

Maine Resilience Building Network

Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works December 2021

As we reflect on this challenging year, we want to take a moment to wish you and your loved ones a joyous and peaceful holiday season. We encourage you to slow down, be present, and use your resources – financial, physical, and emotional – with intention.

As you evaluate where your hard-earned money might do the most good in your community, please consider becoming a [contributing member](#) of MRBN. Our work to address and disrupt the systemic causes of Adverse Childhood Experiences (ACEs) is more relevant than ever as data about the impact of the pandemic highlights the importance of social connectedness and youth mattering.

We look forward to working with you in your communities in 2022. We hope you will join us as we move to reframe the lens of public health to a community resilience approach.

Be well, and happy holidays!

Kini

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

kini@maineresilience.org



Connecting the Dots: The Impact of Adverse Childhood Experiences on Health Disparities and Health Outcomes

MRBN wrapped up a busy year of programming with the engaging, informative webinar "Connecting the Dots: The Impact of Adverse Childhood Experiences on Health Disparities and Health Outcomes" on November 18.

The US CDC National Center for Injury Prevention and Control has identified three priority areas: ACEs, overdose, and suicide. The three are closely linked, with ACEs often contributing to drug use and suicide.

"This means that these two priority areas, which have substantial public health burden, can be prevented and mitigated by targeting ACEs," explained Manisha Patel, MD.

Dr. Patel and her colleague, Sarah Bacon, PhD, gave an overview of the [FY2021-FY2024 Adverse Childhood Experiences Prevention Strategy](#), which includes goals around surveillance and data, evidence, resources, and awareness building.

The rest of our panelists helped connect the dots between ACEs, health equity, chronic disease and the importance of upstream prevention.

Erika Lichter, an epidemiologist and public health professor, provided details of ACEs in Maine. Ian Yaffe, Director of the Office of Population Health Equity at the Maine CDC added information about what COVID-19 tells us about health disparities broadly. Robin Matthies, Director of Public and Behavioral Health Integration with the Association of State and Territorial Health Officials (ASTHO), discussed the importance of moving ACEs prevention upstream.

"We see the CDC Strategy as strong support for the work we and many of you in the MRBN network are doing. As we look ahead, focusing on upstream prevention and building community resilience will be critical to mitigate the impact of ACEs and trauma on our communities and workforce," MRBN Executive Director Kini-Ana Tinkham told participants. "The COVID pandemic has spotlighted a number of these issues and has exacerbated issues caused by lack of social connectedness and youth feeling that they don't matter in the community. Reframing the lens of public health to a community resilience approach is necessary to shift this public health issue."

Thank you to all who participated in this event. A recording of the webinar is available [here](#).



EDUCATION OPPORTUNITIES

Early Child Care & Public Preschool Providers

MRBN is hosting **FREE** virtual professional development sessions for Early Child Care and Public Preschool providers across Maine.

1) Strong Kids, Strong Families, Strong Communities: The Impact of ACEs and Resilience Building

Learn about Adverse Childhood Experiences (ACEs) research, early brain development science and the role of protective factors such as positive relationships to build resilience.

Choose the date the works best for you:

January 4 6:30-8pm

January 11 6:30-8pm

2) Fostering Resilient Learning Environments: Educating Students in Calm, Connected, and Science-Informed Ways

Learn about neuroscience to understand stress, the nervous system, and regulation. Asset-informed, trauma-sensitive approaches that strengthen child-teacher connections to support social emotional learning and well-being will be shared. Science is showing that resilience and flourishing is possible even in the midst of adversity. Educators and childcare providers will leave with tools and resources that support and promote resilience and well-being.

Choose the date that works best for you:

January 6 6:30-8pm

January 13 6:30-8pm

January 18 6:30-8pm

January 25 6:30-8pm

February 1 6:30-8pm

February 8 6:30-8pm

Registration is required. [MRBN Event Page](#)
1.5 contact hours are available for each session.
[Download and share the informational flyer.](#)

THIS IS WHAT MATTERING LOOKS LIKE

To some people, a group of teenagers hanging out in a parking lot vaping might look like a problem. To the staff at York Library, it looked like an opportunity.

“We wanted them to know that vaping isn’t allowed on the property, but also that they are more than welcome to come inside,” explained Katie Arey, who is the head of Youth Services at the library.

Before long, those same teens were coming to the library every day after school.

“They were looking for a place that’s safe and welcoming and where there are resources when they need them,” Katie said.

With an influx of teens and no money to remodel, the librarians went into problem-solving mode. A meeting room and a storage area were repurposed. The teens are helping to transform them into spaces where they can hang out, do projects, and just be teenagers. The staff knows it’s working because they’ve heard it directly from the teens.

“When we re-opened after COVID, one of our regulars said ‘I’m so glad the library’s open again. This is my safe place.’ We hear stuff like that all the time.”

Katie's advice to others looking for ways to create a safe space?

“You need to think outside the box. I don’t have the space I need, so what do I have or who do I know that can help?”



York Public Library's Young Adult Program Room is designed for group activities, interaction, and conversation.



The Young Adult Reading Room provides a comfortable, quiet spot for teens.

Thank you to Katie Arey and Barb Bourgoine of York Public Library for sharing their story and photos with us. If you have a Mattering story to share, please contact [Maureen O'Brien](#).

RESOURCES FOR ADDRESSING STRESS, SCHOOL VIOLENCE

Heading into the final month of what has been an incredibly stressful year across the board, the [Maine Department of Education is sharing resources](#) that are useful across all sectors.

Topics include Understanding Compassion Fatigue, Techniques for Self-Care and Peer Support, and Resources for Child Trauma-Informed Care. In light of recent school violence, the National Center for School Safety also offers federal resources for helping youth cope after a school shooting.

Building connections with others can be a powerful way to support wellness and healing. Check in on a neighbor, friend, or family member. For guidance on making authentic connections with young people in your community, [visit the Mattering section of our website](#).



2022 MRBN network meetings

February 3 ~ May 5 ~ September 8 ~ December 1

9-11am

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

