



Mattering.



BUILDING RESILIENCE

Maine Resilience Building Network October, 2020 RESOURCES & GOOD WORKS

**WHAT IF YOU
KNEW THIS TEEN
THOUGHT THEY
DIDN'T MATTER?...**

Would you see this image differently?



Every Child in Maine Should Matter.



**MRBN's Biennial Conference
Goes Virtual with Groundbreaking
New Science and Education on the
Importance of Mattering to
Thriving!**

**Cultivating Mattering: Promoting
Hope, Healing and Flourishing
in Maine**

Featuring

**Christina Bethell, PhD, MBA, MPH.
November 12-13, 2020**

Registration Fees

**Underwritten with Many Thanks
from**

Kennebunk Savings!

\$10. member rate, \$20. non-member rate
\$10. full-time student rate.

Science Matters	Engagement Matters	You Matter
Articulating our new integrated science of thriving	Positive and relational health hinge on engagement	Every interaction creates a reaction – within and between us
Translate into programs, policy and cultural mindsets (world views, beliefs, relationships, awareness, agency, stories matter)	Engagement requires a sense that we, you and life matters—restoring hope, agency and the “will to be well”	We are in a decade that matters—living in a pivotal time and becoming the ecosystem to take healing to scale

REGISTER TODAY

Nov. 12th- 10:00am- 11:30am *Keynote: We Are the Medicine: Building an EcoSystem to Take Healing and Flourishing to Scale with afternoon breakout sessions- 1:00pm*

-2:30pm Community Forum facilitated by Dr. Bethell **November 13th**

10:00am-11:30am *Keynote: Prioritizing Possibilities: Leveraging the Power of Relationships and Family and Community Engagement to Catalyze and Sustain Flourishing*

Breakout Sessions **1:00pm -2:30pm**

Community Forum facilitated by Dr. Bethell

For program details, please visit

www.maineresilience.org/event-3260673

Register Now

**MRBN ANNOUNCES STATEWIDE MATTERING
INITIATIVE
REGISTER FOR DECEMBER ROUNDTABLES**

REGISTER TO LISTEN IN TO MAINE THOUGHT LEADERS



REGISTER TO ATTEND A SESSION

In the Maine Integrated Youth Health Survey, middle school and high school Students, when asked if they mattered in their community, could only agree less than 60% of the time “I Matter”. High School students report a 15-point drop in feeling they have support from an adult that is not a parent. These are failing grades. Maine has the most anxious children in the nation, the teen suicide rate is on the rise and our youth rank 3rd in the nation as most depressed.

Facilitated Maine Thought Leader Roundtables

December Opportunities

Dec. 3 or Dec. 9

Join the Groundbreaking Conversation

Cultivate Mattering for Maine Youth

MRBN is convening thought leaders across Maine from all sectors of business, healthcare, community organizations, youth programs, government and law enforcement along with representation from all 10 Public Health Districts to begin the conversation to Cultivate Mattering for Maine Youth.

LISTEN IN AND SHARE YOUR QUESTIONS & INPUT VIA WEBINAR CHAT

CHOOSE THE VIRTUAL ROUNDTABLE DAY BEST FOR YOU:

December 3rd - 9:00-10:30 OR December 9th - 1:00-2:30

Cost: \$0.00. No Fee

Webinars will be facilitated by Carol Martin.

Participants can send comments via chat throughout the webinar to participate. A Report of the two Thought Leaders Round Tables will be posted on the MRBN website. Webinar will be recorded. Organizations may have more than 1 attendee. To learn more about Cultivating Mattering for Maine Youth, please reference the MRBN White Paper.

You Matter to the Conversation

Choose Your December Roundtable Here



MRBN IS GROWING

PLEASE JOIN US IN WELCOMING NEW MRBN TEAM MEMBERS!

RUBY PARKER, BA, MS- Engagement and Education Director

Ruby was born and raised in Portland, Maine and has returned home to Maine! We are fortunate to have her experience building resilience for Maine. Over the past 4 years, Ruby has led a statewide public awareness campaign in Maryland to educate parents, policy makers, professionals, and community members about the impact of ACEs and lasting effects of trauma on the brains and bodies of children. Through these efforts, Ruby has built a learning collaborative of professional trainers who work to spread awareness through presentations designed to build self-healing communities. Ruby has also been a member of a number of coalitions, committees and legislative task forces all aimed to address trauma and promote safe and supportive environments for children. Ruby is excited to bring her knowledge and experience back to Maine to build upon the important work of MRBN to promote resilience in all Mainers.

Ms. Parker obtained her education in Baltimore with a bachelor's degree in Sociology from Goucher College and a master's degree in Conflict Management from the University of Baltimore.



JENNIFER DUBE, BA, CAS- Development and Operations Director

Jennifer joins MRBN with years of professional development, marketing, communications and operations experience. A continuous improvement leader, Ms. Dube holds a degree in Journalism from the University of Maine with a concentration in marketing and advertising and is a certified grant writer and advertising specialist. Jennifer has consistently led teams across multiple industries in sales, development, marketing and operations to award-winning outcomes and has earned multiple President's Club and Development Awards from national organizations for organization growth. She lives in Mount Vernon, Maine with her husband Dan Works and their two dogs. Their two sons are grown and live in Boston and Chicago. Jennifer is a Board Member of the Mount Vernon Community Partnership Cooperation and enjoys spending her time recreating on the lakes and mountains surrounding the 30 Mile River Watershed area of Maine and beyond. Jennifer looks forward to joining the conversation to grow resilience across Maine and to connecting with the many persons who support MRBN.

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

Equity Workshop Series

Led by Sultana Khan

Session 1: Bias & Brain Development - October 19th 9am - 10:30am



MRBN is offering an October workshop opportunity to engage Maine community members to increase knowledge around systemic injustice. This series was created by Sultana Khan, a New England based consultant who has worked with Maine youth, educators and community members to increase their understanding and activism around social change.

Anti-racism education builds resilience for everyone. Evidence shows that systemic injustice has a negative effect not only on the marginalized community members who are directly impacted, but every community member, regardless of identity. Studies support the idea that when communities take action to address racism, outcomes for every group improve.

MRBN will offer a three-part series that focuses on three outcomes: education, acknowledgment, and action.

Each 90 minutes session is unique and attendees can choose to take one or all three.

October Dates- Register for all or any one in the series

Monday, October 19th 9am - 10:30am

Thursday, October 22nd 11am - 12:30pm

Tuesday, October 27th 6:00pm - 7:30pm

The cost to attend each session is \$30 for MRBN members and \$40 for non-members. Additionally, MRBN will set aside \$5 per attendee to donate to Maine-based organizations supporting people of color. Each session is limited to 30 attendees. Each session is an independent program and the three programs do not need to be taken in a specific order.

Session 1: Bias & Brain Development - October 19th 9am - 10:30am

This workshop will use Daniel Kahneman's theory of fast and slow thinking to explain how representation, societal structure, and brain development create a culture of biased thinking and behavior. Attendees will take the Harvard Implicit Bias test prior to the workshop and will receive follow up materials to practice unlearning their own biases.

[Register Session 1 Here](#)

Session 2: Microaggressions - Reflecting on Harmful Language - October 22nd 11am - 12:30pm.

This workshop will expose and explain the subtle nature of microaggressions, which are defined as "daily verbal, behavioral, and environmental communications, whether intentional or unintentional, that transmit hostile,

derogatory, or negative messages to a target person because they belong to a stigmatized group."

[Register Session 2 Here](#)

Session 3: A Racial History of Maine - October 27th 6pm - 7:30pm

This workshop will explore the history of racial prejudice in Maine, from the persecution of residents of Malaga Island to the KKK to the history of US relations with the Tribes that have lived in this area for thousands of years. This real history is a necessary component of anti-racism education for Mainers. [Register Session 3 Here](#)

JOIN MRBN TODAY

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>



Maine Resilience Building Network | PO Box 333 , Manchester, ME 04351

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