

# Maine Resilience Building Network

Professional Development, Events, Resources, and News

## MRBN Newsletter Resources & Good Works April-May 2022

### A NOTE FROM KINI

Welcome to spring!

We are pleased to bring new monthly shared learning opportunities to you. Registration is open for the May 5<sup>th</sup> Network Meeting. We will continue to hear from Youth Mattering community programs highlighting authentic engagement with youth in community. MRBN will introduce new Youth Mattering resources and updates. Remember You Matter too. I hope you are able to build pauses into your day and step outside in the fresh and reconnect with a colleague, friend or family. The birds are offering new song and dance each morning bringing me happiness and opening my mind to what is possible moving forward.

Wishing you all joy

**Kini**

*Kini-Ana Tinkham is the Executive Director of the Maine Resilience Building Network.*

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### MRBN Network Meeting

May 5, 2022

9:00-11:30am no charge

### Cultivating Mattering for Maine Youth

The Maine Resilience Building Network (MRBN) launched the Cultivating Mattering for Maine Youth initiative in 2020 and 2021 with a series of statewide events to bring awareness to the issue and engage a variety of youth serving organizations and stakeholders to inform the next phase of the Youth Mattering Initiative.

### New Resources and Opportunities

MRBN will introduce Youth Thriving Guide: A Guide for Community Action, resources, shared learning opportunities and an update on youth messaging guidance.

We are pleased to continue to showcase Youth Mattering community programs. We are inspired by their work and creativity to make a lasting impact.

### Presenters

**Choose To Be Healthy serving southern York County - Simple Ways to Make Youth Mattering Matter to Your Work:** Sally Manninen and Gina Brodsky will introduce how a community coalition in southern Maine brings youth connectedness to its communities and discuss their Youth programming in support of Youth Mattering.

### Healthy Communities of the Capital Area- Lots of Ways to Show Youth They Matter

Kevin Carter, Patricia Buck Welton and Joanne Joy will introduce some of the opportunities their diverse funding has allowed them to engage and support youth in many ways.

- Restorative Practices at the Gardiner Middle School and Lawrence High School
- It's all about Collaborations-Engaging Partners
- Expanding Summer Programming for LGBTQ+ Youth

### Be the Influence Coalition in Windham/Raymond

Laura Morris, Director of the Maine has designed an Arts in Prevention series that has yielded amazing outcomes for the youth involved. Through art, theater, Hip Hop, dance, music and journaling, youth are finding outlets for expression that are healthy and meaningful in helping them overcome adversity.

**MRBN Learning Circles** provide opportunities to connect to focus on shared learning and different perspectives into a common understanding of a topic and empower solutions. MRBN believes that every participant has something to contribute and that we each have something to learn. Attendance at each scheduled learning circle is optional. Please reach out with any questions at [info@maineresilience.org](mailto:info@maineresilience.org). Visit MRBN website-Events for dates/times and register. The monthly Learning Circles begin late April. More information is provided below.



**Youth Mattering Learning Circle** brings together MRBN Network colleagues passionate about improving a youth's belief that they matter in their community. Current research will be offered to understand positive environments and relations that support resilience.

Participants share what they have learned from youth in their communities, what is working, the needs they see, and share successes. Discussions may support resource development MRBN's Cultivating Mattering for Maine Youth Initiative goal.

**May 10, 2022, 12:00-1:00 PM**

**Social Connectedness and Community Resilience Learning Circle** offers a forum to discuss community resilience and recovery from the pandemic. As we begin to reconnect how do we achieve social connectedness in our communities? How do we ensure social connectedness is achieved for all disadvantaged populations? Resilience is relational and communities play a key role in adapting to stresses and challenges. We will begin to identify community practices, policies and environments that may need to be addressed and steps participants can bring back to their community to work across sectors to individual and community resilience.

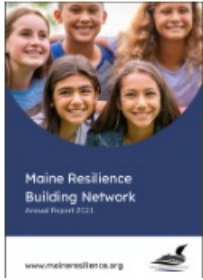
**April 26, 2022, 12:00-1:00 PM**

### MRBN Youth Mattering Video



MRBN launched a [short video](#) about mattering on our social media channels. As we continue to talk about what it means to feel seen, heard, and valued, we want to invite you to be curious with us about how we can all step up to the challenge of helping Maine youth feel like they matter. Please share this video to help us keep the conversation going about how all young people in Maine deserve the chance to feel like they are important to the

people around them and visit the [MRBN website](#) for more resources on how to improve mattering in your community.



### [Annual Report](#)

We are pleased to share the MRBN 2021 Annual Report. We invite you to partner with the Maine Resilience Building Network. 2022 offers an abundance of opportunities to connect and make an impact.



**SAVE THE DATE!**  
**MRBN BIENNIAL CONFERENCE**  
**APRIL 12-13, 2023**  
**Samoset Resort, Rockport**



To learn more about MRBN's educational offerings or to schedule a training for your business, group, or organization, contact [training@maineresilience.org](mailto:training@maineresilience.org).

### **SOCIAL CONNECTEDNESS/COMMUNITY RESILIENCE LEARNING CIRCLE**

April 26, 2022 12:00 PM • Virtual- via Zoom

### **MRBN NETWORK MEETING - MAY 2022**

May 05, 2022 9:00 AM • Virtual via Zoom

### **YOUTH MATTERING LEARNING CIRCLE**

May 10, 2022 12:00 PM • Virtual-Zoom

### **RURAL YORK COUNTY CONSORTIUM COMMUNITY CONVERSATION**

May 17, 2022 12:00 PM • virtual via zoom

### **MRBN NETWORK MEETING - SEPTEMBER 2022**

September 08, 2022 9:00 AM • Virtual via Zoom

### **HELP US BUILD CONNECTIONS WITH BUSINESSES IN YOUR COMMUNITY!**

Thank you to all who have suggested businesses who are potential partners in our Youth Mattering work! We are interested in connecting with businesses in your community that may be interested in working with us to decrease social isolation and increase youth mattering.

Local businesses have an incredible opportunity right now to become more youth-friendly, offer career exploration activities for young people, and build community resilience through intentional actions.

We'd love a personal connection to guide us reaching these potential collaborators. Please



email our Special Projects Director, [Sultana Khan](#), with your recommendations. We look forward to hearing from you!

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## FREE PREVENTION RESOURCES AVAILABLE

To access free printable or downloadable resources, visit the [Maine Prevention Store](#).



If you're worried someone might be at risk of suicide...

### #BeThe1To: Ask

If someone you know is struggling, ask: **"Are you thinking about suicide?"**

Asking doesn't hurt - and it could help save a life.

For more ideas on how to help, visit [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, reach out to the [Maine Crisis Line 1-888-568-1112](#) or the [National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](#)

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Support our work, strengthen your connection to MRBN,  
AND gain access to member events and discounts!



[Join MRBN](#)

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*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.*

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[maineresilience.org](http://maineresilience.org)

