

Maine Resilience Building Network

Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works August 2021

A Note From Kini

It was wonderful to be in-person for a recent training. Connecting with folks when I arrived and having casual conversation was so refreshing!

The day brought clouds and rain but this did not prevent the Crisis & Counseling Case Management Team and Leadership from gathering for a retreat on Swan Island in Richmond. Thank you for the invitation to discuss resilience strategies in your work and supporting self resilience.



Consider a nontraditional training event site! If you have any questions about scheduling a training in your community or workplace, please reach out to Ruby Parker, our Director of Engagement & Education ruby@maineresilience.org

Kini

MATTERING IN THE COMMUNITY: A PATHWAY TO YOUTH RESILIENCE AND ADAPTABILITY

Join us for this professional development opportunity with Mattering researcher Gordon Flett!

Dr. Gordon Flett, author of *"The Psychology of Mattering: Understanding the Human Need to be Significant"*, will provide insight into the science and evidence on Youth Mattering, issues of youth social anxiety and perfectionism, and strategies for communities to enhance supports for Youth Mattering.

A panel will highlight Maine-based approaches to enhancing Mattering, building resilience, and improving well-being and public health.

This professional development opportunity is suitable for people from all sectors, including public health, behavioral health, education, government, and business.

Presented in partnership with Maine CDC and AdCare

Mattering in the Community: A Pathway to Youth Resilience and Adaptability

**October 6
1-3pm**

**MRBN member: \$15
Non-member: \$25**

[Click here to register for Mattering in the Community: A Pathway to Youth Resilience and](#)

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

SEPTEMBER NETWORK MEETING REGISTRATION



Join us for our next network meeting on September 30!
Featured speaker Saige Purser, youth engagement division manager at Wabanaki Public Health & Wellness will discuss their work with Wabanaki youth, and efforts to foster connections.

MRBN Network Meeting
September 30, 2021
9-11am

Virtual via Zoom
Free for members and non-members

[Click here to register](#)



We are thrilled to welcome the Yellow Tulip Project (YTP) to Maine Resilience Building Network!

YTP was founded five years ago by Julia Hansen and her mother Suzanne Fox. Julia was quietly suffering from depression when she lost her two best friends to suicide during her sophomore year of high school. Frustrated with the stigma surrounding mental illness, Julia set out to normalize conversations about mental illness and remind people that there is help and hope.

"Our mission is to smash the stigma surrounding mental illness and to build a community of people who realize that hope happens when youth and community leaders work together. We hope that someday mental illness will be as normal to talk about as any physical illness, and are fiercely dedicated to making this goal a reality," the group says.

The organization's signature flower is both a tribute to the friends Julia lost to suicide, and a symbol of hope. Some 20,000 tulip bulbs are planted nationwide in "Hope Gardens" every October during Mental Health Awareness Week.

This fall, YTP has a new youth-driven project, "48 Tips for Back to School", which collects advice for young people from young people about navigating the stress and anxiety that can come with returning to school. As Julia prepares for her senior year of college, she offers this advice: "Spend more time with your emotions and/or external activities and less time in others' minds and their perspectives of you. You will never understand what is going through people's minds, so try to spend less time caring about everyone else's perceived opinions of you and more time on your own self care."

YTP currently has nearly 400 Youth Ambassadors in 36 states and 5 countries.

To learn more about The Yellow Tulip Project, including how to start a Hope Garden, visit [their website](#).

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

BUILDING RESILIENCE
Support resilience in those around you.



By giving her the time and space to step back and take care of herself, Simone Biles' teammates, coaches, and fellow Olympians showed us how it's done.

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



[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.

amazonsmile

maineresilience.org

