

# Maine Resilience Building Network

Professional Development \* Events \* Resources \* News

## MRBN Newsletter Resources & Good Works November 2021

### NOTE FROM KINI

Greetings,

The Maine Resilience Building Network Board of Directors and the MRBN Team celebrate a year of networking, educating, and working with partnerships to advance the well-being of children and families. MRBN recognizes the impact of the interruption of human connection on our well-being. It is more important than ever to focus on social connectedness.

We are grateful for your kindness and support in community, work and family. Build in strategies that support your well-being. Reach out to friends, a caring co-worker, take pauses during your day and step outside are just a few that are working for me.

As we leave 2021 we look forward to working with the MRBN Network to build social connectedness through Youth Mattering and Community Resilience in 2022. We are excited about sharing new opportunities to support your work and impact change in the year ahead.

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

The Maine Resilience Building Network (MRBN) is presenting a virtual program on "Connecting the Dots: The Impact of Adverse Childhood Experiences on Health Disparities and Health Outcomes" on **November 18th from 1-3 pm**.

The program objective is to connect the dots, framing the importance of primary prevention to prevent negative health outcomes across the life course. Staff of the US CDC National Center for Injury Prevention and Control will present the [FY2021-FY2024 Adverse Childhood Experiences Prevention Strategy](#).

Their presentation will be followed by Maine and national experts on youth and chronic disease data, health disparities and ACEs links to chronic disease.

ACEs are widely recognized factors in issues for children and adults for what are known as "diseases of despair" – suicide, substance misuse, and excessive alcohol use. However, the US CDC and others report that ACEs are also increasingly linked with health disparities and issues of health equity, as well as with leading causes of morbidity and mortality from chronic conditions and with poor socioeconomic outcomes in adulthood. (Merrick, et al, CDC, 2019). This program will feature national and Maine experts and will connect the dots between ACEs, health equity, chronic disease and the importance of upstream prevention.

The session will feature:

## Kini

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

[kini@maineresilience.org](mailto:kini@maineresilience.org)



Manisha Patel, MD and Sarah Bacon, PhD  
US CDC National Center for Injury Prevention and  
Control

Erika Lichter, PhD

Cutler Institute, University of Southern Maine

Ian Yaffe

Director, Office of Population Health Equity, Maine  
Center for Disease Control and Prevention

Robin Matthies, MSW

Director, Public and Behavioral Health Integration,  
Association of State and Territorial Health Officials

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

November 18

1-3 pm

REGISTRATION DEADLINE:

5 pm NOVEMBER 17

[Click here to  
register](#)

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## EDUCATION OPPORTUNITIES

MRBN is excited to offer a full slate of trainings throughout the fall and winter.

We are proud to partner with Maine CDC Tobacco and Substance  
Use Prevention Program to present 6 FREE webinars focused on  
creating thriving and resilient communities across Maine.

Participants will learn how to prevent harmful impacts of childhood  
adversity, reduce stigma, and increase resilience and social  
connectedness in our communities.



**November 10, 2021 12:00pm-1:30pm**

***Understanding the Connection Between ACEs & Substance Use***

**November 15, 2021 12:00pm-1:30pm**

***Creating a Culture of Wellness: Building Individual Resilience***

**November 30, 2021 12:00pm-1:00pm**

***Deactivating Stigma & Shame***

**December 7, 2021 Noon-1:30pm**

***Fostering Resilient Environments***

**December 14, 2021 Noon-1:30pm**

***Cultivating Youth Mattering: A Primary Prevention Strategy***

Feel free to register for one or more of the topics that spark interest and meet your  
learning needs. Full descriptions and links to register can be on our website:

[MRBN Event Page](#)

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Starting in January, MRBN is hosting *FREE* virtual professional development sessions for **Early Child Care and Public Preschool providers across Maine**. Topics include an introduction to Adverse Childhood Experiences (ACEs) and the foundations of resilience, along with a session focused on putting your ACEs knowledge into action in the classroom or center that explores strategies that build and support resilience.

Training offerings will run January through early February. Dates and registration information can be found on the [MRBN Events Page](#). We encourage early childhood educators to register for one or both topics!

[Download and share the informational flyer.](#)



**SAVE THE DATE!**  
**MRBN BIENNIAL CONFERENCE**  
**APRIL 12-13, 2023**  
**Samoset Resort, Rockport**



### LET'S CELEBRATE!

Over the last year and half we have seen the power of connection to bring our community together during challenging times. From small changes in language to big organizational shifts, we've heard from many of you about how you are supporting Youth Mattering in Maine. We would love to collect and share more of your stories, as we celebrate one year of *Cultivating Mattering for Maine Youth!*



Thank you for your work each day and for pausing to share a Mattering example.

[Follow this link to tell us how you are Cultivating Mattering for Maine Youth](#)

### RESILIENCE RESOURCES

The Center on the Developing Child at Harvard University has compiled a trove of resources to help parents, policy makers, and practitioners understand resilience. The collection includes educational videos, infographics, and activities.

[Check it out!](#)



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



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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amazon smile

[maineresilience.org](http://maineresilience.org)

