



# MAINE RESILIENCE BUILDING NETWORK



Professional Development, Events, Resources, and News

## Resources & Good Works MRBN Newsletter, February 2021



### WELCOME MRBN MEMBERS AND NON MEMBERS

#### Maine Resilience Building Network Meeting

**MARCH 25, 2021 9AM-NOON**

**Virtual Zoom Event**

**Free Event Everyone Welcome**

**REGISTER HERE TODAY**

#### Agenda:

**Welcome, Network and MRBN Updates**

**Mattering Initiative Update**

**Networking**

**Program**

#### **Creating Places of Belonging: Place-Based, Data Informed Strategies to Strengthen Social and Economic Wellbeing in Maine**

Join us to learn more about how our communities can support people and create a sense of belonging for families interacting with our criminal justice system. Erika King, MSW, of the *Place Matters* project will provide a presentation on breaking the cycle of incarceration for families in Maine. The Place Matters project is housed at the Justice Policy Program within the Cutler Institute at the Muskie School of Public Service, which is located at the University of Southern Maine

#### **Supporting Children and Families During the Pandemic**

Continuing our highlight of community programs across Maine, the *NorthStar Program* at Bryant Pond 4-H Camp and Learning Center will talk about how they are supporting youth mattering during this challenging year.



## REGISTER FOR A VIRTUAL COMMUNITY FORUM

Facilitated by Carole Martin

January- March of 2021, The Maine Resilience Building Network-MRBN- is hosting facilitated Community Conversations to Cultivate Mattering for Maine Youth. Virtual Forums are schedule in all 9 Public Health Districts across every Maine County. Participation is Free to Attend. Together we will listen, learn and share. All community members are encouraged to attend. Your voice matters.

During this time of opportunity and challenge, together we must create a springboard for community driven change for Maine youth. Across Maine, too many youth are isolated. The rate of youth anxiety, depression and feelings of loneliness in Maine have reached crisis levels.

In the 2019 Maine Integrated Youth Survey almost 50% of youth feel they do not matter to their community. While a child may feel connected within their family or school, how can we create a culture in Maine where youth feel they matter in community? Mattering and social connectedness are protective factors for such issues as suicide and substance use. A strong sense of mattering in the community helps provide a sense of connectedness with lasting effects on their health and well-being. Connectedness refers to a sense of being cared for, supported, and belonging, and can be centered on feeling connected to school, home, with other important people or organizations.

The facilitated community conversation will offer an opportunity to listen, share perspectives and gather information from participants about youth mattering. Participants will have an opportunity to respond to questions, share community assets...what we are doing well, what can we do better, and offer multiple perspectives. We encourage meaningful participation from people across diverse sectors. Following the nine Community Conversation events a written report will be made available on the Maine Resilience Building Network website in April.

Thank you in advance for Joining the Conversation! If you can not attend your health district/county zoom event, please attend another event. There are two evening events available.

Please join the virtual Community Conversations to learn more about how you can build positive connections for Maine Youth.#MatteringForMaineYouth

[York County Public Health District 1- Jan. 26- 1:00pm -- 2:30pm](#)

[Cumberland Cty Public Health District 2- Feb. 3- 6:30pm-8:00pm](#)

[Androscoggin, Franklin Oxford Cty Public Health District 3- Feb. 11- 1:00pm-2:30pm](#)

[Somerset, Kennebec County Public Health District 5- Mar. 18- 1pm- 2:30pm](#)

[Waldo, Lincoln, Knox Cty Midcoast Public Health District 4- Feb. 8- 6:30pm-8:00pm](#)

[Penobscot, Piscataquis County Penquis Public Health District 6- Mar. 16- 1pm-2:30pm](#)

[Hancock, Washington Cty, Downeast Public Health District 7- Mar. 5- 1:00pm-2:30pm](#)

[Aroostook County Public Health District 8- March 22 - 1:00pm-2:30pm](#)

# SAVE THE DATES!

Maine Resilience Building Network is looking forward to a year of connecting and networking, learning and advancing.

<https://maineresilience.org/>

## 2021 MRBN NETWORK MEETINGS



January 28- 9am-12pm

March 25- 9am-12pm

April 29- 9am-12pm

July 29- 9am-12pm

Sept. 30- 9am-12pm

November 4- 9am-12pm

*Program Details To Be Announced Monthly in News & On the MRBN Website*

## Join MRBN

The Maine Resilience Building Network invites you to become a MRBN member. Together we are raising awareness of the ACEs science and resilience building in Maine and nationally. The MRBN Network is an integral part of the work that is happening across sectors to improve well-being and build systems that strengthen children, family and community connections so all people matter. MRBN is responsive to the network through statewide network meetings, professional development and consultation. MRBN provides contributions to state and local policy development on resilience-building strategies that impacts the well-being of our children, families, and communities. Join the Network today.

[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.*

<https://maineresilience.org>

