

June 18, 2026

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!

**FREE SUMMER MEALS
FOR DURHAM COUNTY
KIDS & TEENS**

June 17th - July 31st, 2026

Healthy meals
for children
18 and
younger!

**SUN
MEALS**
North Carolina
Summer meals for youth
at in-person sites

Scan the QR code below to
find a summer meal
site near you!

SCAN HERE!

*sites will be updated regularly.
Continue to check back

- 1 **Durham County
Schools** and
other community
partners have
multiple summer
meal locations.
- 2 **No ID or
registration
needed!**
- 3 **Gather with us
for food, fun, and
sun!**

**DURHAM
PUBLIC SCHOOLS**

DINE
Durham Institute for Nutrition and Education

**North Carolina Department of
PUBLIC INSTRUCTION**

**This institution is an
equal opportunity
provider.**

**COMIDAS DE VERANO
GRATIS PARA NIÑOS Y
ADOLESCENTES EN EL
CONDADO DE DURHAM**

de Junio 17 a Julio 31, 2026

¡Comidas
saludables
para niños
menores de
18 años!

**SUN
MEALS**
North Carolina
Summer meals for youth
at in-person sites

Escanee el código QR
para encontrar un
comedor de verano cerca
a usted

SCAN HERE!

*Las páginas se actualizarán
periódicamente. No dejes de
visitarlas.

- 1 **Las escuelas del
condado de Durham**
y otros socios de la
comunidad cuentan
con múltiples sitios de
comidas de verano
- 2 **No es necesario
identificarse o
registrarse**
- 3 **¡Reúnanse con
nosotros para
disfrutar de la comida,
la diversión y el sol!**

**DURHAM
PUBLIC SCHOOLS**

DINE
Durham Institute for Nutrition and Education

**North Carolina Department of
PUBLIC INSTRUCTION**

**Esta institución provee
igualdad de
oportunidades**

[Free summer meal for youth](#), NC Summer Nutrition Program, Durham Public Schools, DINE, and NC Department of Public Instruction, June 17 - July 31
Durham County Schools and other community partners are providing free summer meals for children 18 and younger at various distribution sites from

June 17 - July 31. No ID or registration is required. Find summer meal sites and other food resources at the map [here](#).

Black Youth Wellness Youth Advisory Board (YAB) and Community of Practice and Education (COPE)



Friday, June 26, 2026
Monday, June 29, 2026
9:00 am to 4:00 pm

Participants will gain practical tools, resources, and strategies to help foster connection, strengthen protective factors, and create supportive environments where Black youth can thrive.

Register Today!



For more information, contact Tiani Hinnant at tixnihinnant@gmail.com or Isley Cotton at isley.cotton@dhhs.nc.gov.

Sponsored by NC Department of Health & Human Services and Trillium Health Resources

[Stronger Together, Rising Together Virtual Learning Academy](#), NC Black Youth Suicide Prevention Youth Advisory Board and Black Youth Wellness Community of Practice, June 26 and 29, 9:00am - 4:00pm

This Virtual Learning Academy on Black youth suicide prevention will bring together youth leaders, community members, professionals, and advocates to learn, connect, and take action. Participants will increase awareness of the

unique mental health challenges impacting Black youth, explore culturally responsive approaches to suicide prevention, learn practical strategies to strengthen protective factors, amplify youth voice in mental health advocacy, and build partnerships that support collective action and community wellness.



[Summer Block Party](#), Book Harvest, Durham Central Park, July 18th, 3:00pm - 6:00pm

Get ready for Book Harvest's 6th annual Summer Block Party, a free, outdoor event is a joyful celebration of books, summer, and community! The afternoon will be action-packed, featuring fun-filled family activities and entertainment and an abundance of free, culturally inclusive children's books for every child – from infants to high schoolers. Questions? Contact Bria Davenport, Events Manager, at bria@bookharvest.org.

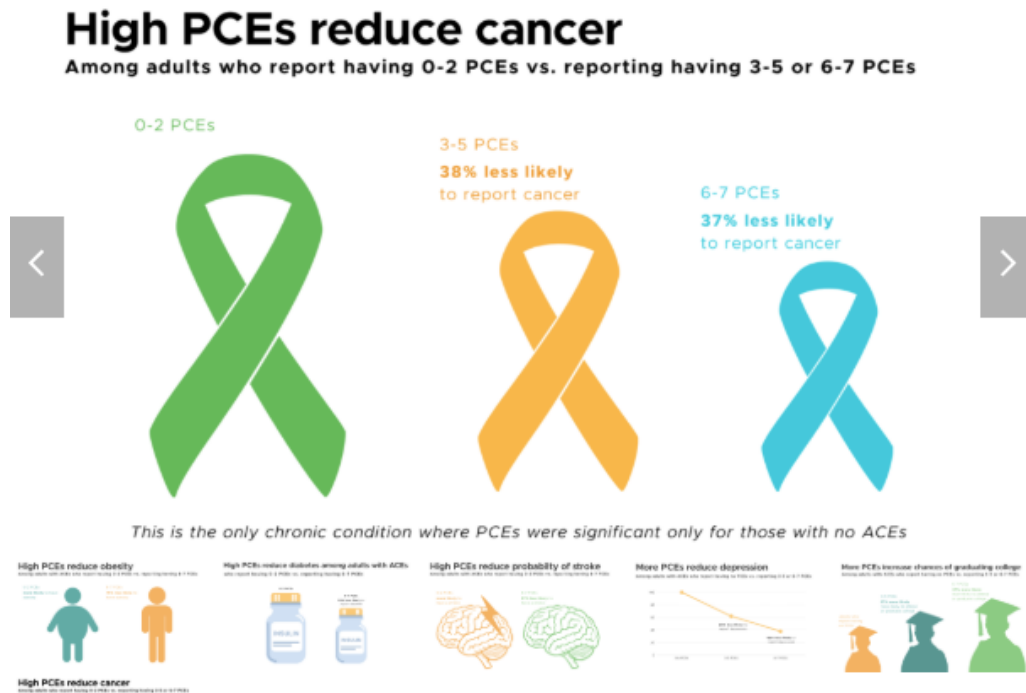
ACEs and Resilience Research and News

This section contains research - academic, community, and organizational - about topics related to ACEs and resilience. Did you recently release a report, publish an article, or read something that informed your practice? Share it here!



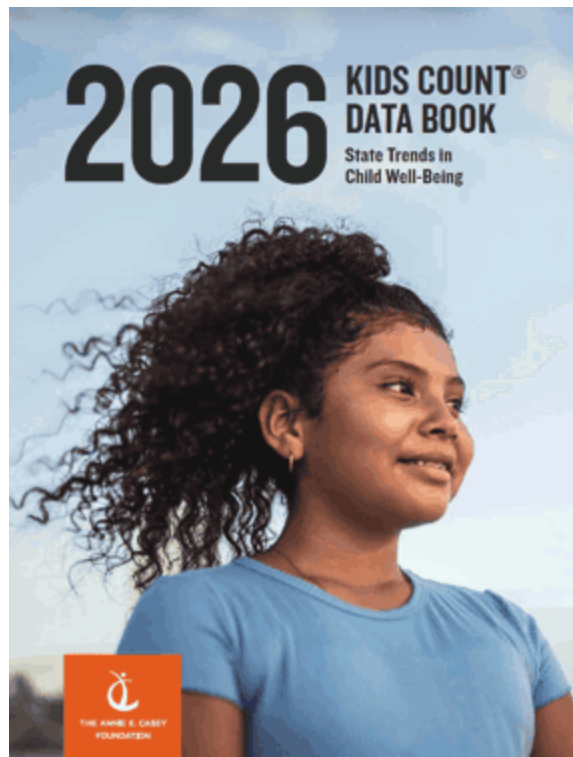
[Peer Warmline](#), NCDHHS and Promise Resource Network

Text and chat options are now available on the North Carolina Peer Warmline, a 24/7 crisis response service operated by Promise Resource Network. The NC Peer Warmline (1-855-PEERS-NC) is a free, private phone number staffed by Certified Peer Support Specialists who have personal experience with mental health or substance use disorders.



[Positive Childhood Experiences Help Overcome Health Effects of ACEs](#), HOPE Natural Resource Center, Pediatrics Journal

The effects of childhood adversity on lifelong health have been known for decades. The largest to date on positive childhood experiences (PCEs), published this year, shows PCEs can dramatically reduce the ill effects of ACEs. The research team evaluated Behavioral Risk Factor Surveillance Survey (BRFSS) data from over 18,000 adults across four states, finding adults with high levels of PCEs have a higher likelihood of better health and socioeconomic outcomes compared to those with low levels, including in depression, cancer, diabetes, and college graduation. This is a foundational study that reflects an important shift in discussions of childhood well-being. Read the press release [here](#) and the article abstract [here](#).



[2026 KIDS COUNT Data Book](#), *Annie E. Casey Foundation and NC Child*

The 2026 KIDS COUNT Data Book, a 50-state report that analyzes how children are faring nationwide, is live. This year, North Carolina moved up in the rankings from 34th to 32nd due to slight improvements in economic well-being and other metrics. While the increases are positive, there's more to do to meet unmet needs and improve outcomes for North Carolina children and families. Access the full [Data Book](#) and read NC Child's [press release](#). You can also explore more detailed county-level data on [NC Child's Data Center](#).

Webinars, Conferences, and Trainings

Pro-Democracy Skills Workshop: Protect Health Through the Power of Public Comment



Sadena Thevarajah
Managing Director & Partner,
HealthBegins



Allie Cashel
Campaign Strategies, Protect
Democracy



Tuesday, June 23
11 AM PT / 2 PM ET

[Pro-Democracy Skills Workshop: Protect Health Through the Power of Public Comment](#), *Health Begins*, Virtual, June 23, 2:00pm

Providing public comment on regulations is one of the most underused, yet accessible and powerful, tools in civic engagement. In this interactive session, we'll explore how storytelling drives policy change, dig into the recent Office of Management and Budget (OMB) Regulation for Federal Financial Assistance, and help you find your angle for a personalized, effective comment letter. This webinar includes facilitated group discussion and optional guided writing time.

Webinar Announcement

Federal Research Investments in Whole Child Health and Wellbeing



Wednesday, June 24, 2026 from 10:00 - 5:00pm EST

[Federal Research investments in Whole Child Health and Wellbeing](#), *National Prevention Science Coalition to Improve Lives, Virtual, June 24th, 10:00am - 5:00pm*

Hosted by the Decade of the Child Committee from the National Prevention Science Coalition to Improve Lives, this free full-day event will feature leadership from the National Institutes of Health (NIH) and nationally recognized child health and wellbeing experts discussing how decades of scientific research can be translated into effective policies, programs, and practices that help children and families flourish. Join the sessions that fit your schedule; all registrants will receive recordings and event materials. Register [here](#).



Trauma-Informed and Community-Centered Responses to Immigration-Related Stress

Session 1:

Thursday, June 25, 2026

12 pm PT/ 1 pm MT/ 2 pm CT/ 3 pm ET & AT

Trauma-Informed and Community-Centered Responses to Immigration-Related Stress

Session 1

Thursday, June 25, 2026

12pm PT / 1pm MT / 2pm CT / 3pm ET & AT

Duration: 1 hour

This webinar will be provided in English with simultaneous interpretation into Spanish.

[Webinar Series: Trauma-Informed and Community-Centered Responses to Immigration-Related Stress](#), *Migrant Clinicians Network*, June 25, 3:00pm - 4:00pm

This three-part webinar series will offer trauma-informed, culturally responsive approaches to supporting patients, families, and the workforce that serves them. Session 1 is a panel discussion on trauma-informed care in health care settings. The discussion will focus on practical trauma-informed approaches for creating safety, communicating clearly, supporting patient choice, and responding with empathy while recognizing the structural conditions that shape immigration-related fear and distress.

Session 2, Best Practices for Community-Based Participatory Campaigns, is on July 23. Session 3, Witnessing: Understanding the Effects of Overexposure to Stories of Suffering and Trauma, is on August 27.



FREE Adult Mental Health First Aid Training for ECE professionals
Hosted by the ITTI Care Project and Alliance Health

We are excited to offer up to 30 people connected to the Early Care & Education (ECE) field the opportunity to attend a free, full-day Adult Mental Health First Aid (MHFA) training. Mental Health First Aid is a nationally recognized course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. You'll gain practical skills to provide initial support to someone who may be experiencing a mental health or substance use crisis.

WHAT THIS TRAINING COVERS:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.



WHEN:

Friday, August 14th: 9am-5pm

WHERE:

[Erwin Square Mill Building,](#)
[2024 W. Main St. Durham, NC 27705](#)



CLICK HERE TO
REGISTER BY
JULY 15

Free Lunch Provided



See registration for details. Participants will receive 7.5 hours of DCDEE credit for attending this full day, in-person training!

Questions? Email lauren.thomason@duke.edu

This opportunity is made possible through a partnership between the [ITTI Care Project](#) and [Alliance Health](#)



[Mental Health First Aid for ECE Professionals](#), Alliance Health and the ITTI

Care Project, 2024 W Main St., Durham, August 14, 9:00am - 5:00pm

Early Care and Education (ECE) professionals are invited to join Alliance Health and the ITTI Care Project for a free Adult Mental Health First Aid (MHFA) training. MHFA is a nationally-recognized course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. Participants will gain practical skills to provide initial support to someone who may be experiencing a mental health or substance use crisis.

Job Opportunities

Please contact the hiring agency with any questions.



Family Matters

DURHAM 

Building Healthier Communities, One Family at a Time

[Bilingual \(Spanish/English\) Community Health Worker](#), *Durham County
Department of Public Health*

The Durham County Department of Public Health is hiring a full-time Bilingual (Spanish/English) Community Health Worker to support the Improving Community Outcomes for Maternal and Child Health (ICO4MCH) initiative. The position will work with the Family Matters Durham Program Coordinator. The rate of pay is \$25/hour and funding is guaranteed through May 31, 2027.



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