

Maine Resilience Building Network

Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works May 2021



A Note From Kini

I imagine each of you have been spending time outside and reconnecting with friends and family. Time in the outdoors offers many benefits.

I want to thank the MRBN network and community members who joined the Cultivating Youth Mattering Community Conversations this year. We are learning from programs and community members that your contributions and reflections have resulted in systemic program changes and awareness to pause to consider how one conveys to another that they matter. Healthy relationships are critical to our youth developing a strong social and emotional foundation. Our communities will benefit today and in the future. Together, we will continue to

COMMUNITY CONVERSATION REPORT RELEASE

BUILDING A CULTURE FOR COMMUNITY RESILIENCE: SAFE SPACES AND SMALL ACTS

When youth feel they are seen, heard, and valued – that they Matter – they have a protective factor that can help mitigate their risk for diseases of despair including substance use disorders, suicide, and depression. More than 40% of Maine middle and high school students say they don't feel they Matter to their community. We think Maine can do better.

Over the course of two months, MRBN hosted nine Community Conversations across the state. Nearly 500 people joined to share strategies and success stories about increasing Youth Mattering. Their observations form the foundation of our new report, [***Building a Culture for Community Resilience: Safe Spaces and Small Acts.***](#)

We invite you to read this report and [***share your thoughts with us.***](#) We hope it sparks ideas for engaging your community.



Another way to keep us in the loop is to include ***#mattering*** on your social media posts about the great work being done in

strengthen community mattering.

Wishing you an abundance of sunshine and laughter in your day.

Kini

Kini-Ana Tinkham is the Executive Director of the Maine Resilience Building Network. She would love to hear from you!

kini@maineresilience.org

your community!



LEARN MORE ABOUT THE SCIENCE OF MATTERING

Grab your lunch and join us on Zoom for a virtual Lunch & Learn session about Mattering. 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 session offers highlights of a larger training available to partners and communities across the state.

Friday, May 21
12-12:45
FREE

[Click here to register for Lunch & Learn: The Science of Mattering](#)

KIDS COUNT LUNCH & LEARN

Join MRBN for a Lunch & Learn presentation and discussion of the newly released 2021 Maine KIDS COUNT Data Book with Helen Hemminger from the Maine Children's Alliance.

The Maine KIDS COUNT Data Book is the comprehensive report of the physical, social, economic, and educational well-being of children in Maine. The Data Book can serve as a useful resource to advocates and decision makers to ensure policies and programs are centered in supporting and strengthening families.



Friday, June 18
Noon-1pm

[Click here to register for Lunch & Learn: KIDS COUNT](#)



THE COMMUNITY RESILIENCE FACILITATOR PROJECT

Sometimes, the best person to help a group understand ACEs and resilience is someone who is already connected to the community. MRBN'S Community Resilience Facilitator (CRF) program was created in response to requests for local training and technical assistance from schools, healthcare practices, community collaboratives, and others across the state.

Karen White has been a part of MRBN since our earliest days as an all-volunteer organization. She jumped at the chance to be one of the first CRFs.

"This is a message for everyone," Karen said. "I love seeing people have their eyes opened and realizing that this is really important."

Karen is based in Androscoggin County. She would would like to see more businesses and organizations like Rotary Clubs schedule trainings.

CRFs are fully trained by MRBN staff and compensated for their time. If you're thinking about

becoming a trainer, Karen says do it! "It's needed. And it's worthwhile work."

CRF presentations cover three main topics: the Adverse Childhood Experiences (ACEs) study, brain development and how brains are impacted by toxic stress, and resilience building and protective factors that help buffer the impact of ACEs. All presentations include statewide data on ACEs in Maine. Participants leave the session with a fuller awareness of the risks of early adversity and the benefits of relationship-based resilience.

For more information about the CRF program, including fees and scheduling, please contact training@maineresilience.org

MAINE CHILDREN'S HOME

Maine Children's Home (MCH) offers programs for building and strengthening families and their children, instilling hope for the future and a better quality of life. Founded in 1899, the Waterville-based organization has evolved with the changing needs of families and children, and supports more than 3,000 people each year through the following programs and services:

- Family Adoption Program
- Family Counseling Center
- Teen Parent Education Program
- Connected Families Project
- Christmas Program
- Summer camp connections



[Visit the Maine Children's home website to learn more about their services and how you can support them.](#)



*Justin and Kate Russell adopted two-year-old Harry from South Korea with help from Maine Children's Home during the pandemic in 2020.
(Photo provided by Maine Children's Home)*

*If your organization has a MRBN membership, we'd love to shine a spotlight on your good work!
Contact [Maureen O'Brien](#).*

Join MRBN

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

Become a member!



[Join MRBN](#)

BUILDING RESILIENCE
Mindfulness builds resilience.

If your child does yoga or breathing exercises at school, ask them to teach you. Consider making it part of your family routine.

A few minutes of self-care goes a long way!



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

