

DART Resilience Resource Review: March 18, 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!

- **Free Connections Matter training for Durham's Early Childhood Professionals, Exchange Family Center,**
This training will support Early Child Professionals in their understanding of how trauma and toxic stress impact young children and what they can do in the

classroom to help children develop resilience. DCDEE credits provided. Please contact Rachel Galanter rachelanna@exchangefamilycenter.org for details.

- **[Mental Health First Aid \(Youth\), Alliance Health, Virtual, March 31, 2021](#)**
Aiders will complete a 2-hour, self-paced class, and then participate in a five-hour, instructor-led class using videoconferencing technology. This course has a \$23.95 registration fee charged by Mental Health First Aid USA. Registration will close March 24, 2021.
- **[ACEs & Addictive Disease: The BIG Picture!](#)**
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.

COVID-19 Resources

- **[Helping Households Connect During the Pandemic](#)**
The Emergency Broadband Benefit is an [FCC program](#) to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms
- **[New Meal Service for Durham Young People](#)**
There are new locations and times for meal pick-ups. The meals are available at no cost for any child up to 18 years old who is not receiving meals in school—one breakfast and one lunch, per child, per day. Please only pick-up meals for students on the days they are learning virtually. Durham Public Schools is also continuing its partnership with EAT NC's weekly home meal deliveries for families of students who are doing virtual learning and are unable to come to our meal sites. See the flyers for more information.
- **[Relaxed Guidance for Visitation in Long-Term Care Facilities](#)**
NCDHHS is updating its visitation guidance for long-term care facilities to allow for in-person, indoor or outdoor, visitation in most circumstances. The change aligns with new guidance released this week from the Centers of Medicare and Medicaid Services and the Centers for Disease Control and Prevention and reflects rapidly improving trends in long-term care facilities. In addition to updating its guidance, the department is rescinding Secretarial Order 6: Visitation for Long-term Care Facilities (<https://covid19.ncdhhs.gov/media/2312/open>). Read more: <https://www.ncdhhs.gov/news/press-releases/cms-relaxes-guidance-visitation-long-term-care-facilities-ncdhhs-rescinds-ltcf>.

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.

- [Helping Children Thrive: The COVID-19 Pandemic's Impact on Health and Well-being](#) (info graphic also attached)

The COVID-19 pandemic has exacerbated existing challenges facing children and families, including food and housing insecurity, access to education and poverty. While all children are facing adversity, the immediate and long-term impacts of this crisis have not been evenly distributed and may have substantial consequences for the most vulnerable children. This infographic explores the challenges facing children and families and provides actionable guidance to nurture resilience and support caregivers and parents.

The pandemic is exacerbating existing challenges for children and families

Mental Health

Before COVID-19, 1 in 6 children faced a mental health condition



Experts suggest that the impacts of pandemic will only worsen mental health for children

Poverty

Researchers estimate that poverty rates for children could increase by 53% due to the COVID-19 pandemic



Lack of Child Care

13% of U.S. parents had to quit a job or reduce working hours due to a lack of child care during the pandemic



60% of licensed childcare providers have already closed

Education & The Digital Divide

1 in 3 public school students do not have adequate internet access or computing devices



The digital divide is most pronounced for rural, Black, Latino, and Native American students

Food Insecurity

Before COVID-19, 14% of households with children were experiencing food insecurity



This has increased to 30% during the pandemic

Housing Insecurity

Families with children accounted for 33% of the homeless population before COVID-19



COVID-19 & the associated mass unemployment will likely increase homelessness

Intimate Partner Violence

Before the pandemic, 1 in 4 women & nearly 1 in 10 men experienced domestic violence in their lifetime



Intimate partner violence is rising with social distancing, quarantine, and economic stressors

Child Abuse & Neglect



Child advocacy centers have seen 40,000 fewer children during the pandemic

Children are vulnerable during the pandemic:

- Increased stress is often a predictor of abuse
- School closures mean children have fewer contacts with adults to identify warning signs

Strategies for families & caregivers to help support children:



Build a solid foundation for basic health needs

4 Pillars of Emotion Regulation:

- zz Sleep hygiene Nutrition Physically active Social supports



Create a self-care plan

Identify and implement strategies to support the body, mind, spirit, relationships and work



Address stress

Soothing the nervous system promotes health and positions caregivers to best support children



Talk to children about the Coronavirus pandemic

Help children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear



Moderate news & social media consumption

Take breaks from watching, reading, or listening to news about the pandemic, including on social media



Consider mental health support & therapy

Cognitive Behavioral Therapy can provide children with strategies to manage anxiety and other stressors



Teach children healthy coping strategies

Modeling and teaching children healthy coping strategies can help them become more resilient

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!

- [Positive childhood experiences may have greater impact than the bad](#), Contemporary Pediatrics, November 2019
"Our findings suggest prioritizing assessing the presence of the positive childhood experiences of parent and children, in addition to their health risks, like adverse childhood experiences," Bethell says. "For children, we can promote positive experiences by working with children and in our communities to foster nurturance. This requires building a society-wide caring capacity, which is strongly connected to our well-being."
- [Child Welfare Financing Survey 2018, Child Trends, March 2021](#)
A new report from Child Trends finds that child welfare agencies spent little on prevention in 2018, compared to their expenditures on other services and activities. The [Child Welfare Financing Survey for state fiscal year \(SFY\) 2018](#) provides a national and state-by-state analysis of the composition of, and changes in, child welfare agency expenditures. State leaders can use the survey findings to understand how COVID-19, the passage of the Family First Prevention Services Act (Family First Act), and renewed mainstream attention to race equity may affect spending levels and priorities in the coming years.
- [Children's Mental Health Crisis Could Be a Next 'Wave' in the Pandemic](#)
While the COVID-19 pandemic has put a spotlight on ACEs and children's mental health, these issues aren't new, said Dr. Michael Sorter, director of the division of child and adolescent psychiatry at Center. "We were in crisis even before the pandemic," he said. "Most children who need mental health services or behavioral health intervention don't receive the care they need. Over half do not. One in five children really have a diagnosable condition."

Webinars, Conferences, and Trainings

- [National Conference on Health and Domestic Violence](#), April 27-30th
The National Conference on Health and Domestic Violence seeks to advance partnerships between the healthcare field, the anti-violence field, and affiliated social justice movements; present the latest promising practices, research, and innovative approaches to addressing and preventing violence.
- [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

