

Maine Resilience Building Network

Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works June 2021

A Note From Kini

I am inspired by the work of our community members and organizations that serve youth and families each day. Working alongside one another and in collaboration we will recover from the pandemic. Remember, you matter too.

Consider building in intentional pauses during the day to step outside, take a brief stroll or simply stand still and breathe. Maine's summer is precious.

Think about your intent and work to influence the organizations and systems you connect with to build a community of mattering.

MRBN looks forward to building the road together. For well-being, connection matters.

Kini

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

kini@maineresilience.org

Join us in June!

Lunch & Learn: KIDS COUNT Data Discussion

*Friday, June 18
Noon-1pm
Free Zoom session*

Join MRBN for a Lunch & Learn presentation and discussion of the newly released 2021 Maine KIDS COUNT Data Book with Helen Hemminger from the Maine Children's Alliance.

The Maine KIDS COUNT Data Book is the comprehensive report of the physical, social, economic, and educational well-being of children in Maine. The Data Book can serve as a useful resource to advocates and decision makers to ensure policies and programs are centered in supporting and strengthening families.

[Click here to register for Lunch & Learn: KIDS COUNT](#)

Building Positive Relationships with Youth

*Tuesday, June 22
1-2:30pm
Free Zoom session*

In response to requests from MRBN members, we invited the Maine Youth Action Network (MYAN) to share their expertise on building positive relationships with youth. In this interactive session, the MYAN team will lead participants in an exploration of authentic youth-adult partnerships.



Every young person is unique; understanding core youth values and structural inequities young people are navigating better prepares all adults to build positive relationships with Maine youth.

[Click here to register for Building Positive Relationships with Youth](#)

MRBN Report on Youth Matterng Earners National Attention

The Maine Resilience Building Network's new report on Youth Matterng has landed in front of a national audience. [Building a Culture for Community Resilience: Safe Spaces and Small Acts](#) is featured on [Community Commons](#), a website that offers curated tools, resources, and inspirational stories to drive community change.



"We are honored to be seen as a resource for others," MRBN Executive Director Kini-Ana Tinkham said. "Increasing Youth Matterng is a preventive measure that is needed now more than ever. Our post-pandemic strategy needs to be about more than repairing the harm young people have suffered. We need to continue to take an upstream approach, building protective factors such as positive relationships."

The report features key learnings from MRBN's Community Conversations about Youth Matterng, held earlier this year.

JULY NETWORK MEETING

The agenda is coming together for our July 29 MRBN Network Meeting, and it's never too early to register! Don't miss this opportunity to connect with other network members and hear from Lee Sowles, Founder of Kind Mind. Lee will guide participants through simple practices and principles that can support their own resilience, and talk about about Kind Mind's work in Maine Communities.

*Thursday, July 29
9-11am*

Free Zoom session

[Click here to register for MRBN's July Network Meeting](#)



PRIDE 2021

In Maine, 6 out of 10 LGBTQ+ high school students don't feel they Matter to their community.

You and your organization have the power to change that!

- ✓ State your pronouns and ask for theirs.
- ✓ Use inclusive language on forms and documents.
- ✓ Reflect LGBTQ+ people and families in photos and images.



SUMMER IS A GREAT TIME TO WORK WITH US TO DESIGN A TRAINING FOR YOUR GROUP OR BUSINESS!

The Maine Resilience Building Network offers a range of professional development and training opportunities for professionals, parents, and community members. These trainings are intended to build skills and knowledge about Adverse Childhood Experiences (ACEs), protective factors and resilience, trauma-informed care practices, individual and organizational wellness, and other topics that improve the wellbeing of all community members. All trainings are evidence-based, trauma-informed, and tailored for the audience.

MRBN provides trauma-informed system technical assistance to organizations and communities, including awareness training, policy and practice review, and practice implementation. MRBN takes a strength-based approach which is grounded in cultural humility and a strong recognition that positive experiences and environments are essential to the health and well-being of systems.

Sometimes, the best person to help a group understand ACEs and resilience is someone who is already connected to the community. MRBN'S Community Resilience Facilitator (CRF) program was created in response to requests for local training and technical assistance from schools, healthcare practices, community collaboratives, and others across the state.

CRF presentations cover three main topics: the Adverse Childhood Experiences (ACEs) study, brain development and how brains are impacted by toxic stress, and resilience building and protective factors that help buffer the impact of ACEs. All presentations include statewide data on ACEs in Maine. Participants leave the session with a fuller awareness of the risks of early adversity and the benefits of relationship-based resilience.

For more information about MRBN trainings, including fees and scheduling, please contact training@maineresilience.org

RURAL RESILIENCY COMMUNITY ALLIANCE

Two years ago, a small group of community members formed the Van Buren Resiliency Project to educate the community about ACEs. When Limestone, Caswell, and Hamlin came on board, the Rural Resiliency Community Alliance was born.

To meet the needs of their communities, the group has expanded



its mission to include engagement. This summer, they are exploring a hands-on programs for middle school students. Executive Director David Cote says the program will also be a learning experience for the RRCA, as they develop approaches to providing safe, engaging spaces for local youth when they are not in school.

Cote says the key to this kind of community-based work is to keep it positive. "We try to look for the affirmative. Instead of looking for the bad things, let's look for the good things and see how we can make them grow."

To learn more about the Rural Resiliency Community Alliance, [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.](#)*

Join MRBN

Looking for ways to support our work and strengthen your connection to MRBN?

Become a member!



[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.

maineresilience.org

