

February 2021 PLC:

# Protective Factors and Support During Times of Trauma and Unrest

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February 10, 2021





# **Durham: A Tale of Two Cities**

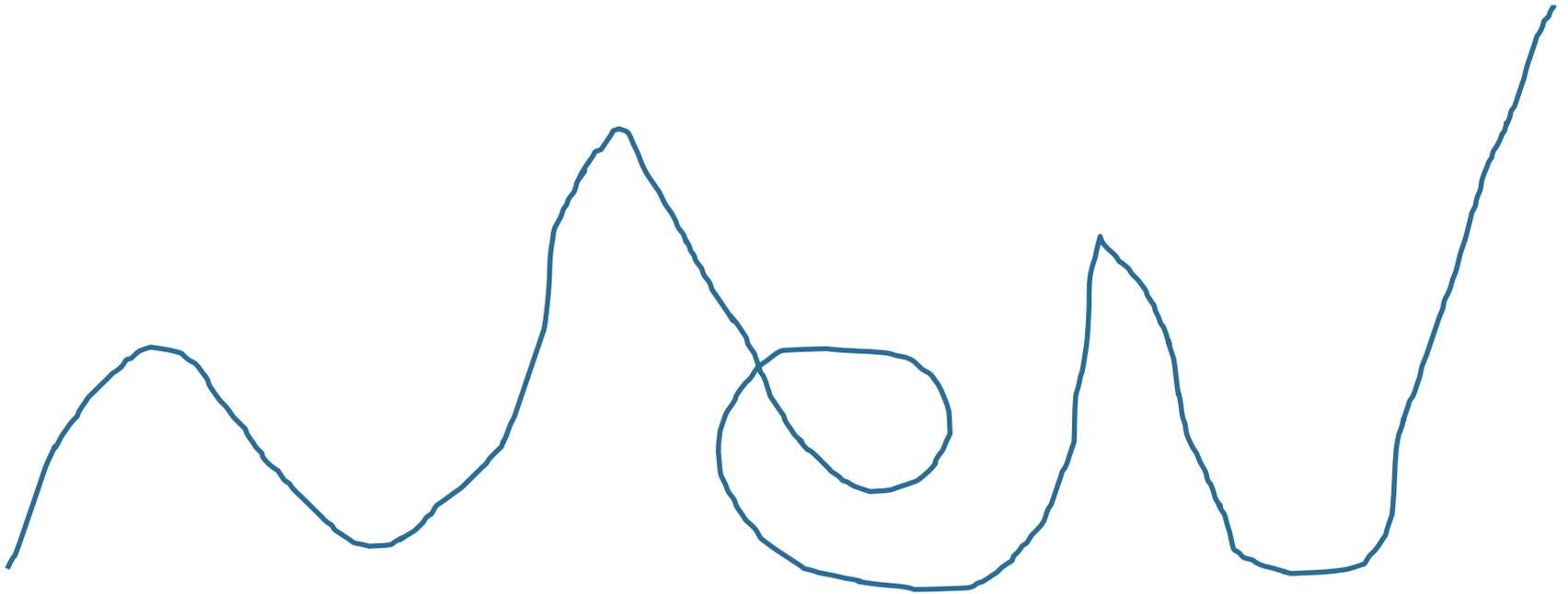
**Black Wall Street, Historical Traumas, Resilience,  
and Epigenetics**

**February 10, 2021**



# The African American Experience in Durham

- A legacy of trauma and profound resilience



## 1800's

- During the Antebellum period, Durham was home to some of the largest plantations in the South.
- The high number of slaves laid roots for an African-American culture to evolve, with distinctive music, dance, and traditions emerging in the area.
- After the Civil War, Blacks were establishing businesses and strong communities in many areas across the country.
- In 1898, the white supremacist insurrection occurred in Wilmington, NC destroying black businesses and homes, killing people, causing families to flee Wilmington, and introducing the Jim Crow era in NC. The black community in Wilmington was never able to rebuild to its past stature.



## Early 1900's

In 1910, North Carolina Central University was founded as the first public liberal arts college for African Americans, paralleling a similar rise in African American culture and economics.

African-American business thrived in Durham at a time when it was failing across the nation. The North Carolina Mutual Life Insurance Company was founded in 1898 in Durham as the largest and oldest African-American-owned life insurance company, and M&F Bank became one of the most profitable African-American-owned banks.

Not everyone did well—just as in the broader community-there were growing disparities between the few haves and the have nots.

**Hayti** -(pronounced "HAY-tie") an historic African-American community. It was founded shortly after the Civil War on the southern edge of Durham by freedmen coming to work in tobacco warehouses and related jobs in the city. By the early decades of the 20th century, African Americans owned and operated more than 200 businesses. St. Joseph's AME Church was a centerpiece.

1924

The Durham County Confederate Soldiers Monument was dedicated. Funded by taxes and organized by United Confederate Veterans and United Daughters of the Confederacy, the monument was erected in front of the County Courthouse. The monument remained in that location until it was torn down in August 2017.

*“It was a nightmare, worse than pictures of a war torn or burned out riot area. Who caused all this?”*

*– Barbara Perry on returning home to Hayti during Urban Renewal*



1950's



1972

# FRIENDS' Resources

- Historical Trauma Among African Americans, ACES, and Hope Podcast, <https://friendsnrc.org/resources/historical-trauma-among-african-americans-aces-and-hope/>

## **Coming Soon – look for this spring:**

- Culturally Effective Organizations – a 7-part framework with information and resources to support your work, i.e. leadership, community engagement, language and communication access
- Part 2 to the podcast above incorporating, the story of pain, the story of healing, and the story of resilience and empowerment.

# Resources

The National Child Traumatic Stress Network - Coping after Mass Violence:

[https://friendsnrc.org/wp-content/uploads/2021/02/coping\\_after\\_mass\\_violence.pdf](https://friendsnrc.org/wp-content/uploads/2021/02/coping_after_mass_violence.pdf)

The National Child Traumatic Stress Network – Supporting Children After the U.S. Capitol Attack:

[https://friendsnrc.org/wp-content/uploads/2021/02/supporting\\_children\\_after\\_the\\_us\\_capitol\\_attack.pdf](https://friendsnrc.org/wp-content/uploads/2021/02/supporting_children_after_the_us_capitol_attack.pdf)

HOPE Healthy Outcomes from Positive Experiences –  
Talking with Kids About the News:

<https://positiveexperience.org/talking-with-kids-about-the-news/>

Child Mind Institute – Helping Kids Understand Riots at the Capitol:

[https://childmind.org/blog/helping-kids-understand-the-riots-at-the-capitol/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Helping%20Kids%20Understand%20the%20Riots%20at%20the%20Capitol&utm\\_campaign=The-Scaffolding-Effect](https://childmind.org/blog/helping-kids-understand-the-riots-at-the-capitol/?utm_source=newsletter&utm_medium=email&utm_content=Helping%20Kids%20Understand%20the%20Riots%20at%20the%20Capitol&utm_campaign=The-Scaffolding-Effect)

# Resources con't.

The Durham Civil Rights Heritage Project -Part of the North Carolina Collection of the Durham County Library. <https://durhamcountylibrary.org/exhibits/dcrhp/about/>

Discover Durham website: <https://www.discoverdurham.com/community-culture/black-history/durhams-story/>

WUNC NC Public Radio - The History of Hayti, The Anchor Of Durham's African-American Neighborhood

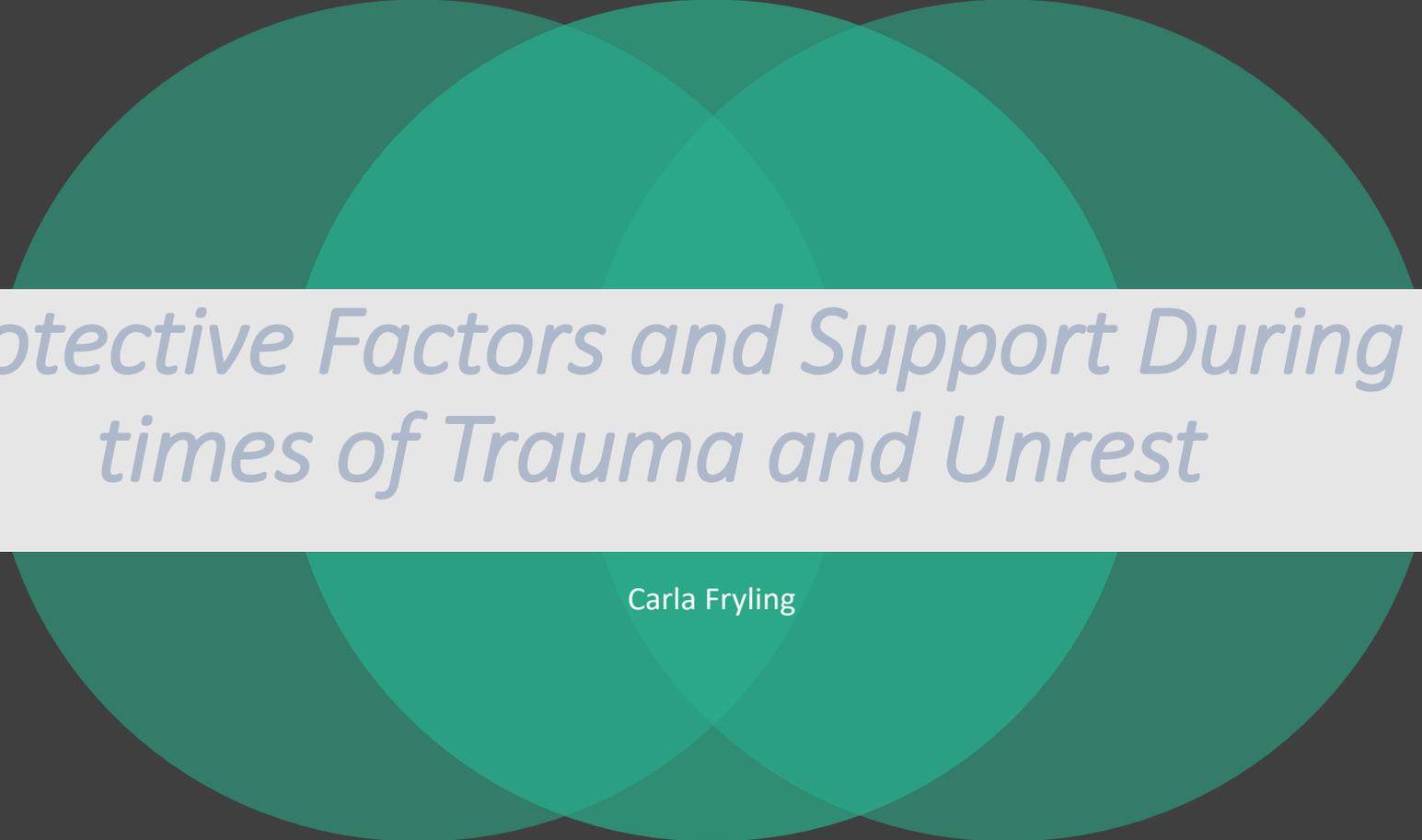
<https://www.wunc.org/post/history-hayti-anchor-durham-s-african-american-neighborhood>

Bull City 150 – A project of Duke's Sanford School of Public Policy and the Samuel Dubois Cook Center of Social Equity at Duke University. <https://www.bullcity150.org/#whatisbc150>

Andie Kealohi Sato Conching and Zaneta Thayer. *Biological pathways for historical trauma to affect health: A conceptual model focusing on epigenetic modifications*, Social Science & Medicine, Volume 230, 2019, Pages 74-82.

<https://www.sciencedirect.com/science/article/abs/pii/S0277953619301959?via%3Dihub>





*Protective Factors and Support During  
times of Trauma and Unrest*

Carla Fryling

# 5 Protective Factors

## **Resilience**

Stress cannot be eliminated from parenting or daily life but building parental and overall individual resilience can affect how individuals deal with stress.

## **Knowledge of Parenting and Child Development**

Having accurate information and appropriate expectations about raising young children can help parents better understand and care for their children.

## **Social/Emotional Competence of Children**

A child's ability to interact positively with others, to self-regulate, and to effectively communicate his or her emotions has a great impact on relationships.

## **Social Connections**

Friends, family members, neighbors, and other members of the community provide emotional support and concrete assistance to families.

## **Concrete support in Times of Need**

Individuals and Families need access to the types of concrete supports and services that minimize the stress of difficult situations.

# Durham: A Communities Response to Trauma Awareness and Resiliency

History of Community Collaboration

Creation of D.A.R.T. Task Force

NC 360

ECMH Task Force

T.R.Y. Coalition

CHTOP-FCR

DCI

Family Connects

Healthy Families Durham



Families and  
Communities  
Rising (CHTOP-  
Durham and  
Orange HS/EHS

- Education Portal
- Food Events
- Mindfulness and Stress Reduction
- Care Acts Fund for Position
- Parent Meetings –now virtual
- Implementation of Comprehensive COVID protocol

## RESILIENCE: The Biology of Stress & The Science of Hope

- “The Child may not remember, but the body remembers”
- Documentary directed by James Redford delving in to ACES and a new movement to treat and prevent toxic stress. And greatly improve the health of future generations.
- Durham and Orange Counties did mass free screenings for everyone!

## Going Forward-

Many new webinars with a lens to the future of support and protective factors and trauma minimization

- What are your communities doing?
- Let's share and learn together