

Maine Resilience Building Network

Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works October 2021

NOTE FROM KINI

Welcome to the fall cool days and nights! The morning sky and sunsets are more beautiful than ever against the backdrop of fall colors. I hope you can build in 10 minutes each day to be outside. There are many benefits from time spent in nature.

I am pleased so many MRBN members and new community members were able to join the Mattering Program with Dr. Gordon Flett and Maine panelists. The program offered a greater understanding of the Mattering research and negative health outcomes for our youth when they feel they do not matter. Maine panelists, from their hearts, addressed the impact of social isolation on our youth's mental health. How can each of us step up to address social connectedness?

We are continuing our work to educate and raise awareness about mattering. In the new year, we are moving the conversation into our communities across Maine to educate and support community-driven solutions, policy and systemic supports that are designed for results to address mattering and social isolation. We welcome your ideas and hope you will commit to being part of the solution. Please reach out!

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

The Maine Resilience Building Network 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:

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

Kini

Kini-Ana Tinkham is the Executive
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Robin Matthies, MSW
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Connecting the Dots: The Impact of Adverse Childhood Experiences on Health Disparities and Health Outcomes

November 18

1-3 pm

NO CHARGE

[Click here to register for this webinar](#)

*This webinar takes the place of MRBN's November
Network Meeting*



We are grateful to the presenters, panelists and participants who came together to make our most recent MRBN events successful!

More than 100 people joined us for *Mattering in the Community: A Pathway to Youth Resilience and Adaptability* with Gordon Flett. Thanks to Dr. Flett and panelists Chris McLaughlin from Northern Light Hospital, Kellie D. Bailey from Maine Department of Education, and Danie Fortin from McArthur Public Library for providing an insightful, informative webinar.

Among the comments from participants:

"I am so grateful to have attended this session. The information was well presented and brought attention to a very important topic. The input from the panelists helped me see needs of youth from a different prospective which will be invaluable in my work as a case manager."

"It was a wonderful presentation, one of the best I have attended in a while. The information presented by Gordon Flett will be used across all areas of my work!"

"Dr. Flett's kind, yet direct and concrete approach to sharing this critical information was awesome. Providing actual data and applicable examples/strategies that can be implemented anywhere was awesome."

Our September Network Meeting was similarly inspiring! Saige Purser, Nikan'usk Youth Engagement Division Manager with Wabanaki Public Health & Wellness and Joseph Hufnagel director of The Landing Place in MidCoast Maine. Saige and Joseph both explained how their organizations are engaging youth, with an emphasis on shifts made to counteract the disconnect resulting from COVID-19.

Feedback was extremely positive!

One participant summed it up this way, "It's exciting to hear about what is happening in the state of Maine. I was genuinely impressed with the level of creativity and determination that both speakers possess, especially during the pandemic!"

We hope you will join us for a future network meeting!

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](#)



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.



October 26, 2021 12:00pm-1:30pm
The Science of ACEs & Resilience

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](#)

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



Yarmouth-based valo (rhymes with follow) connected with MRBN during our Youth Mattering Community Conversations. We are thrilled to welcome them as a new organizational member and shine a light on the work they are doing with young people.

Valo works to create spaces "where young people feel a sense of belonging as they explore what it means to grow up." The idea is to give teens opportunities to "get away from it all, feel independent, unplug, and have deep conversations and feel empowered as they ignite a future with hope."

They do this through retreats, community suppers, coffee houses and maker spaces. You can find a full calendar of events and learn more about valo's approach and programming [on their website](#).

If your organization has a current MRBN membership, we'd love to shine a spotlight on your good work! Contact [Maureen O'Brien](#).

YOU'RE NEVER TOO YOUNG TO MATTER!

A recent blog co-authored by long-time MRBN advisor Sarah MacLaughlin looks at the ways mattering can promote infant and childhood mental health.

Sarah, senior writer at Zero to Three, Inc., has been involved with MRBN for years, most recently as a member of our Advisory Council. She says *Cultivating Mattering for Maine Youth* has given her a different way to think about her work.

"I had never heard of mattering as a way to frame resilience building until I heard about it at a MRBN event. There is a natural tie between mattering and our work at Zero to Three," Sarah says.

The article identifies three key points:

- Consider the term “mattering” as another way to talk about promoting well-being for our youngest community members.
- Working with the parents and caregivers of young children brings an opportunity to share practical ways to promote mattering.
- Caregivers can foster mattering by being responsive, reliable, and telling the child that he or she is important.

Sarah and her co-author, Rahil Briggs, offer suggestions for fostering mattering in babies and toddlers. [Click here to read the full blog post.](#)

Sarah MacLaughlin is also the award-winning author of two books for parents and caregivers including the recently released, *Raising Humans With Heart: Not a How-To Manual*. Learn more at her website: sarahmaclaughlin.com

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

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