

Maine Resilience Building Network

Professional Development, Events, Resources, and News

MRBN Newsletter Resources & Good Works April 2021

Maine Resilience Building Network Meeting

April 29, 2021 9-11:30am

Open to members and non-
members (no charge)

Join us on Zoom

REGISTER HERE TODAY



Agenda

Welcome
Network and MRBN Updates

Mattering Initiative Update

Community Conversation Report:
Safe Spaces and Small Acts

Networking

Program

A Closer Look at 2019 Maine Integrated Youth Health Survey (MIYHS) Mattering Data

MIYHS Project Coordinator Korey Pow, MPH, reports on new protective factor data and the disparities that exist.

Understanding the Spatial Seeds of Poverty

Dr. Matthew P. Dube, Assistant Professor of Computer Information Systems and Data Science at the University of Maine at Augusta, explores not only the impact of poverty on an individual, but also the systemic nature of it here in Maine from the perspective of geography. We will take a different approach to utilizing Census and American Community Survey data that will seek to understand systemic poverty through spatial aggregations of data.

Community Conversation Summary



Between January 26 and March 22, nearly 500 people across the state of Maine joined one or more of our Community Conversations on Cultivating Mattering for Maine Youth. They shared stories, strategies, ideas, and concerns with us and, more importantly, with each other. These conversations, along with MRBN's other Mattering work, will inform the *Cultivating Mattering for Maine Youth* strategic plan.

The series had an immediate impact. Alicia Heyburn, executive director of Teens to Trails, let us know about several changes in the works for her organization, including the addition of a youth advisory council. "They will have an adult liaison, and will take part in designing or informing all of our program decisions. They will receive a stipend," Alicia said. The changes are a direct result of discussions about ways to authentically engage youth.

If you have made changes as a result of a Community Conversation, please let us know. Another way to keep us in the loop is to include **#mattering** on your social media posts about the great work being done in your community!

We will share highlights of our Community Conversations report during April's network meeting.

Thought Leader Roundtables Summary and Recommendations

MRBN's Thought Leader Roundtables are a key building block of our systems change initiative, Cultivating Mattering for Maine Youth. The roundtables convened a cross-sector group of leaders to think together, share insights, and consider strategies to address the issue of Youth Mattering in Maine.

We have compiled and processed what was shared. The Thought Leader Roundtables Summary and Recommendations report is now available on the [Mattering Resources page of our website](#).

TRAINING AND PROFESSIONAL DEVELOPMENT OFFERINGS



Lunch & Learn: Science of Mattering

Date: May 21

Time: 12:00-12:45

Fee: Free

Description: Join colleagues to learn the foundational science of cultivating a sense of belonging and mattering among youth. Mattering is a protective factor that reduces the likelihood of poor mental health and other risks such as suicide and substance misuse. Participants will leave with a grounding in the science of Mattering, explore statewide data, and discuss ways to cultivate Mattering as a primary prevention strategy. This offering is a highlight

of a larger training available to partners and communities across the state. Share this with a friend or colleague who cares about Maine Youth! [Click here to register for Lunch & Learn: The Science of Mattering](#)

Community Resilience Facilitator-Led Training: The Role of Life Experiences in Raising Healthy, Thriving Children, Families & Communities (one-hour and two-hour versions available)

Description: Breakthrough science on Adverse Childhood Experiences including research results from the ACE Study and survey data from Maine is presented. Participants learn about the impact of toxic stress on healthy brain development and how ACEs are linked to reduced health and well-being. Our biography does not have to be our destiny and the research on resilience is positive. Learning how to build resilience is introduced in addition to the important role of protective factors, such as caring relationships and environments. In longer formats, the training lays the foundation for future learning on trauma-informed approaches. Participants leave the session with a fuller awareness of the risks of early adversity and the benefits of relationship-based resilience.

Training is delivered by MRBN-trained Community Resilience Facilitators.

For more information about CRF-led training fees and to discuss scheduling a presentation for your business, organization, school, or community please contact training@maineresilience.org

A MRBN Intern's Perspective

I first came to learn about the Maine Resilience Building Network in 2016 when I participated in the Reaching Teens Institute. What I didn't realize then was that the two-day conference focused on building resilience in youth, and the room filled with inspired adults would not end there. You see, I am excited to learn of communities coming together to support one another in this way, but get a little deflated when everyone returns back to their routine. In days like today, when COVID-19 has pushed people into isolation and forced others far away, it was hard for me to imagine that there would still be momentum behind the scenes. Part of that momentum is MRBN and the people who support it.



Before being called to active duty, I worked as a career advisor for a local non-profit. I loved my job with a fiery passion and can remember always looking for the next opportunity for training. Oftentimes I found that the training was either too expensive to be supported by a non-profit, they were just out-of-reach in terms of accessibility, or they were short and sweet with little to no follow-up. Our lives are busy and it is hard to keep up, especially now with COVID.

The Maine Resilience Building Network is special. While other nonprofits have their "widgets" and "goals" to attain and maintain, MRBN focuses on bringing people together, collaborating, training and helping to make the community as a whole better. When short term training ends, MRBN is the connector and convener that keeps the conversation alive. MRBN continues to connect people and bring communities together through their community conversations, newsletters, training and innate ability to bring awareness of those who may feel unseen.

As an intern, my hope was to bring so much to MRBN. In my interview, I discussed bringing value to the organization. What I found was that MRBN brought the value to me. Through the work that the MRBN team conducts, the community conversations, the virtual training, and the discussions hosted by Kini, I have been reminded of that fiery passion I mentioned earlier. There is so much good work to be done. When times are difficult, like during a global pandemic, there are tiny organizations like MRBN making BIG impacts in our communities.

While my internship is coming to a close, I plan to stay connected with MRBN. My time with MRBN has been meaningful in that I gained new perspective into the history of Indigenous people in Maine. I've listened to subject matter experts share the powerful impacts they are making in their communities and I've gained a new understanding of just how powerful a small organization like MRBN really is. I hope if you are reading this, that you are a member of the MRBN network, and if not, I hope that you become connected as one.

Aleigh Suffern will receive her Master's Degree in Human Development from the University of Maine this spring. We are grateful for all she has done to support MRBN during her internship!

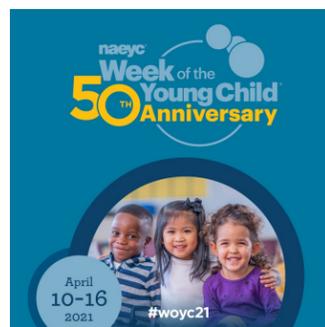


Celebrate the Week of the Young Child! April 10-16

At the Maine Resilience Building Network, we believe that quality child care and early childhood education is critical for Maine because it builds strong brains in children and supports families to build resilience and flourish. Supporting children today, supports the health of Maine in the future!

Join the party to celebrate the 50th anniversary of the Week of the Young Child and elevate the importance of supporting children, families, and educators.

[The Maine AEYC has resources and suggestions for showing your support.](#)



Training and Development

Knowledge System

RESILIENCE

SAVE THE DATE!

2022 MRBN BIENNIAL CONFERENCE
OCTOBER 26-27, 2022

Maine Resilience Building Network

MRBN Staff Meeting



MRBN cannot survive on Zoom calls alone! Taking advantage of some early spring warmth, Executive Director Kini Tinkham, Training and Engagement Director Ruby Parker, and Development and Communications Director Maureen O'Brien held an outdoor staff meeting at Pineland Farms in New Gloucester.

How have you been adapting your work routines? We'd love to see and share your photos! Send them to maureen@maineresilience.org

Join MRBN

Looking for ways to support our work and strengthen your connection to MRBN?



Become a member!

Join MRBN

The Maine Resilience Building Network's mission is to promote resilience in all people by increasing the understanding of the impacts of Adverse Childhood Experiences (ACEs) and the importance of building resilience through protective factors such as positive relationships.

maineresilience.org

