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.
If you want to experience communities authentically; question history, embrace the unfamiliar, and challenge explanations of reality.

- Dr. Wanda Boone
ADDRESSING HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

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

Communities of color have been systematically marginalized through decades of a criminalized response to addiction.

NCDHHS, Division of Public Health | Durham Webinar | March 7th, 2023
TRUST

Common Agenda

Shared Measurement

Mutually Reinforcing Activities

Continuous Communication

YOUTH, PARENTS, COMMUNITY – INSTITUTIONS, RESEARCHERS
THE STRATEGIC PLAN AND ROAD MAP
How do vulnerable communities engage and participate in each column?

**Community Values**
- SAFETY
- TRUST
- EMPOWERMENT
- COLLABORATION
- SUPPORT
- HISTORY & CULTURE

**Broad Strategies**
- MINDSETS: Raise awareness about ACEs and resilience
- POWER: Uplift community voices
- RELATIONSHIPS: Collaborate and connect
- PROGRAM COMPONENTS: Expand evidence informed programs
- POLICIES: Learn about policies that address ACEs and resilience
- RESOURCES: Increase financial resources and community investments

**Population Results**
- Acknowledging those historically left out
- Prioritizing those historically oppressed
- Particularly for those historically disenfranchised

**Impact**
Health & Resilient Communities for all children and families

Version 1 of the NC Healthy and Resilient Communities Theory of Change for Local Collaboratives and Coalitions
Champions of Change

Through this program, we learn about and use evidence-based solutions to address the strengths, risks, and solutions needed for the community members. Ages 10 years and older.

Coping Together

This program is made up of 6 engaging and fun 1-hour virtual sessions per week. Trained in stress reduction techniques and support. The group is inclusive; subjects included are communication skills, creating a family vision, creating a family plan, exploring conflict resolution and solution focused session planning.

Change your Words Change Your World

Expressive writing has been shown to improve resilience, mental health, and psychological health in both females and male 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 skills and abilities necessary to help students grow in character, efficacy, communication and with who others. We do this by encouraging students to make changes they want to see a future where they feel empowered to have a voice that is valued.

AHHH! Trauma Informed

The resilience arm of TRY takes trauma-informed care and applies it to any workplace or organization. Training and Resilience, Trustworthiness & Transparency, Support, Collaboration & Honesty, Empowerment & Ongoing Cultural, Historical success.

Resilient Together

Families that have lost loved ones due to overdose, abuse, suicide prevention are welcome to join. Designed to help families in healing as they learn to live again in a healthy space.

Visit try4resilience.org
Email: ncahhh@aoi.com

Together for Resilient Youth (TRY)

Health Ambassador* Leadership Program

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