

# DART Resilience Resource Review: May 20, 2021



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## Durham Resources and Happenings

*Do you have an announcement about a new resource, program, or event? This is the spot to share it!*

- **Raising Resilient Children, May 25th at 12:00pm, Exchange Family Center**  
As parents, we try to anticipate changes and prepare ourselves for the obstacles in our path, but things might not always go the way that we planned them to. However, what we can do is ingrain our children with the tools and skills necessary to face changes and tribulations. Join us on [this interactive workshop](#) to help your children develop healthy and sustainable strategies to increase their resilience and manage their feelings in effective ways.
- **Community Resilience Model training, multiple dates, Exchange Family Center**  
Join Exchange Family Center for this three-hour workshop as we explore the Community Resilience Model designed in response to the public health crisis of Adverse Childhood Experiences. Through demonstration and group practice, you will learn to apply resiliency tools to reset the nervous system after it has

been thrown out of balance by stress and trauma and much more! There will be three days for which we will offer this workshop:

- May 19th, 3pm - 6pm (Register here: <http://ow.ly/wB8A50EOFvz>)
  - May 26th, 10am - 1pm (Register here: <http://ow.ly/J44Q50EOFvH>)
  - June 3rd, 1pm - 4pm (Register here: <http://ow.ly/ulpU50EOFvG>)
- Durham parents, community leaders, and early childhood providers have come together to work on **Durham's Early Childhood Action Plan (ECAP)**. Together, they have come up with 21 recommendations and have proposed strategies to bring those recommendations to life. You are the experts working every day to nurture Durham's future! Your voice and experiences are so important, and we invite you to join us in shaping and implementing Durham's ECAP. Please visit this [website](#) to share your feedback and ideas. If you would like to share flyers with your community, the communication toolkit and flyers are attached.
  - [Durham Emergency Rental Assistance Program Now Accepting Applications](#) (flyer attached)  
To be eligible to receive Durham ERAP assistance, applicants must be a current resident of Durham County; must be renting a room, apartment, or home in Durham County; and at least one person in the household must qualify for unemployment or has experienced financial hardship due to COVID-19 or is at risk of homelessness or housing instability; and have a household income at or below 80% of the area median income (AMI). According to the regulations provided by the U.S. Department of Treasury, priority must be given to households with incomes less than 50% of AMI. Those residents in this category will be served first. The Durham ERAP is also being assisted by five community partners that have been contracted to assist residents who do not have Internet access, or who simply require additional assistance with completing the online application. The community partners, which are El Centro Hispano, CAARE, Centre for Home Ownership, Community Empowerment Fund, and The Church World Service, will offer assistance to residents in applying to the program.
  - [Emergency Broadband Benefit Program](#) (flyers attached)  
The Emergency Broadband Benefit Program is a [Federal Communications Commission \(FCC\) program](#) that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is [eligible](#), you can receive:
    - Up to a \$50/month discount on your broadband service and associated equipment rentals
    - Up to a \$75/month discount if your household is on qualifying Tribal lands
    - A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
  - [Durham County Housing Options for People with Substance Use Disorder](#), Durham County Department of Public Health

This document includes detailed information on all Durham agencies that provide housing for individuals with substance use disorder, including homeless shelters, short-term transitional housing, and long-term housing. The publication is designed to assist social workers and case managers who serve clients with substance use disorder

- **Applications for Due June 1st for La Mesita Learning Cohort:** The Learning Cohort is a small group of ~20 people that commit to engaging and learning together about culturally responsive practices in Latinx Mental Health over a 5 month period. Throughout the Learning Cohort, participants will engage in Orientation and Capstone events, Virtual Learning Sessions, Virtual Social Hours, readings and reflections, and structured goal setting and implementation activities – all guided by La Mesita’s team. The hope is that members increase awareness, knowledge, and skills in culturally responsive practices while building a strong community and network of like-minded professionals. The Fall 2021 Cohort runs from August through December and [applications are due June 1<sup>st</sup>](#).
- **Village of Wisdom Digital Toolkit for Caregivers & Parents**  
Village of Wisdom is looking for Black caregivers and parents who may be interested in trying out content in their digital learning toolkit during the months of July and August. Learn more and sign up [here](#).

## Resilience in the News

*This section contains news articles on topics relevant to resilience and ACEs. Have you read something that informed your practice or made you think about ACEs and Resilience in a different way? This is a place to share with colleagues.*

- [Brené with Oprah Winfrey and Dr. Bruce D. Perry on Trauma, Resilience, and Healing](#), Unlocking Us (podcast)  
Brené Brown talks with Oprah Winfrey and Dr. Bruce Perry about their new book, What Happened to You? Conversations on Trauma, Resilience, and Healing. They define trauma and talk about why big and small traumas activate our stress response systems and create emotional, physical, and social consequences, and how we can find the path to healing.

## ACEs and Resilience Research

*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!*

- [Cultural Responsiveness To Racial Trauma](#), National Child Traumatic Stress Network  
A resource Offers mental health providers information on understanding cultural responsiveness to racial trauma, why it matters, and what to do.

## Webinars, Conferences, and Trainings

- [Is the COVID-19 Pandemic an Adverse Childhood Experience](#), Safe States Alliance, May 24<sup>th</sup> at 2:00pm  
This webinar will explore whether and in what ways the COVID-19 pandemic has been an adverse childhood experience, and if so, what chronic disease and injury prevention professionals can do now to address the potential long-term chronic disease and well-being consequences of the pandemic.
- [Leveraging a Systems Thinking Approach for ACEs & Suicide Prevention in a Remote Environment - Pt 2](#), Safe States Alliance, May 27<sup>th</sup> at 1:00pm  
During this webinar, presenters will revisit the systems thinking tools introduced in webinar #1, and graduates of the Collaborative Learning Institute will share their experience and how their teams were able to leverage these tools to move forward or reimagine their ACEs and/or suicide prevention initiatives. Presenters will also highlight key considerations and lessons learned related to real world application of these tools and facilitating systems thinking work in a virtual format.