

TRY was founded in 2000 and received its 501(c)(3) in 2003. TRY has affiliates or provides technical assistance throughout NC, Nationally and Internationally in the UK, Kenya and Australia.

As a funded Drug Free Community Support program grantee, TRY works to prevent substance use, alcohol, tobacco, marijuana, opioids, vape products and new substances using the strategic prevention framework and the 7 strategies for community change. Coalition members are representative of 12 key “inner” stakeholder groups. External stakeholders are researchers and members of academia. Together, all contribute to TRY’s mission.

TRY prevention reaches adults as well as young people. Young people need our help no matter where they live or what their individual needs might be. All children need our help. Our focus includes all of Durham County, however TRY pays increased attention in census tracts: Census tract 10.01 , Census tract 10.02 , Census tract 11, Census tract 13.01, Census tract 13.04, Census tract 14, Census tract 17.09, Census tract 18.02 and Census tract 23.00 among others

## DATA

### Substance Use:

#### Overall youth: Substance use:

Alcohol Use 23% of middle school students 26% of high school

Marijuana – Middle school 12% and high school 22%

#### Court-involved juveniles: Substance use:

52% of court-involved juveniles report using alcohol and/or drugs (NCDPS, 2021)

#### Gang involved individuals:

92.5% of gang-involved individuals report using weed and/or other substances.

62.5% of gang involved individuals report using weed more than once a day.

### Mental Health Concerns

**Overall Youth:** 32% Middle school and 35% of high school students report feeling depressed for 2+ weeks before the survey (DCDPH, 2021)

27% middle school students ever considered suicide; 19% of high school students considered suicide in the past 12 months.

Youth listening sessions: “Young people feel an overwhelming need for mental health support to help them survive the experiences they are faced with.”

**Court Involved Youth** 37.6% mental health issues (YASI) 45% need more mental health assessment (NCDPS, 2020)

**Gang Involved Youth** 75.8% of school personnel and 95.2% of youth serving agency 49.1% of public safety personnel report low self-esteem in the youth they work with.

**Education:** Only 37% of Durham County 3rd-8th graders and 31% of 9th-12th graders scored “College and Career Ready” on end-of-grade exams in 2018-19.

Fewer than 5% of students at Lakeview Alternative School were rated proficient on end of year exams (20-21)

100% of gang involved individuals 14-17 report they have dropped out of school 77.6% did drop out of school.

### CRIME - GANG MEMBER VS NOT A GANG MEMBER

The adolescent brain does not fully develop until a young person is 25 years of age.

Who needs help?

Homicides by gang member involvement 2018 – 2020 35% Not gang member involved 65%

Aggravated assaults by gang involvement 2018 – 2020 13.1% Not gang member involved 86.9%

Every child needs at least one adult who is irrationally crazy about him or her.

Who will be the one?

## **SUICIDE – Past 12 months**

Black/African American high school students (20%) report considering White (16%) Hispanic/LatinX (17%) high school students

Black/African American (17%) and Hispanic/LatinX (18%) report planning for suicide in the past 12 months than White high school students (12%).

Black/African American students (13%) were 3.3 times more likely than White students (4%) to report a suicide attempt in the prior 12 months than Hispanic/LatinX high school students were 4.2 times more likely to report a suicide attempt in the prior 12 months than White high school students (DCDPH, 2021).

## **ADVERSE EXPERIENCES: 625 YOUTH and 6,000 RESIDENTS TRAINED 2019-2022**

TRY's Achieving Health Hand in Hand is funded to provide training to the community to help ensure understanding of the scope of adversity among residents.

## **THERE ARE FOUR LEVELS OF ADVERSE EXPERIENCES**

**Adverse Climate Experiences:** Impact community conditions. Examples include COVID-19, climate change, wildfires, droughts, hurricanes, earthquakes, floods, environmental injustice, and pollution. COVID19 is an Adverse Climate Experience – TRY assisted to prevent vaccine hesitancy and provided PPE and worked with the Dept of Public Health, Duke Testing and Vaccine Clinics and the African American Covid Response Team to bring relief to 6,000 residents in the last 6 months. TRY provided information on How to Cope with Stress, Grief and Prevention of Overdose as well as Why Animals Don't Smoke for youngsters.

**Adverse Childhood Experiences:** Impact individual & interpersonal conditions. Examples include parental mental illness, substance abuse, interpersonal violence, homelessness, incarceration, divorce, death, emotional, physical, and sexual abuse, caregiver separation, and medical crisis.

**Adverse Community Experiences:** Impact population conditions. Examples include poverty, structural racism, community disinvestment, police violence, lack of affordable housing, lack of opportunity and economic mobility, discrimination, disconnected relationships, unemployment, and deteriorating built environments.

**Atrocious Cultural Experiences:** Impact macro and socio-historical conditions. Examples include slavery, genocide, colonization, segregation, forced family separation, removal of property, and other harmful social norms.

## **TRY FOCUSES ON COLLECTIVE IMPACT**

Collective Impact allows more to get done with fewer hands: Everyone works toward a Common Agenda, Shared Measurement we follow where the data leads, Activities are chosen based on the reach, expertise and talents of individual stakeholders (Mutually Reinforcing Activities). We make sure that everyone is "in the know" (Continuous Communication)

## **INTERVENTIONS**

### **Coping Together: 2021-2022**

Facilitated and Co-authored by TRY Community Health Workers

Results 3 Cohorts = 64 families 192 Participants

- 90% identified as African American; 10% identified as Latinx
- 90% of respondents reported having a daily impact from COVID-19
- 100% of respondents reported having a daily impact from racism pre pandemic
- 80% of respondents reported that in the last month they felt nervous and "stressed"
- 90% of respondents had difficulty communicating as a family

WEEK 1 BECOMING A STRONG FAMILY 75%

WEEK 2 BECOMING A FAMILY THAT TALKS TOGETHER 75%

WEEK 3 SETTING A FAMILY VISION 100%.

WEEK 4 BECOMING A FAMILY WITH A PLAN 100%  
WEEK 5 BECOMING A FAMILY THAT OVERCOMES TOGETHER 80%  
WEEK 6 BECOMING A FAMILY THAT TALKS TOGETHER 90%  
WEEK 7 ACTION PLANNING 90%  
WEEK 8: FUTURE PLANNING & CELEBRATING PROGRESS 100%

**Change Your Words. Change Your World 2021-2022:**

168 Participants - 100% report decrease in depression and ruminations and 90% felt more resilient  
Change Your Words. Change Your World helps manage the challenges of high stress, decreasing immune function, increasing chronic symptoms, deteriorating health, grief and overcoming trauma. It has been proven to increase immunity, improve overall health, and subsequently improve quality of life. Research has shown that expressive writing is known to decrease depression, stress, rumination and increase resilience. **No writing experience is necessary for this series!**

**Living in Future Tense (Youth Coalition) 25 youth**

Youth come together once a month to “talk prevention” in their own way: music, art, dance, poetry, spoken word guided by a weekly meet-up with a mentor. 9-17 years of age.

**OPIOIDS – FENTANYL STRATEGIES**

The number of overdoses continue to rise. Current data almost 60%

- Share the information from a weekly info alert with your Stakeholder group
- Visit the Durham County Department of Public Health pharmacy for a free naloxone kit
- SROs and a school staff member on site should have naloxone on hand.
- TRY’s seven strategies apply
- Do not use pills and Alcohol
- The Good Samaritan Program – Call for Help

**MARIJUANA AND TOBBACO USE PREVENTION**

30 Days to Quit – a guided program to help youth to stop using.

**ALCOHOL – YOUTH AND YOUNG ADULT PREVENTION & BUSINESSES**

Good Neighbor Business Network of over 550 Durham Businesses

**ANNOUNCEMENT**

CADCA MID-YEAR INTERNATIONAL CONFERENCE

Co Presenters Christopher Jones, PharmD, DrPH, MPH Deputy Director, Centers for Disease Control and Prevention and Dr. Wanda Boone, CEO Together for Resilient Youth

Centers for Disease Control, 2016:

Higher ACE scores are directly correlated with a wide range of health and behavioral/mental health issues. An ACE score of 7 increased the odds that an individual would attempt suicide by thirty-one times compared to a person with an ACE score of zero (Dube et. al, 2001).

The ACE exposure is correlated to higher rates of smoking, drug use, heavy alcohol use, poor educational and employment outcomes, incarceration, and involvement in violence both as a perpetrator and victim (Baglivio, et. al., 2015).

TRY is open to everyone! Join us on the 2<sup>nd</sup> Wednesday at 10:30 AM and 6:00 PM via ZOOM

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