

## About SYNC

**Strengthening Systems for North Carolina Children (SYNC)** helps North Carolina communities that are disproportionately affected by adverse childhood experiences (ACEs) further their understanding of how community systems and structures influence ACEs.

Community teams use systems thinking to create a tailored diagram of community-level factors within their geographic area that influence ACEs and use their diagram to develop an action plan to prevent and mitigate ACEs.

*We are disseminating quarterly newsletters to provide project updates and share highlights and success stories from participating communities. To view past newsletters, visit the [SYNC website](#).*

## Learn more about SYNC!

Are you interested in learning more about SYNC? In the video linked below, two SYNC facilitators provide an overview of the project, including

- insights into the community team structure;
- process for developing CLDs;
- what technical assistance activities look like;
- lessons learned;
- and more!

[WATCH HERE](#)

## Year 4 Community: New Hanover County

We are excited to share that New Hanover County (NHC) was selected as the third and final SYNC community team. The NHC SYNC Team represents several different sectors and voices, including community advocates, law enforcement, mass communications/media, local health department, medicine, academia, nonprofit, and others. NHC is committed to deepening their understanding of the complex issues that affect children in the community and raising awareness of, and access to, resources within the county. The NHC SYNC Team has already met twice and is making significant progress on diagramming the risk and protective factors of ACEs in their county. They will continue their training through December 2024 and begin implementation in early 2025. We will share updates on their efforts in future newsletters

## SYNC Updates

We are developing a suite of SYNC products, including a manual and manuscripts, that communities can use to apply the SYNC program in their local area. We are also working to identify cross-community themes between the communities who have participated in SYNC. We will share themes and methods in a manuscript and additional accessible ways.



## SYNC Planning Team Highlight

The SYNC team is bittersweet to announce that Meghan Chua has left the planning team to take on a new role at the CDC. Her invaluable contributions as a SYNC facilitator over the past few years have made a lasting impact, and we deeply appreciate her expertise and dedication.

We are excited to announce that Sable Watson has joined the SYNC planning team as one of the facilitators for this upcoming year. Sable will be assisting with New Hanover's training and providing TA to Franklin County. Learn more about Sable in her bio below!



**Sable Watson, MPH**  
Doctoral Candidate  
UNC Gillings School of  
Global Public Health

I have over 14 years of experience in social and behavioral sciences research covering a breadth of topics such as socio-emotional development of children and sexually transmitted infections. Before my new role at UNC IPRC, I was a Project Manager at the UNC Center for Health Equity Research, where I oversaw community-based participatory research studies designed to reduce health disparities in rural, eastern NC. I am currently a doctoral candidate in the Department of Health Behavior at the UNC Gillings School of Global Public Health. I have an MPH in Health Behavior and a Certificate in Survey Science from UNC Chapel Hill.

Questions? For more information, [visit SYNC's webpage](#) or contact Sable Watson at [snwatson@email.unc.edu](mailto:snwatson@email.unc.edu)

