

DART Resilience Resource Review: May 6, 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!

- 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. To learn more, join a community presentation about the ECAP on **Thursday May 13th 12-12:30pm** (English – [register here](#)) or **12:30-1:00pm** (Spanish – [register here](#)). If you would like to share flyers with your community, the communication toolkit and flyers are attached.
- **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 1st](#).

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.

- [“A 4-Year-Old Child Is Not a Problem. And Expulsion Is Not a Solution.”](#)
New York Times, April 25, 2021
“Punishing children like Jackson ignores the reasons they act out in class. “Children like Jackson aren’t being aggressive because they want to be. It’s a consequence of toxic stress,” said Tena Sloan, who runs Kidango’s mental health program. “They need a sense of safety if they’re going to learn. When a teacher is fully present, it can open up their world.”
- [Oprah Winfrey & Dr. Bruce Perry in Conversation](#), SXSW EDU 2021
“Oprah Winfrey and leading child psychiatrist and neuroscientist Bruce Perry, MD, PhD explore the impact of childhood trauma on who we become, the decisions we make, and how healing must start with one question 'what happened to you?' in anticipation of a new co-authored book of the same name. Winfrey and Dr. Perry focus on understanding how shifting the approach to trauma and allowing understanding of the past allows for an opening of the door to resilience and healing in a proven, powerful way.”
- [“Through the Night” National PBS Premiere Watch Party & Community Care Circle](#), PBS and Community Care Circle
Through the Night is a love letter to single mothers, child care providers, caregivers, and all of those who mother, to feel held, heard, and seen. It’s a beautifully crafted multi-layered portrait of mothering--peace, calm, strength, laughter, exhaustion, loneliness, sacrifice, community, and love. This event is a loving and caring space for child care providers, single mothers, essential workers, Black and Brown mothers, and all those who mother--foster parents, grandmas, aunts. Join us for this virtual event and film watch party for mothers and all those who do the work of mothering, and brings together support for caregivers to feel held, heard, and seen as people, rather than only valued for your labor. Official trailer of “Through the Night” can be found [here](#).

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!

- **Beyond the ACE Score: Perspectives from the NCTSN on Child Trauma and Adversity Screening and Impact**, National Child Traumatic Stress Network [This guide provides an overview of the concepts of Adverse Childhood Experiences](#) (ACEs) and childhood trauma, highlights the gaps that remain in our understanding of the impact of childhood trauma and adversity on mental and physical health, and describes how these terms (childhood trauma vs. adversity) differ. This resource also offers providers, family advocates, and policymakers recommendations for ways in which ACEs and other childhood trauma-related concepts and resources can be combined to advance care for children and families who have experienced trauma.

Webinars, Conferences, and Trainings

- [ACEs & Addictive Disease: The BIG Picture!](#), Area L Area Health Education Center (AHEC), May 20th 9:00-4:00pm
Participants will gain insight into addictive disease through stories of individuals who have battled addiction and are now on the front lines assisting others in recovery. Discussion will include the intense stigma associated with the disease; the treatment pathways to combat addiction; and the role that genetics, trauma, and social opportunity play in addictive disease. Additionally, speakers will share techniques for empowering communities to make long lasting changes to promote overall health and resilience.
- [American Rescue Plan Act: Funding Social and Emotional Learning](#), May 21, 2021
The American Rescue Plan Act (ARP) offers an unparalleled opportunity for state and district leaders to make long-term investments in SEL to: support students' learning and development, promote educator SEL and well-being, deepen partnerships with families and communities, and create more inclusive and equitable learning environments.