

Maine Resilience Building Network



Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works February 2022

BUILDING COMMUNITY RESILIENCE

Resilience. Aside from the words “pandemic”, “mask”, or “vaccine”, we may have heard the word resilience more than any other word through the COVID-19 pandemic. We hear this word because we hope to emerge from this socially disrupting pandemic stronger than we were before...as individuals, communities and as a society. We hope so, but we have some important work to do to get there.

Social isolation is a significant contributor to health issues, and increasingly, social connectedness is recognized as a critical social determinant for health. Social Determinants of Health are conditions in which we are born, live, learn, work, play, worship, and age and they have a profound impact on health. With local and state resources we can address the pandemic’s impact on our communities. We must invite youth and other community members to be part of the solution. We need to develop and implement equitable strategies to help people get the social and community support they need that are critical for improving health and well-being. We recognize that it is important to make sure people have the resources based on their need, knowing that different groups of people may need different things to reach their best health and the health of their family.

Community resilience takes a coordinated, multi-sector approach among health systems and providers, community organizations, businesses, school systems, community members and others. Our communities can work together to promote safe, secure, inclusive, and nurturing environments for all and coordinate comprehensive resources that help communities recover. What is your role in community driven solutions?

I invite you to read MRBN's new [Community Resilience brief](#) and look forward to connecting with our network, partners, and collaborators on this topic.

I offer hope and compassion.

Kini

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

kini@maineresilience.org

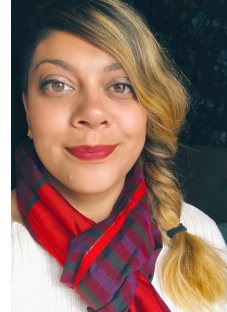
EQUITY WORKSHOP SERIES

Presenter: Sultana Khan, MRBN Special Projects Director

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 is offering a workshop series to engage Maine community members to increase knowledge around systemic injustice. The workshops will be led by MRBN Special Projects Director Sultana Khan, who believes equitable communities can only be developed through education, acknowledgement, and action, and tailors her approach to meet people wherever they are in their journey towards collective liberation.



Attend one or both - whatever works for you.

Bias and Brain Development

February 17, 2022

11:00am - 12:30pm

MRBN member: \$10 Non-member: \$20

[Click here to register](#)

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 training and will receive follow up materials to practice unlearning their own biases.

Microaggressions: Reflecting on Harmful Language

February 24, 2022

11:00am - 12:30pm

MRBN member: \$10 Non-member: \$20

[Click here to register](#)

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."

LEADING BY EXAMPLE ON PAID FAMILY LEAVE

It is a founding value and policy of MRBN to build and support resilience in all people, which includes our employees. Our paid Family Medical Leave policy illustrates that commitment.

MRBN is proud to lead by example on the crucial issue of paid Family Medical Leave. MRBN's Board of Directors approved paid leave per year for employees as they bond with a newly born, adopted or fostered child; care for a close relative with a serious health condition; or assist with family situations when a family member is deployed abroad on active military service.

MRBN Education and Engagement Director Ruby Parker knows first-hand the value of paid Family Leave, as she anticipates the arrival of her second child in February. "I recognize that many people don't understand why paid leave is so important until they go through the experience. MRBN's paid leave policy allows me to take the time I need in a way that is really supportive."

Ruby also highlights the direct connection between paid Family Leave and MRBN's mission. "Reducing stress through family-friendly policies supports healthy development for children and can reduce the instances of ACEs in our communities."



SAVE THE DATE!

MRBN BIENNIAL CONFERENCE

APRIL 12-13, 2023

Samoset Resort, Rockport



SUPPORTING EARLY CHILD CARE PROVIDERS

We know that the last two years have been incredibly hard on early childcare providers around the state as they navigated COVID shutdowns, new regulations to keep children and staff safe and healthy, and the many challenges that the pandemic has created for families. With support from the Maine Community Foundation, MRBN provided education about the impact of Adverse Childhood Experiences, positive childhood experiences, and resilience building strategies that can be used in the classroom and childcare setting to more than 200 educators.

The feedback has been overwhelmingly positive and reinforces our role in supporting those caring for our youngest children! One participant shared that the training “not only helps me in a professional capacity, it also helps me understand what family members are going through.” Many commented that they found the strategies on breathing techniques to be helpful ways to support children in their program and found the information “practical” “powerful” “thought-provoking” and “informative.”

We look forward to supporting this workforce more in the future and are exploring more professional development opportunities to be offered in the evenings, recognizing that daytime offerings are often challenging for early childhood educators.

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

HELP US BUILD CONNECTIONS WITH BUSINESSES IN YOUR COMMUNITY!

Thank you to all who have suggested businesses who are potential partners in our Youth Matterng 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 matterng.

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!

TAKE THE MRBN NETWORK SURVEY

Have you taken our survey yet? We are interested in learning what sort of programming has been valuable to you in the past, and what would be useful this year. If you haven't already, please take a few minutes to complete this [MRBN Network survey](#).



FREE PREVENTION RESOURCES AVAILABLE FROM MAINE CDC

Thank you to Sheila Nelson, Maine CDC Adolescent Health and Injury Prevention program manager, for her enlightening presentation at the February MRBN network meeting. In addition to sharing data and reviewing the Maine State Suicide Prevention Plan, Sheila

discussed resources that are available to interested individuals and organizations.

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.

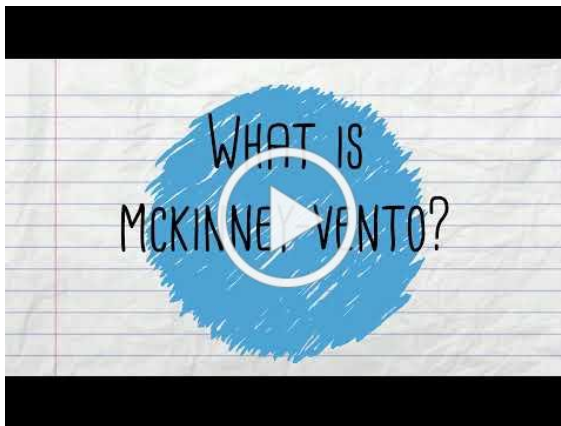
For more ideas on how to help, visit www.BeThe1To.com
If you're struggling, reach out to the [Maine Crisis Line 1-888-568-1112](tel:1-888-568-1112)
or the [National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

SUPPORT AVAILABLE FOR FAMILIES OR YOUTH IN TEMPORARY LIVING ARRANGEMENTS

Do you know families or youth in a temporary living arrangement? Support is available! Are they doubled up (sharing housing) with relatives or friends, couch surfing, in a transitional housing program, shelter, motel, or a place not considered traditional housing (campground, car, public place)?

If so, encourage them to talk to their school about it. There is a federal program, called the McKinney-Vento Program, that can help to keep students in the same school, even if they're staying out of district. Every school district has a McKinney-Vento contact person, and you can find your district's contact [here](#). This program can provide transportation, referrals, free meals, tutoring, school supplies, clothing, and more.

For more information, contact amelia.lyons@maine.gov



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.

amazon smile

maineresilience.org

