

Welcome to Together for Resilient Youth (TRY)

Founded in 2003, we continue to be a coalition committed to serving communities on a local, national and international level.



To use the public health model to address underlying adverse experiences that can result in behavioral health challenges such as substance use, chronic disease and violence by increasing resilience and reducing community risk factors through mobilization and collective impact.





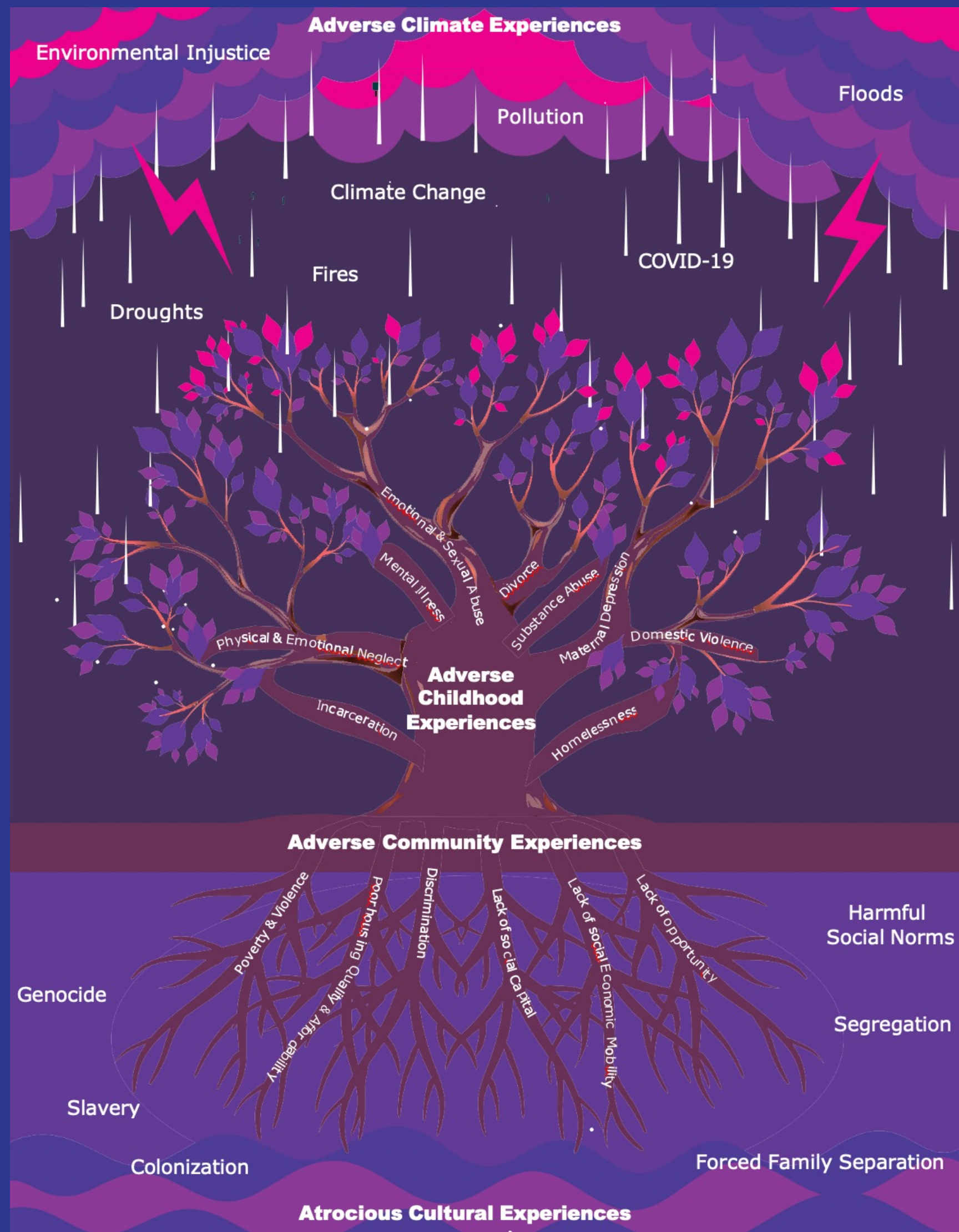


Raising awareness about ACEs can help:

Change how people think about the causes of ACEs and who could help prevent them.

- Shift the focus from individual responsibility to community solutions.
- Reduce stigma around seeking help with parenting challenges or for substance misuse, depression, or suicidal thoughts.
- Promote safe, stable, nurturing relationships and environments where children live, learn, and play.





ADVERSE CLIMATE EXPERIENCES

Environmental Justice, Droughts, Fires, Climate Change, Pollution, Covid-19, Floods

ADVERSE CHILDHOOD EXPERIENCES

Incarceration, Emotional Neglect, Mental Illness, Emotional and Sexual Abuse, Domestic Violence, Homelessness**

ADVERSE COMMUNITY EXPERIENCES

It is not the people. It is the built Community: Poverty and Violence, Poor Housing/Affordability, Discrimination, Lack of Social Capital, Lack of Social and Economic Mobility, Lack of Opportunity

ATROCIOUS CULTURAL EXPERIENCES

Genocide, Slavery, Colonization, Forced Family Separation, Segregation, Harmful Social Norms



Adverse Childhood Experiences

ABUSE

NEGLECT

HOUSEHOLD DYSFUNCTION



Physical



Physical



**Mental
Illness**



Substance Use



Emotional



Emotional



**Incarcerated
Relative**



Divorce



Racism



Sexual



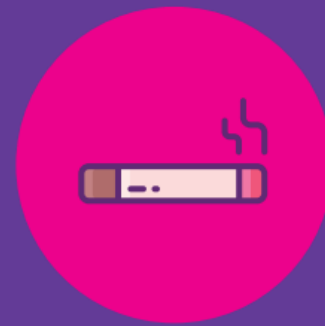
**Parental
Violence**



OUTCOME



Lack of physical activity



Smoking



Alcoholism



Drug Use



Missed Work

PHYSICAL & MENTAL HEALTH



Severe Obesity



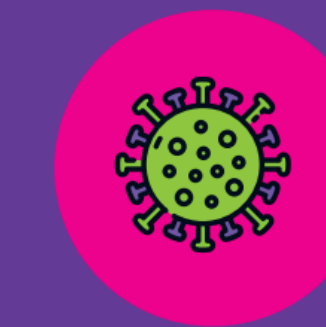
Diabetes



Depression



Suicide Attempts



STDs



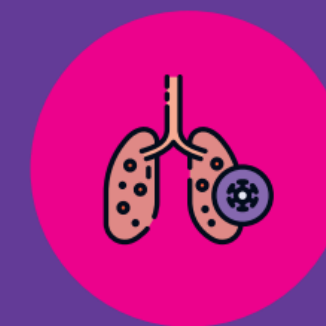
Heart Disease



Cancer



Stroke



COPD



Broken Bones

4 or more ACEs may lead to the outcomes at the left and 6 or more ACEs may result in 20 years less life expectancy



**Every child needs at least
ONE ADULT who is
IRRATIONALLY CRAZY
about him or her.**

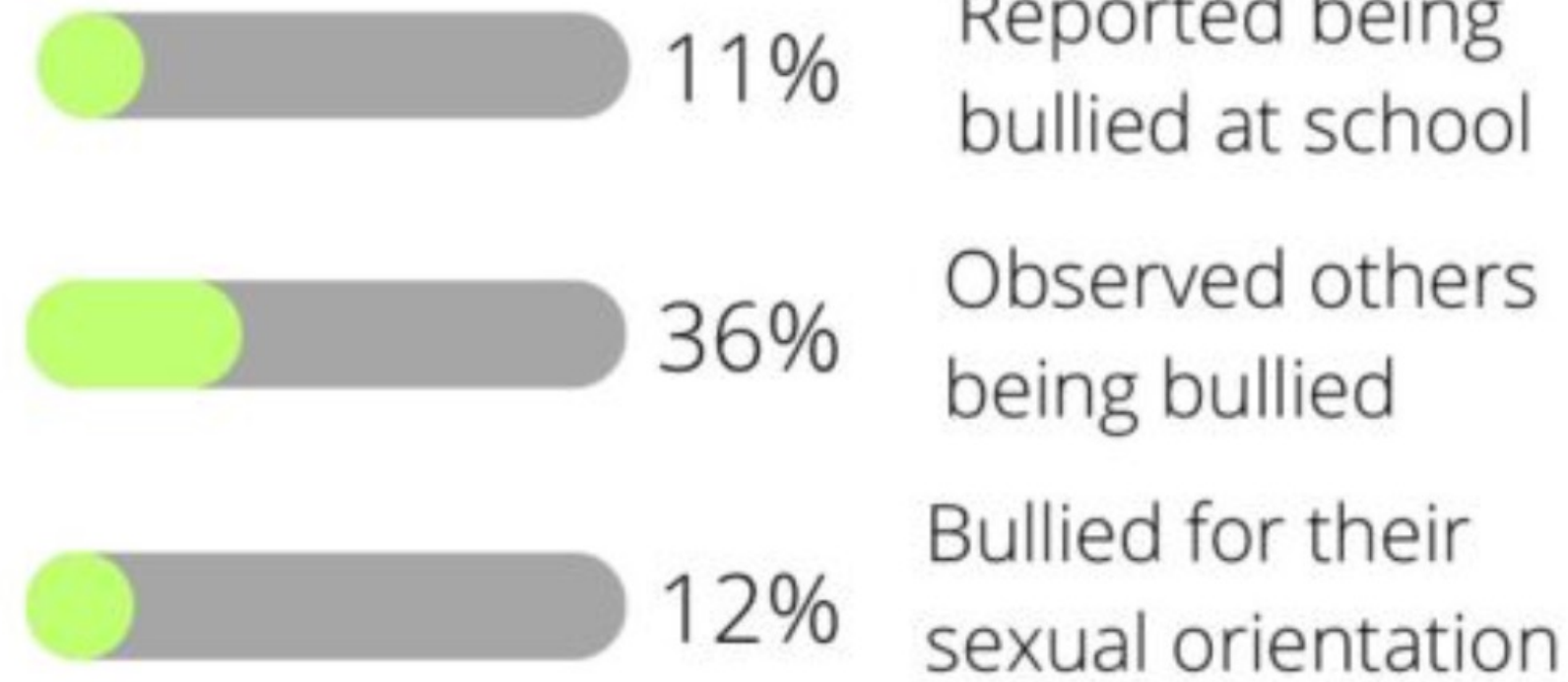
-Uri Bronfenbrenner





Parents and children talk about bullying

Bullying



In general, bullying begins in elementary school, peaks in middle school, and declines in high school.³ Girls often bully others just as much as boys but often in subtle ways that are difficult to detect.⁴





RESILIENCE

What Is Resilience?

Resilience is all about your ability to recover & adapt from adversity, trauma, illness, life changes or misfortunes. There are stressors we all face on a daily or weekly basis & there are strategies to help deal with these stressors to make you more resilient.

Resilience is a personal journey which focuses on a healthy lifestyle & includes five components: Emotional Fitness – Physical Fitness – Spiritual Fitness – Family Fitness – Social Fitness



How Can You Build Resilience?

Everyone faces unique challenges that can create unwanted stress or family tension. How can a foundation of resilience help?



EMOTIONAL

- ✔ Be patient with yourself
- ✔ Avoid comparing yourself to others
- ✔ Reduce stress everyday



PHYSICAL

- ✔ Eat right, stay hydrated & exercise
- ✔ Schedule regular physical exams
- ✔ Listen to your body



SPIRITUAL

- ✔ Have faith in a higher power
- ✔ Join a support group or faith-based organization
- ✔ Take a break to meditate on what is important to you



SOCIAL

- ✔ Maintain fulfilling friendships
- ✔ Use your strengths to work well with others in a give & take manner
- ✔ Be active in your community or favorite charity



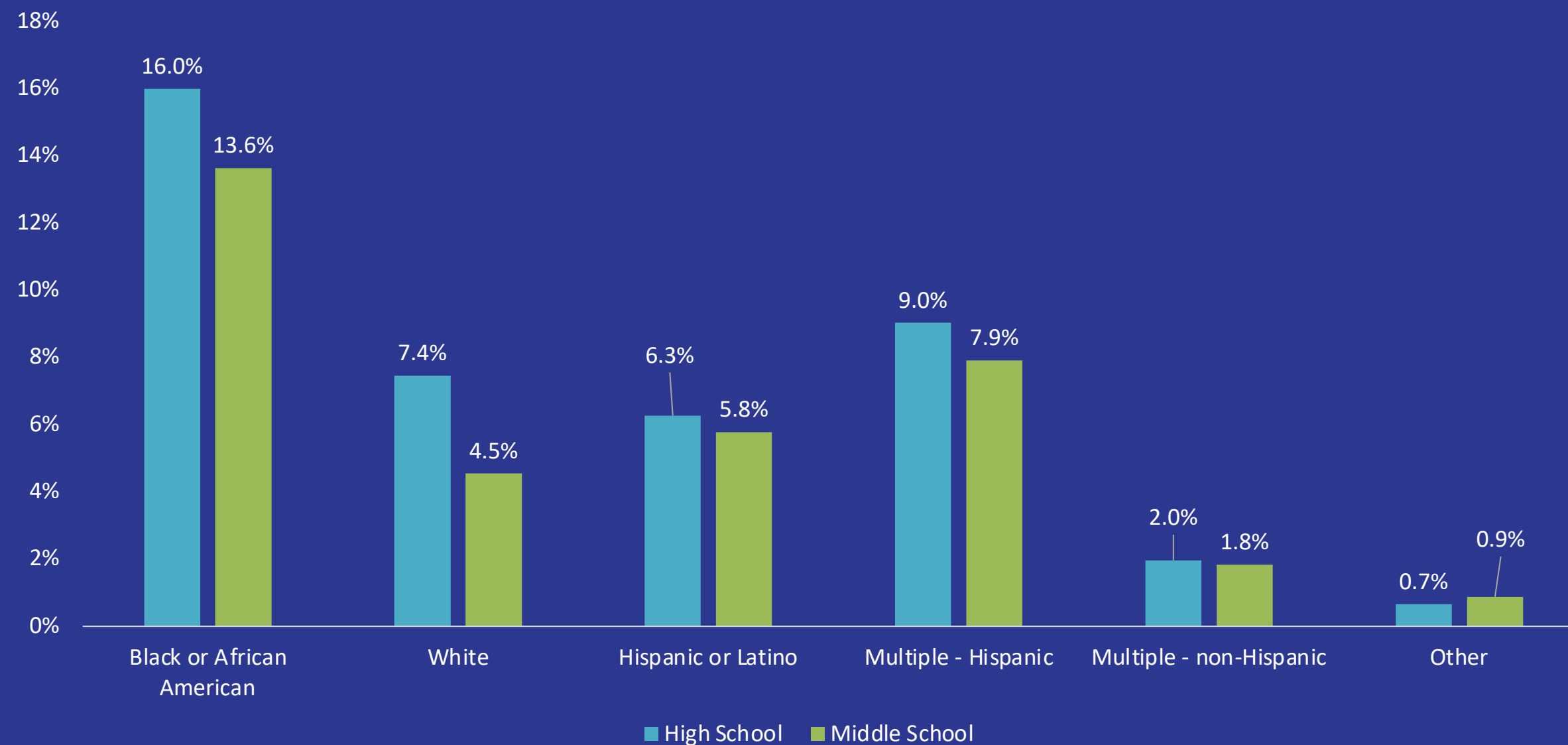
FAMILY

- ✔ Be committed to family members
- ✔ Model healthy family behavior
- ✔ Engage everyone in affirming, healthy conversation



Mental Health – Depression

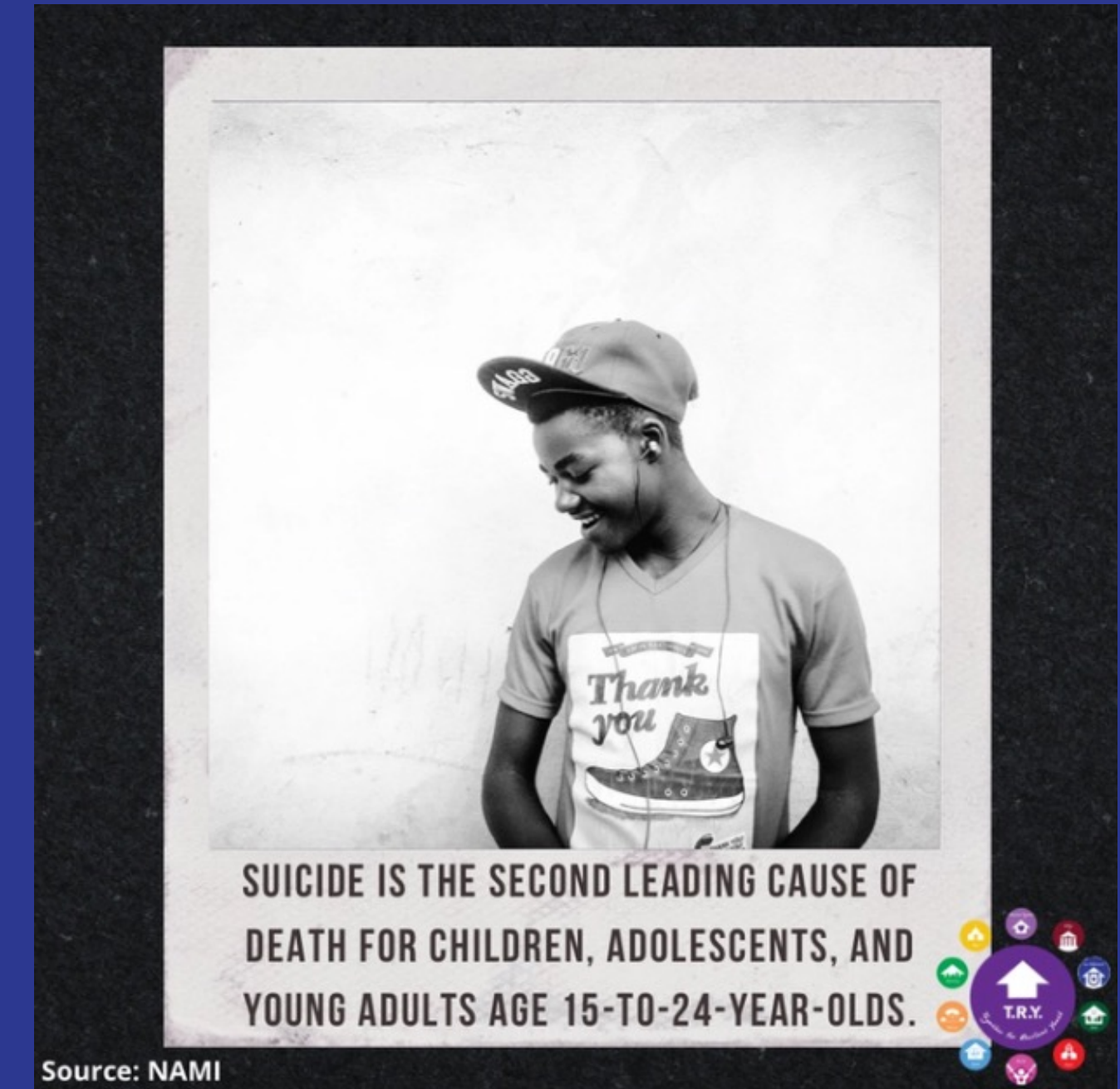
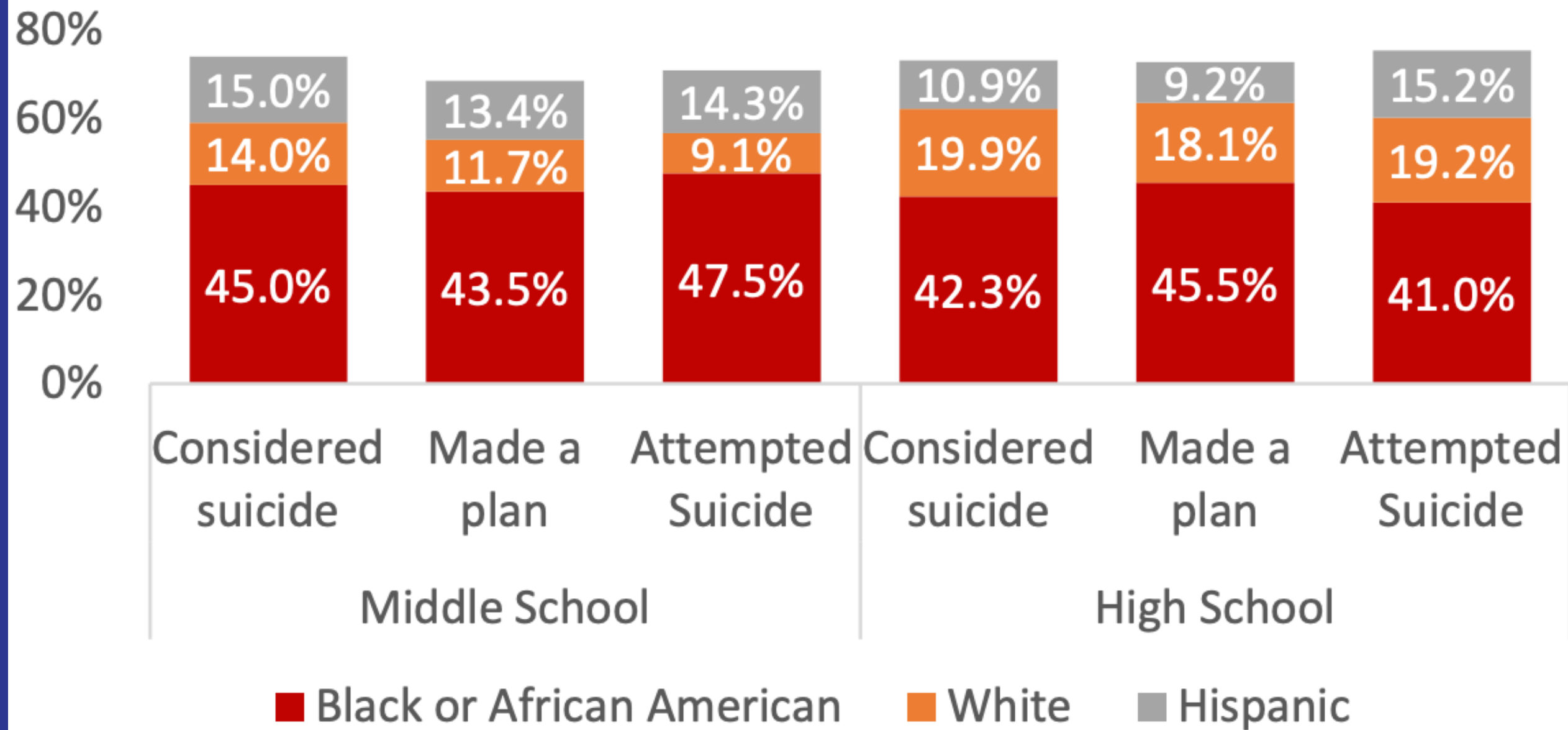
Reported symptoms of depression



- 1 in 3 middle schoolers and 2 in 5 high schoolers experience symptoms of depression as defined by the American Psychiatric Association.
- Black or African American high school students are over twice as likely to report symptoms of depression than their white peers.



Figure 20: Suicidal ideation among middle and high schoolers.



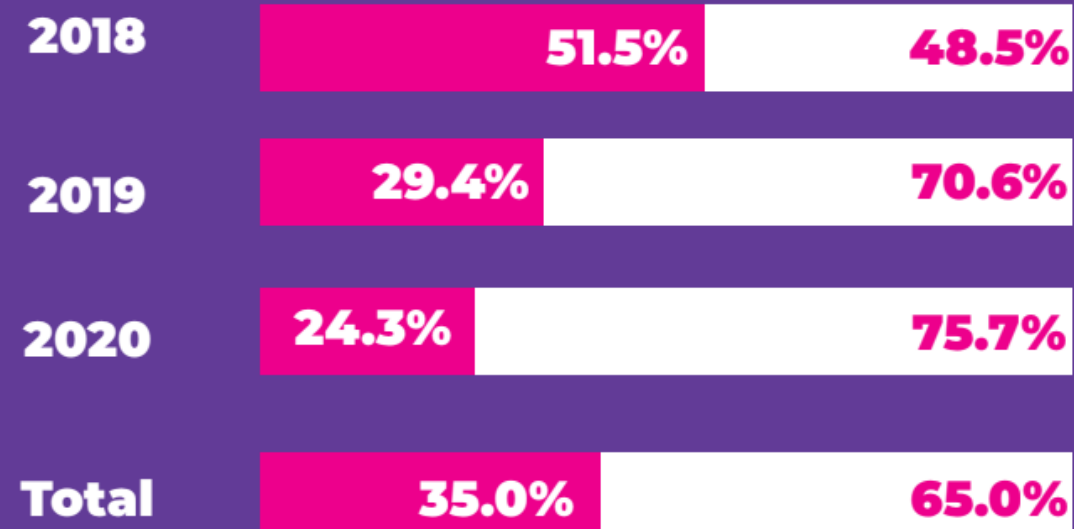


GANGS AND CRIME: A SURPRISING DISCOVERY?

Crime accompanying gang presence is a common and almost accepted reality. What may not be known is that gang associated crime has been decreasing in Durham, NC since 2018. Below, according to research, we can see that crimes have increased outside of gang affiliations.



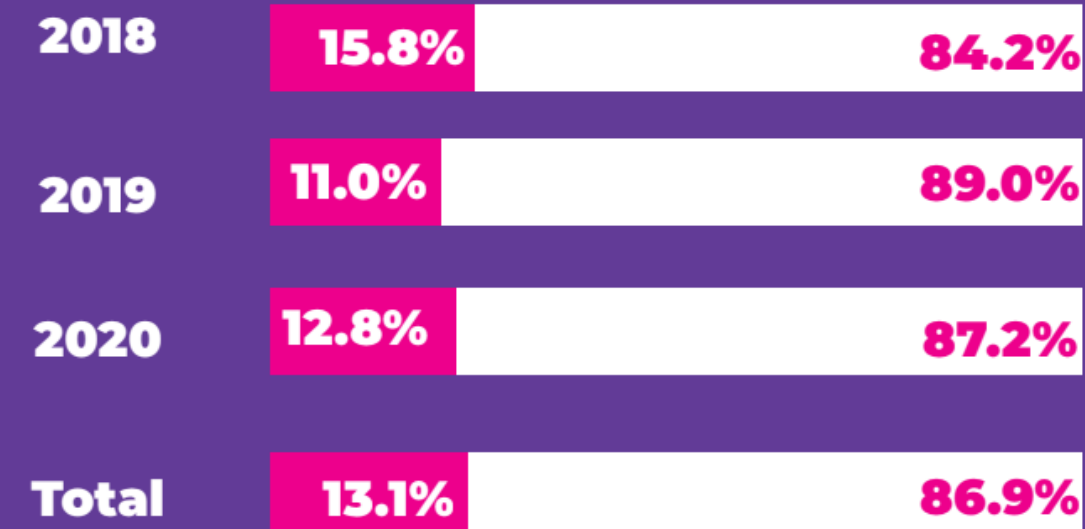
Homocide



 Gang Member Involved
 Not Gang Member Involved



Aggravated Assault



 Gang Member Involved
 Not Gang Member Involved

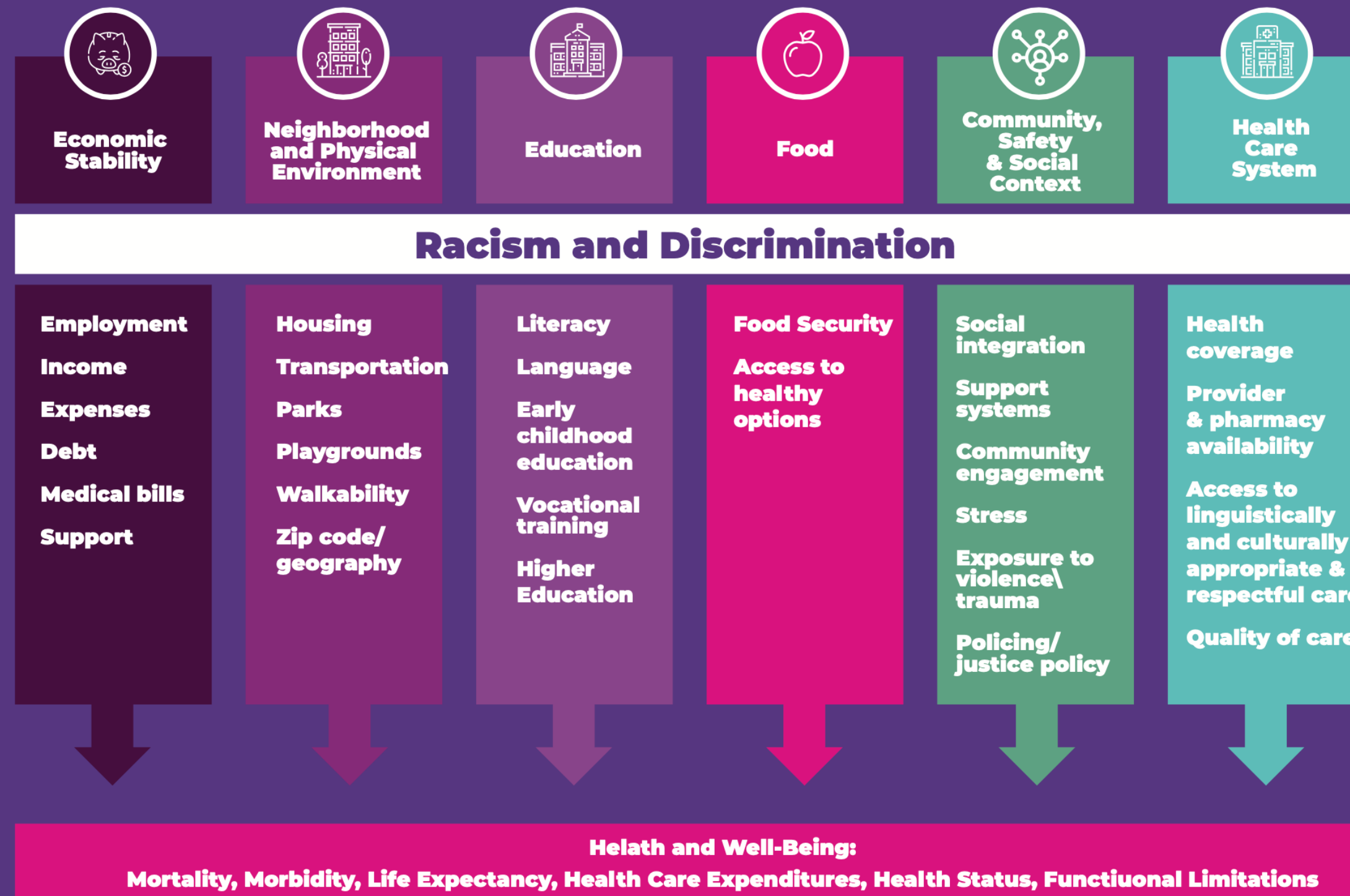
Racial Inequities

- Black or African American students taught by non-Hispanic white teachers are more likely to receive a worse behavioral assessment than white students and are suspended three times as often.
- Toxic stress: racism at an early age
- Since 2020, the killings of George Floyd and Ahmaud Arbery ignited increased racism towards Black or African Americans.
- The COVID-19 Pandemic increased racism among Asians.
- 1 in 5 middle schoolers and 1 in 4 high schoolers felt they were treated badly or unfairly because of their race or ethnicity either sometimes, most of the time, or always.





Data on many drivers of health are not often collected alongside health outcome data







“Building better relationships with our peers...this includes teachers.”



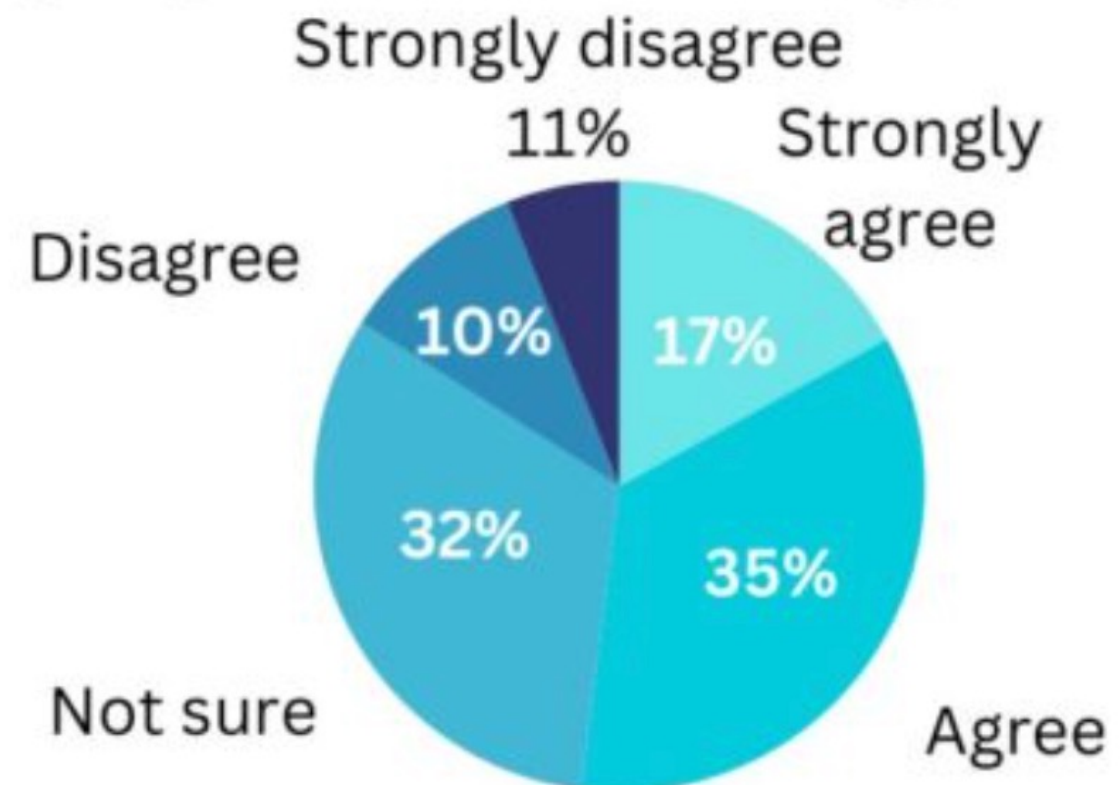
“It is nice to have encouragement and not just teaching.”



“More opportunities for transparency and connection between teachers and students.”

School Support

Do you feel your teachers care about you and give you lots of encouragement?



Having positive relationships with teachers strongly correlates to student belonging.¹⁵

60% of Durham County students report strongly agreeing or agreeing that they felt they belonged at school.



"Every time a child is ignored, or yelled at or silenced, a teacher takes away what is possible."

Living in Future Tense (LIFT) Youth Coalition

LIFT is our youth program that focuses on the development of the skills and abilities necessary to help students grow in character, effectively communicate and work with others. We believe this empowers youth to accomplish their goals and live a life consistent with their beliefs. Ages 9 -17 years.





TOGETHER FOR RESILIENT YOUTH

YOUTH ADVOCACY LIVING IN FUTURE TENSE (LIFT)

YOU ARE THE ONES

Virtual Learning*

- PROMOTE SELF ESTEEM*
- PEER PRESSURE*
- TEAMWORK*
- PUBLIC HEALTH*
- STRATEGIC PLAN* 2023-2024

Attendance is MANDATORY
NO Exceptions*
June 27, 2023 6-7 PM
July 27, 2023 6-7 PM
August 22, 2023 6-7 PM

June 30, 2023 5:30 PM - 7:00 PM*
Mental Health Awareness
Durham Central Park, Durham, NC

July 15 - 18, 2023 International Conference
Open to select LIFTers 2023
(Join for consideration 2024)

July 29, 2023 10 AM - 12 Noon*
The Cotton Room - Durham, NC
Debra Farrington, DHHS Deputy Secretary
Chief Health Equity Officer

August 26, 2023 4:00 PM - 6:00 PM*
Youth Presentations
Back to School Scholarships
and Recognition

Team Leaders (2) will receive \$150.00 June, \$150 July & \$150 August*
Their teams of 3-5 team EACH member will receive \$50.00 June, \$50 July & \$50 August*

FOR PAYMENT : Attendance is MANDATORY AT ALL SESSIONS NO Exceptions*

CELEBRATING 25+ YEARS OF YOUTH SUCCESS



Join Us!

Apply OR USE QR CODE



try4resilience.org

Attendance is MANDATORY AT ALL SESSIONS. NO Exceptions*





At T.R.Y., we have been focused on Youth, Family and Community Success for over 25 years



Our resilience focused activities help ensure our community has the tools to practice self-care during our stressful lives



Together for Resilient Youth (TRY)

Health Ambassador* Leadership Program

Champions of Change

Through this program, we learn about and use evidence base models to address the strengths, risks and solutions needed for the community members. Ages 18 years and older.



Coping Together

This program is made up of 8 engaging and fun 1-hour virtual sessions per week. Designed to strengthen connection and support, the whole family is included! Subjects included are communication skills, creating a family vision, creating a family plan for success, problem solving skills, coping skills, conflict resolution and solution focused action planning.



Change your Words. Change Your World

Expressive writing has been shown to improve resilience as well as emotional and physiological health in both clinical and non-clinical populations. Through this program, all ages are welcome to write for health.



Living in Future Tense (LIFT) Youth Coalition

LIFT is our youth program that focuses on the development of the skills and abilities necessary to help students grow in character, effectively communicate and work with others. We believe this empowers youth to accomplish their goals and live a life consistent with their beliefs. Ages 9-17 years.



AHHH! Trauma Informed

The Resilience arm of TRY takes Trauma Informed Care and adapted the concepts for use in any workplace or organization. Trauma and Resilience, Trustworthiness & Transparency, Support, Collaboration & Mutuality, Empowerment & Choice Cultural, Historical issues.



Resilient Together

Families that have lost loved ones due to overdose, suicide, violence are welcome to join this social group to gain strength as they learn to live again in a loving space.



WE WILL BE WITH YOU ALL THE WAY

We are thrilled to announce **ACHIEVING HEALTH HAND IN HAND (AHHH!)** Designed to empower individuals like you who are well connected to and engaged in your community to learn what it takes for community change. Let's create a better tomorrow for us all.
Paid Community Health Worker Certification through Durham Tech!*
FEE BASED TRAINING IS AVAILABLE FOR FAITH-BASED AND SELECT NON PROFIT ORGANIZATIONS.

COHORT 1 STIPENDS FOR 10 PUBLIC HOUSING RESIDENTS

- Adverse Experiences & Self Care ✓
- Opioids, Overdose and Narcan Use ✓
- Substance Use & Violence Prevention ✓
- The Power of UBUNTU ✓
- Youth, Family, Community ✓
- ...and more ✓

Unlock your potential while advocating for safety and well-being in the community

EMAIL: NJROSE.TRY@GMAIL.COM TO COMPLETE INTEREST FORM

Visit try4resilience.org
Email: ncahhh@aol.com



Strengthen Youth's Skills

Rationale

Strengthening youth's skills is an important component of a comprehensive approach to preventing youth violence. The likelihood of violence increases when youth have under-developed or ineffective skills in the areas of communication, problem-solving, conflict resolution and management, empathy, impulse control, and emotional regulation and management.^{2,33,147-149} Skill-development has an extensive and robust research base, which shows building youth's interpersonal, emotional, and behavioral skills can help reduce both youth violence perpetration and victimization.^{2,21,76,77,150-152} Enhancing these skills can also impact risk or protective factors for youth violence, such as substance use and academic success.^{150,152,153} These life skills can help youth increase their self-awareness, accuracy in understanding social situations, ability to avoid risky situations and behaviors, and capacity to resolve conflict without violence.

Potential Outcomes

- Reductions in behavior problems and disruptive behavior at home and school
- Reductions in physical fighting, aggression, and delinquency
- Reductions in arrests, convictions, and probation violations
- Reductions in alcohol and drug use by youth and parents
- Reductions in family conflict
- Reductions in child abuse and neglect
- Reductions in parental depression and stress
- Increases in compliance to caregiver's directions
- Increases in prosocial behavior (e.g., social skills, such as concern for others, empathy, and cooperation)
- Increases in parent-child connection, communication, and relationship quality
- Increases in positive parenting practices, such as monitoring and supervision of youth's activities, use of consistent and nonviolent discipline, and involvement and support of youth

Evidence

Approaches that enhance family environments have demonstrated effects in preventing youth violence and other adolescent health risk behaviors.^{46-52,104}





UBUNTU

Dr. Wanda Boone

WANDA.DURHAMTRY@GMAIL.COM

