

About SYNC

Strengthening Systems for North Carolina Children (SYNC) helps North Carolina communities that are disproportionately affected by adverse childhood experiences (ACEs) identify the factors causing ACEs. Community teams also learn how to identify ways to **strengthen systems and build community resilience to prevent and mitigate ACEs.**

SYNC is designed for **community teams of 10 to 25 people** representing a variety of sectors and perspectives in their community. Community teams learn how to apply simple **systems thinking approaches** to create a collective understanding of how to disrupt systems and structures in their communities that are driving ACEs.

We will be disseminating quarterly newsletters to provide project updates and share highlights and success stories from participating communities. You can view previous newsletters on the [SYNC Injury Free North Carolina webpage](#).

What are the benefits of participating in SYNC?

- Learn systems thinking techniques for cross-system, coordinated, long-term ACEs prevention work.
- Receive direct training and technical assistance from subject matter experts.
- Network and build relationships with organizations and members in your community who are doing ACEs prevention work.

What's Coming Up?

The 2024 application for SYNC is now open! **Apply [here](#)**. The application closes **Wednesday, February 28th at 5pm.**

The selected community team will participate in the SYNC training in fall 2024 and receive one year of ongoing technical stance after completing the training. For more information, view our [information packet](#) or watch our [information video](#).

SYNC Community Team Highlight

Our second community team was from Franklin County. Before participating in SYNC, Franklin County had established a Prevention and Thrive Team to strengthen protective factors around community youth and families. The team found they could not talk about risk and protective factors without also discussing ACEs, and they applied for SYNC out of an interest in incorporating ACEs work more systematically as part of their Prevention and Thrive Team's efforts to develop community protective factors and address risk factors that influence ACEs, youth outcomes, and healthy families. Franklin County also wanted to help community partners and stakeholders understand the correlation between ACEs and social determinants of health.

To learn more about Franklin County's experience with SYNC, read the testimony of the Franklin County community team leader [here](#).

SYNC Planning Team Highlight: Vichi Jagannathan



Vichi Jagannathan, MBA, MS
*Co-Founder of Rural
Opportunity Institute*

My name is Vichi and I am the Co-Founder of Rural Opportunity Institute (ROI) based in Edgecombe County, NC. We support rural NC communities to interrupt cycles of intergenerational trauma & design innovative solutions for healing & resilience. I am excited and grateful to be part of the SYNC team, and I offer support and technical assistance to both the team and our community partners in applying systems thinking and innovation methodologies in community-based, actionable settings. I first learned about systems thinking when I was an electrical engineer and saw a ton of promise in the approach for simplifying and understanding complex, dynamic problems. And yet I did not see many examples of the approach being applied to understand challenges in the social space. I helped found ROI to bridge this gap and support community leaders and organizations that are working on our most pressing societal challenges to learn & apply methodologies like systems mapping to accelerate and enhance the impact of their work. Through my work with ROI, I have been able to support thousands of local community members and organizations to create systems maps and other tools to better understand how to support healing in our community, and am also currently an adjunct professor at UNC Chapel Hill where I co-teach a course on Design Thinking for the Public Good. Ultimately, I hope to be able to support as many social innovators as possible to add systems thinking methodologies to their toolbelts in order to achieve faster and longer-lasting positive change across our communities.

Apply for the third and final round of SYNC by Wednesday, February 28th at 5pm. Access the application [here](#).

For more information, visit [SYNC's webpage](#) or contact Meghan Chua at chuam@live.unc.edu

