

# Maine Resilience Building Network

Professional Development, Events, Resources, and News

## Resources & Good Works MRBN Newsletter, July 2020



### MRBN July Professional Development Meeting

Please join us via Zoom for our July Networking/Member meeting! This meeting will be held virtually from 9am - 11:30am on Thursday, July 30th and will feature Bobbi Johnson, Associate Director of Child Welfare Services at the Office of Child and Family Services (OCFS), Erin Whitham, Performance Management Coordinator at the Maine Children's Trust, and Christine Theriault, Family First Prevention Services Program Manager, OCFS. Programs will provide state data and program updates.

[Register Now](#)

### Equity Workshop Series

MRBN is offering a new workshop opportunity to engage Maine community members to increase knowledge around systemic injustice.

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 will offer a three-part series that focuses on three outcomes: education, acknowledgment, and action. Each 90 minutes session is unique and attendees can choose to take one or all three.

The series will be offered each month; August, September, and October. The dates for August are Wednesday, August 5th 11am - 12:30pm; Thursday, August 13th 6pm - 7:30 pm and Tuesday, August 18th 9am - 10:30am.

The cost to attend each session is \$30 for MRBN members and \$40 for non-members. Each session is limited to 30 attendees.

#### Session 1: Bias & Brain Development

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 workshop and will receive follow up materials to practice unlearning their own biases. [REGISTER](#)

#### Session 2: Microaggressions

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." [REGISTER](#)

### **Session 3: A Racial History of Maine**

This workshop will explore the history of racial prejudice in Maine, from the persecution of residents of Malaga Island to the KKK to the history of US relations with the Tribes that have lived in this area for thousands of years. This real history is a necessary component of anti-racism education for Mainers. [REGISTER](#)

The speaker, Sultana Khan, is a writer, organizer, and consultant who lives in New England. She works with community members, educators, and young people to increase their understanding and activism around social change. Sultana 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. Her writing has been published locally and nationally, and her first book of nonfiction essays is forthcoming. Sultana is a queer woman of color and can most often be found splashing around in cold bodies of water.



### **Building Resilience With HOPE: Healthy Outcomes of Positive Experience**

**September 15, 2020, 9:00 AM - 3:00 PM**

The Maine Resilience Building Network invites you to join colleagues from Maine for a one-day virtual conference on HOPE (Healthy Outcomes of Positive Experiences); a framework co-authored by Dr. Robert Sege from Tufts University School of Medicine in Boston. The program begins at 9am and will conclude by 3:00pm.

We now know that positive childhood experiences have dramatic effects on brain growth and development and also on later adult health. HOPE (Healthy Outcomes from Positive Experiences) outlines approaches that we can take to incorporate a more holistic understanding of human development. The keynote address will describe the science of HOPE, and lay out the four pillars of HOPE. These pillars describe the common elements of programs that have been successful in promoting child and adolescent development.

Following the keynote, we will have a series of interactive sessions, designed to bring this new scientific understanding into practice. These sessions will explore four areas of implementation of HOPE: (1) HOPE-based intake and assessment, (2) How HOPE supports empathy with individuals who may have had childhood trauma, (3) Programming that creates Positive Childhood Experiences, and (4) Monitoring and improving HOPE-informed implementation.

This daylong session will leave participants, from trainee to experienced practitioners, with new approaches and concrete skills to improve the effectiveness of their work with young children and their families. All professionals are invited to attend: social workers, healthcare providers, guidance counselors, educators, child and family advocates, public health and behavioral health professionals, therapists, policy makers and public safety officers. Continuing Medical Education is offered for this program.

**Registration Fees:** \$75. member rate, \$100. non-member rate, \$30. full-time student rate.

[Register Now](#)



### **Cultivating Resilience:**

**Promoting Hope, Healing and Flourishing in Maine**

**November 12-13, 2020**

Please join us for a two day virtual event featuring speaker Dr. Christina Bethell, PhD, MBA, MPH. Dr. Bethell is a Professor at Johns Hopkins University in the Bloomberg School of Public Health, where she advances a new integrated [Science of Thriving](#) to promote early and lifelong health of children, youth, families and communities.



Each day, Dr. Bethell will offer a unique keynote presentation from 10:00am -11:30am.

The first keynote address, *We Are the Medicine: Building an EcoSystem to Take Healing and Flourishing to Scale*, will allow participants to learn about the science of flourishing amid adversity and approaches to prevent and mitigate the impact of ACEs to promote resilience. In this address, Dr. Bethell will present research evidence supporting bold policies and strategies to translate the science of flourishing into health, education and social services and policy.

The second keynote address, *Prioritizing Possibilities: Leveraging the Power of Relationships and Family and Community Engagement to Catalyze and Sustain Flourishing*, will take a deeper dive into the science and anatomy of a healing relationships and community engagement to address childhood adversity and promote well-being. She will discuss the neuroscience principles behind the mandate for effectively engaging families and the community to assess priorities, define success and partner to improve and tailor health, education and social services.

Dr. Bethell will facilitate community forums each day from 1:00pm-2:30pm. During these sessions, participants will have the opportunity to reflect on approaches to promote flourishing amid adversity in their current work, review existing strategies and services, evaluate how current work to promote flourishing and healing and assess the impact of adversity and trauma and assess the well-being of their workforce and leadership.

Dr. Bethell provided expert testimony to the first-ever congressional hearing on childhood trauma last summer. In addition, her paper on promoting positive relational experiences to promote child and adult health was published in JAMA Pediatrics September 2019. Her 9/9/19 audio interview on [NPR's All Things Considered can be listened to here](#). [A short video from Stanford's ChildX](#) talk can be viewed here.

All professionals are invited to attend: social workers, healthcare providers, guidance counselors, educators, child and family advocates, public health and behavioral health professionals, therapists, and policy makers. We encourage community organizations and coalitions to attend.

[Register Now](#)

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## Join MRBN

The Maine Resilience Building Network invites you to become a MRBN member. Together we are raising awareness of the ACEs science and resilience building in Maine and nationally. The MRBN Network is an integral part of the work that is happening across sectors to improve well-being and build systems that strengthen children, family and community connections so all people matter. MRBN is responsive to the network through statewide network meetings, professional development and consultation. MRBN provides contributions to state and local policy development on resilience-building strategies that impacts the well-being of our children, families, and communities. Join the Network today.

[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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