-centered strategies, and actionable steps. Season 2 is now available on Amazon, Spotify, YouTube, and Apple Podcasts.

[Free Virtual Mental Health Therapy Available to Teens Involved in the Justice System](#)

The NC Department of Health and Human Services has partnered with Talkspace to provide free virtual therapy for justice-impacted youth ages 13–17. The two-year program will serve up to 20,000 young people who have been court-involved, detained, victimized by crime, or identified as at risk, addressing the high rates of mental health and substance use diagnoses among this population. Through the Talkspace app or website, teens can connect with licensed clinicians and access 24/7 support through text, audio, video, and self-

guided activities. Referrals are available from court counselors, case managers, and community partners, including Juvenile Crime Prevention Councils and youth advocacy groups.



BECOME A POSITIVE CHILDHOOD ALLY!

Join the Positive Childhood Alliance: an affiliation of cross-sector agencies, organizations and individuals who are invested in nurturing positive childhoods for all North Carolina children. Positive Childhood Alliance members embrace our North Star: all children and families are living purposeful lives with hope for the future.

FREE FOR NONPROFITS AND PUBLIC AGENCIES!

WHAT'S INCLUDED:

- Free and Paid Trainings
- Quarterly Webinars
- Resource Library
- Training and Professional Development
- Networking and Collaboration

LEARN MORE:



SCAN HERE

positivechildhoodalliancenc.org/
positive-childhood-alliance



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

WE'RE COLLABORATING WITH EVERYONE FROM BUSINESS LEADERS TO POLICYMAKERS TO COMMUNITY ADVOCATES BECAUSE WE'RE STRONGER WHEN WE WORK TOGETHER.

[Join the Positive Childhood Alliance!](#)

The Positive Childhood Alliance is a statewide community of organizations, agencies, and individuals dedicated to creating positive childhoods for every child in North Carolina. Members gain access to tools, trainings, and opportunities for collaboration while working together to strengthen families and advocate for supportive policies. Membership is free for nonprofits, public agencies, caregivers, advocates, business leaders, and policymakers because everyone has a role to play in building strong families and thriving communities. [Sign up](#) today!

Webinars, Conferences, and Trainings



[From Village to Vision: Using Upstream Approaches to Build Networks of Support for Infant and Early Childhood Mental Health](#), NC Infant and Early Mental Health Association (NCIMHA), the Village Inn, Clemmons NC, September 17-18

NCIMHA's 2025 annual conference will explore upstream support networks for infant and early childhood mental health. This two-day, in-person gathering will bring together professionals across disciplines, including early care and education, healthcare, home visiting, family support, social work, psychology, and policy, to strengthen connections, share strategies, and prepare the multiple workforces serving children under age six, their families, and expectant parents. Designed to foster collaboration across systems and sectors, the conference will provide opportunities to deepen understanding of upstream approaches that support the mental health and well-being of North Carolina's youngest children. Scholarships are available. Register [here](#)!

Job Opportunities

Please contact the hiring agency with any questions.

[Project Specialist](#), Durham County Department of Public Health

The Durham County Department of Public Health is seeking a part-time Project Specialist (15 hrs/week, \$20–22/hr, Sept 15, 2025–June 15, 2026) to support the Supporting Community and Family Health Team in the Division of Health Education. This role will provide project management and evaluation support for trauma-informed organizational initiatives, including coordinating meetings, tracking deliverables, supporting training development, and assisting with

qualitative data management and analysis. The ideal candidate will have a bachelor's degree in public health or a related field (or equivalent experience), strong project management and communication skills, experience in qualitative research analysis, and knowledge of trauma, resilience, and public health principles. Experience with curriculum development, training diverse communities, and collaboration with community organizations is a plus. This position can be hybrid or in-person, with monthly program and division meeting attendance required. Apply [here!](#)



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