



Mattering.



BUILDING RESILIENCE

**Maine Resilience Building Network
December Newsletter
RESOURCES & GOOD WORKS**

**HAPPY & SAFE HOLIDAY SEASON
FRIENDS!**

**ANNOUNCING 2021 MRBN NETWORK MEETING
DATES**

**JANUARY 28 MEETING IS NOW OPEN FOR
REGISTRATION**

Professional Development Program

*Shifting Response to Social Determinants of Health: Challenges &
Opportunities in Supporting the Health & Wellbeing of Youth &
Families*

***Free to MRBN Members* Open to Non Members at \$20.00 per person.**

REGISTER TODAY

SAVE THE DATES!

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

2021 MRBN NETWORK MEETINGS



January 28- 9am-12pm	Location: Virtual
March 25- 9am-12pm	Location: Virtual
April 29- 9am-12pm	Location: Virtual
July 29- 9am-12pm	Location: TBD
Sept. 30- 9am-12pm	Location: TBD
November 4- 9am-12pm	Location: TBD

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

The 2019 Maine Integrated Youth Health Survey indicated that 21.3% of Maine high school students had experienced four or more ACEs. Four or more ACEs is the tipping point for negative outcomes.

In many cases less than 50% of students agreed that they mattered in their community. With teen suicide rates on the rise in Maine and these failing grades, MRBN is creating a call to action for Maine Youth to Matter More.

As part of its call to action to Cultivate

ANNOUNCING VIRTUAL COMMUNITY FORUMS Youth Mattering Community Conversations

Register Today! Funded Program. Free to Participants.

Forums Facilitated by Carole Martin- Choose Best Forum(s) for you!



MATTERING FOR MAINE YOUTH

"Mattering is the sense of being significant and valued by other people...People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives."
-Gordon Flett

York County-Health District 1- January 26 1:00pm-2:30pm

Aroostook County- Health District 8- Feb 2- 1:00pm-2:30pm

Cumberland County- Health District 2- Feb 3- 6:30pm-8:30pm

Mattering for Maine Youth, this December MRBN launched virtual Thought Leader Roundtables statewide. Following this effort MRBN is hosting a series of facilitated virtual Community Forums to discuss Mattering for Maine Youth focused in all Public Health Districts that will include every Maine County.

All Community Forum Conversations will be facilitated By Carole Martin.

We invite you to attend! Forums are open to all community members, parents, business leaders, human resource teams, civic leaders, organizations, healthcare professionals, and educators.

YOU MATTER TO THE CONVERSATION!

Please share the invite & Register to receive your active forum link.

JOIN THE

Waldo, Lincoln, Knox, Sagadahoc Cty, MidCoast Health Dist 4 - Feb 8-6:30-8:00pm

Androscoggin, Franklin, Oxford Cty-Health Dist. 3- Feb 11- 1:00-2:30pm

Washington, Hancock Cty- Health Dist 4-Downeast Mar 4- 1:00pm-2:30pm

5 Tribal Health Districts- March 10- 1:00pm-2:30pm - All Tribal Communities Listed upon Registration

Penobscot, Piscataquis Cty, Penquis Health Dist 6 -Mar 16-1:00p-2:30pm

Somerset, Kennebec Cty- Central Health Dist 5- Mar 18- 1:00pm-2:30pm

The research indicates connectedness is an important protective factor for youth that can reduce the likelihood of a variety of health risk behaviors during adolescence and long term. Youth connectedness has lasting effects including improved academic achievement, reduced health risks related to substance use, suicide and mental health.

We are moving our initiative to communities to continue the *conversation* that started with Maine Thought Leaders. We want to hear from neighbors, parents, organizations, civic, business and healthcare. Multiple perspectives from diverse people and organizations will improve lasting progress and community-driven change.

Together, we will listen to stories, concerns and opportunities to strengthen youth resilience. Communities with an inclusive sense of belonging can build an assets driven response to youth matterining. **JOIN THE CONVERSATION!**

[READ MORE CDC YOUTH CONNECTEDNESS](#)



Registration is Open January-March

**CONVERSATION
FOR
COMMUNITY
DRIVEN
CHANGE**

#MatteringforME

**Registration also available at
www.maineresilience.org**

**COMMUNITY FORUMS WILL WORK TO
ACHIEVE**

Multiple perspectives on Mattering for Maine Youth
Meaningful participation from diverse people &
organizations

A commitment to equitable processes and outcomes
Paths that are transparent and widely supported



***Aleigh Sufferin is
part of the Maine
Resilience
Building Network
Intern Program.***

***We thank Aleigh
for the
contribution she
makes to our
country, state and
to the efforts to
build resiliency
for Maine.***

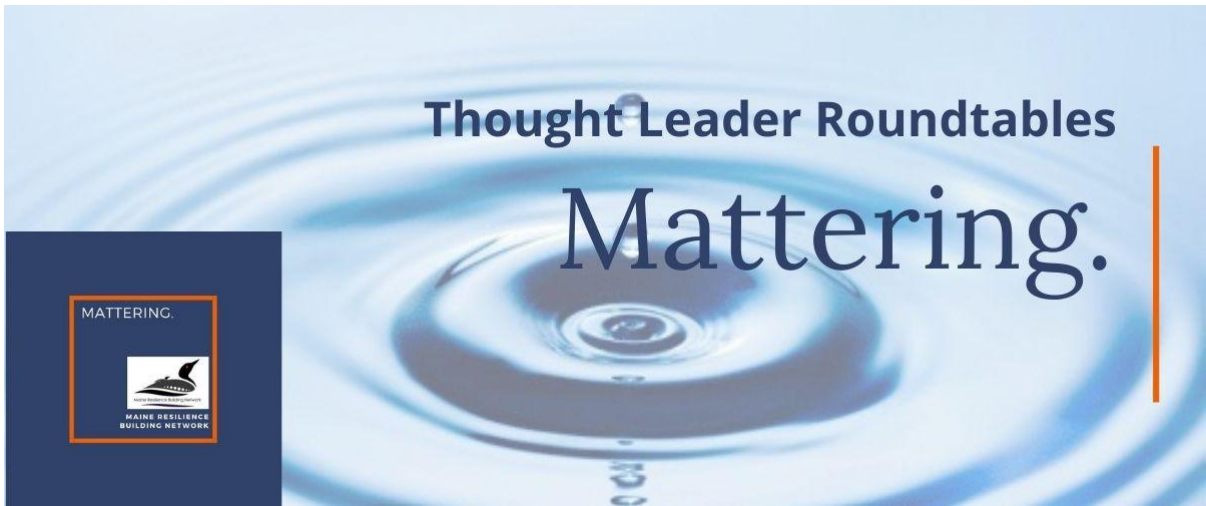
MEET ALEIGH SUFFERIN!

Aleigh Sufferin is currently serving active duty in the Maine Army National Guard where she has proudly served for 11 years. Aleigh is working toward earning her Masters of Science in Human Development at the University of Maine. Aleigh is also serving as an intern with the Maine Resilience Building Network!

Prior to serving active duty, Aleigh worked as a TechHire Navigator and Youth Career Advisor with Eastern Maine Development Corporation where in 2015 she was awarded Employee of the Year for her selfless dedication in serving young Mainers. As a Youth Career Advisor, she worked individually with each youth helping them make informed decisions about their education, relevant training, and employment options.

Passionate about helping other persevere through the barriers of poverty, Aleigh became a nationally certified poverty coach in 2015 through Communications Across Barriers. Her first-hand experiences of generational poverty, and homelessness has influenced her desire to bring change to those who face poverty.

She was awarded the Outstanding Volunteer Service Medal for completing 700 volunteer hours with the Literacy Volunteers of Bangor, and has also served on their Board of Directors. When Aleigh is not working with the military or taking classes, she can be found looking for innovative ways to support her community, like her internship with MRBN. Aleigh lives in Hermon, ME.



ON DECEMBER 3 & DECEMBER 9 OVER 200 PERSONS GATHERED VIRTUALLY FROM ACROSS MAINE TO DISCUSS CULTIVATING MATTERING FOR MAINE YOUTH

Attendees Shared: "Inspiring Conversation"- "Much Needed. Long Overdue Conversation." - "This conversation is on point."- "We must make Mattering a priority for our Teens, they are Maine's Future". "This is Community Work. It is Everyone's Work."...

**A Public Report Will Post Soon to the MRBN Website
Thank you to Participants & Thought Leaders!**

December 3 Leaders: Barrett Wilkinson-Director of Diversity, Equity and Inclusion-Portland Public Schools, Catharine Biddle-MRBN Board of Director, Vice President-Associate Professor of Educational Leadership-College of Education and Human Development-University of Maine, Mike Felton-Superintendent-St. George Municipal School Unit, Ana Hicks-Senior Policy Analyst and Children's Cabinet Coordinator Governor's Office of Policy Innovation and the Future State of Maine, Pender Makin-DOE Commissioner, Tara Williams-Executive Director-Maine Association for the Education of Young Children, Mary Bonauto-Civil Rights Project Director-GLBTQ Legal Advocates & Defenders, Kevin Hancock-Chairman + CEO Hancock Lumber.

December 9 Leaders- Gordon Smith-Director of Opioid Response-State of Maine, Deborah Hagler- MD-Mid Coast Pediatrics-President AAP, Maine Chapter, Jason Judd-Executive Director Educate Maine, Dr. Todd A. Landry-Director-Office of Child & Family Services, Shanna Cox-President + CEO-Lewiston Auburn Metropolitan Chamber of Commerce, Erin Benson-Program Coordinator-Workforce Development and HEAP- Aroostook County Action Program, Sherry Pineau Brown-Educator Waterville High School-Educator- English Teacher-MRBN Advisory Committee member, Morgan Hynd-Director-Bingham Program

JOIN TODAY!

JOIN THE CONVERSATION
BECOME A MRBN MEMBER TODAY

GRASSROOTS GROWS RESILIENCE

BECOME A MRBN MEMBER or DONATE TO MRBN TODAY!
SUPPORT MATTERS TO GROWING ACEs AWARENESS,
ADVOCACY, EDUCATION OPPORTUNITIES AND POSITIVE
CONNECTIONS TO BUILD RESILIENCE FOR MAINE.

JOIN MRBN TODAY



Amid Ongoing Pandemic Anxiety, King Introduces Bill to Support Children’s Mental Health Maine Youth Development Community Welcomes Senator’s Efforts and Vision

WASHINGTON, D.C. – U.S. Senator Angus King (I-Maine) today announced the introduction of the Improving Data Collection for Adverse Childhood Experiences (ACEs) Act, a bill that would authorize \$10 million annually over five years to support Centers for Disease Control (CDC) research and data collection efforts on the impact of childhood trauma on long-term health. This field of study is increasingly important, as existing research shows that certain negative events, circumstances, or maltreatment during childhood – known as adverse childhood experiences (ACEs) – are associated with negative health outcomes both in childhood and later in life. An increased understanding of the connection between

ACEs and long-term health is now even more critical, as studies from the National Institutes of Health (NIH) show that social isolation, school closures, and other stressors unleashed by the coronavirus pandemic may be amplifying ACEs. [READ MORE HERE](#) Maine Resilience Building Network Executive Director Kini-Ana Tinkham is quoted within the Press Release.

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.

IT IS OK TO NOT BE OK HOTLINE NUMBERS

*MRBN Members & Friends: Please seek help right away if you have trouble coping or feel overwhelmed or are worried about a friend or loved one. **The Maine Statewide Crisis Hotline is available 24/7. For assistance, call 1-888-569-1112 or call 211, Maine's Resource Line. The Teen Peer Support Text Line 207-515-8398, for ages 14-20, staffed by people under 23 years old. [Please view MRBN's Wellness Resources](#)***

<https://maineresilience.org>



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