

DART Resilience Resource Review: April 22, 2021



Table of Contents

1. [Durham Resources](#)
2. [Resilience in the News](#)
3. [ACEs and Resilience Research](#)
4. [Webinars, Conferences, and Trainings](#)

Durham Resources and Happenings

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

- [Racial Equity Virtual Training Series: The Groundwater Approach](#), April 28th 1pm-4pm
Durham County's Racial Equity Team in partnership with the Racial Equity Institute is offering a free training on racial equity. The Groundwater metaphor is designed to help practitioners at all levels internalize the reality that we live in a racially structured society, and that that is what causes racial inequity. The first training will be offered on April 28th from 1-4pm. The second training is on May 25th from 9-12pm. Registration for the April training is now open. This training is open to anyone, non-Durham County employees should [enroll here](#).
- [2021 Refundable Child Tax Credit](#) (CTC)
The American Rescue Plan on March 12, 2021. It includes a one-year refundable Child Tax Credit:

- Refundable means that families can receive the CTC even if they earn no income or are unemployed.
 - The full credit is available to a single parent making less than \$75,000 a year or a couple making less than \$112,500 a year.
 - The one-year CTC provides \$3600 per child under age 6 and \$3000 per child ages 6-17
 - It is intended that the benefits of the one-year CTC be paid monthly.
- **[\\$335 COVID-19 Relief Payment for Children](#)**
North Carolina families with qualifying children who were 16 or younger at the end of 2019 who did not already receive the \$335 check from the NC Department of Revenue.
 - Qualifying individuals who were not required to file a 2019 state tax return and have NOT already received the \$335 grant
 - Eligible individuals who filed a 2019 state tax and did NOT receive the \$335 grant
 - **Operation Medicine Drop**, April 24th 10am-2pm, Walmart Supercenter
There will be an unused medicine drop center at the Walmart Supercenter at 1525 Glenn School Road this weekend. Flyer attached!

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.

- **[How Schools Can Help Kids Heal After A Year Of ‘Crisis And Uncertainty’](#)**, WBEZ Chicago, April 21, 2021
To reestablish relationships in the classroom — and help kids cope with the stress and trauma of the past year — mental health experts say educators can start by building in time every day, for every student, in every classroom to share their feelings and learn the basics of naming and managing their emotions. Think morning circle time or, for older students, homeroom.
- **[There’s a Name for the Blah You’re Feeling: It’s Called Languishing](#)**, New York Times, April 19, 2021
“In the early, uncertain days of the pandemic, it’s likely that your brain’s threat detection system — called the amygdala — was on high alert for fight-or-flight. As you learned that masks helped protect us — but [package-scrubbing didn’t](#) — you probably developed routines that eased your sense of dread. But the pandemic has dragged on, and the acute state of anguish has given way to a chronic condition of languish.”

- [I want to model resilience for my Black children. America is testing me.](#)
New York Times, April 17, 2021
“I would not be the first parent to wonder how much I should shelter my children not only from the world’s instability, but also from my own. Before newborn babies even arrive, parents are taught that we can decrease the likelihood of sudden infant death syndrome by sleeping in the [same room](#) as our infants; our very presence at night helps ensure that they’ll wake up in the morning. And now, in an era of [parenting for resilience](#), we’re constantly reminded that our responses as parents to adversity will be the model for our kids’ reactions to challenges in their own lives. Mothers, in particular, know that the well-being of our children will often be laid solely at our feet, understood to be a reflection of our own capacity to successfully navigate obstacles.”
- [Resilience in The Public Sector and Beyond](#), Voice America, April 12, 2021
New Hanover County faces many natural crises due to their location on the coast of North Carolina and the numerous hurricanes that have occurred over the last few years. New Hanover County adopted biologically-based resilience practices from the Community Resiliency Model (CRM) with the goal to create a trauma-informed and resiliency-focused practice toward each person in public service, sharing a common understanding of the impact of trauma and chronic stress on the nervous system. The implementation is integrated as core measures for professional development and as a means to permeate the county’s culture. This is not only imperative in the aftermath of community disasters but also for prevention. Bo Dean and Mebane Boyd will discuss how resiliency strategies were implemented through community partnerships and in conjunction with the New Hanover County Resiliency Task Force. They will discuss how their resiliency programs emerged throughout the county and discuss their challenges and successes.

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!

- [Why Adolescence Matters in Preventing Substance Abuse](#), KQED, April 19, 2021
Many of today’s educators and parents came of age during the War on Drugs, “Just Say No,” and school assemblies that included harrowing stories of a late-stage addiction. But effective prevention programs involve much more than blanket warnings, says Lahey. Adults need to examine why an adolescent uses drugs or alcohol in the first place. In the words of [Chris Herren](#), former NBA Player, and recovering heroin addict, too often “we focus on the worst day and forget the first day.” Adolescents take that first drink for any number of reasons –

including a desire to escape the pressures of school or home, to ease social anxiety, to fit in, or to cope with trauma.

Webinars, Conferences, and Trainings

- [Racism and Discrimination as Risk Factors for Toxic Stress](#), April 28, 2021
Featuring opening remarks by California Surgeon General Dr. Nadine Burke Harris, this is the first in a series of webinars that will explore research demonstrating how racism and other forms of discrimination can serve as risk factors to activate a toxic stress response, and lead to health conditions that have been empirically associated with exposure to Adverse Childhood Experiences (ACEs).
- [Virtual Event: The Legacy of the Early Years](#), April 28, 2020
The Minnesota Longitudinal Study of Risk and Adaptation, a 45-year study of children born into poverty, offers a number of lessons for practitioners. Among these are the potency of early relationship experiences for predicting developmental outcomes and the fate of early experience following developmental change. This presentation will describe the lawfulness of both continuity and change in development, why early experience is so powerful, why change can be difficult, and why it is nonetheless possible. Case examples as well as group data will be provided.
- [Colliding Crises: Saving Lives by Addressing Historical Trauma](#), April 29, 2021
Substance use and historical trauma are intrinsically linked. Join the [National Overdose Prevention Network \(NOPN\)](#) for a panel discussion on addressing Historical Trauma as a critical factor in supporting those with substance use disorders (SUD). Black, brown, and indigenous communities in particular have experienced trauma that directly links to their current and historical experiences around SUD. Current treatment systems frequently fall short by not addressing these historical injustices and trauma. Join us to learn how to partner effectively, and what strategies look like in action.
- [The 2021 Smart Start Conference](#), May 3-6, 2021
The Smart Start Conference is the nation's largest conference devoted to early education systems and strategies. The conference provides advanced professional development for early education leaders committed to improving the quality of and access to early childhood services for all children ages birth to five. It is intended for professionals who support families, for professionals who support those who work with children, and professionals engaging in early care and education systems change. This year the conference is happening virtually May 3 – May 6 with select featured sessions taking place each Thursday throughout May. Conference registration will cost \$75.00 and include four days of workshops, a closing keynote by Dr. Ibram X. Kendi, sponsorship sessions, and three feature panels

- [**Opioid Misuse and Overdose Prevention Summit, More than Opioids: Bolster Equity, Center Lived Experiences, Address Policy-drug use**](#), May 4-6 2021
Save the date for the North Carolina Opioid Misuse and Overdose Prevention Summit in May! The summit will be virtual.
- [**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.