



Resources & Good Works

MRBN Newsletter, March 2020

Dear Friends,

As we navigate through the Covid-19 situation and the resulting time of uncertainty, we send you our best wishes. While there are public health reasons to physically distance ourselves right now, our priority is to stay socially connected, engaged and networked. We know that connectedness is vital to health, resilience and well-being and we're committed to supporting this.

MRBN is examining creative ways to stay connected as a community and we're preparing online opportunities for us to gather, such as the program described below. Please stay tuned for additional opportunities, and as always, we welcome your ideas.

We remain thankful to all of the people on the front lines of this pandemic who are working tirelessly to help us all. We're also grateful for the generous ways that our network members show up for people across the state. We will move through this together.

We wish you good health and peace.

Kini, Joyce and Dee

MRBN Conversations: Strengthening Resilience and Connection Together

We welcome you to join us for our first virtual gathering!

We will be holding two sessions; join us on Wednesday, April 1st from 11am -12pm or on Thursday, April 2nd from 1 - 2pm. This event is being hosted by MRBN. Registration is free and a zoom link will be electronically sent to all participants who register.

The capacity of resilience is invaluable during uncertain times. The good news is that resilience can be supported and promoted--even in the midst of adversity. During this gathering, we'll prioritize connection as a vital ingredient for cultivating greater resilience and well-being. Our interactive conversation will begin with a short presentation and conclude with a stabilizing, stress-relieving practice.

The wisdom of our network will also be harnessed as we gather a treasure trove of ways to stay healthfully connected to ourselves, one another and the outdoor beauty of Maine. Please have paper and pen available.

Registration is open! [April 1, 2020 at 11am](#) OR [April 2, 2020 at 1pm](#)

Maine Resilience Building Network Meeting

Wednesday, April 29th

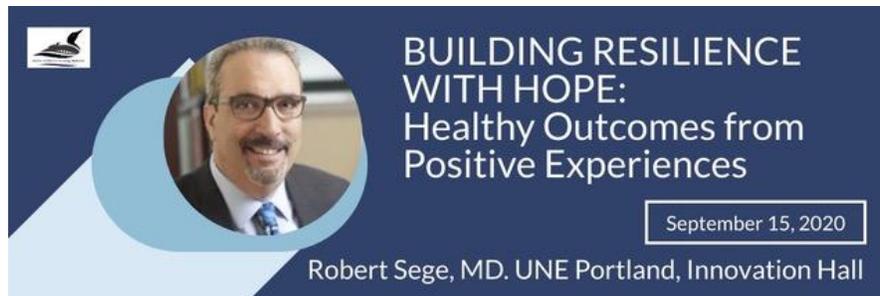
Please join us via Zoom for our April Networking/Member meeting! This meeting will be held virtually from 9am - 11am on Wednesday, April 29th. Information to join the virtual meeting will be sent with your registration confirmation.

Restorative practices intentionally build community connectedness, and restorative justice is a continuum of ways to respond to harm through consideration of the needs and obligations of those most affected. Both center on values of individual voice, choice and dignity - believing that human beings thrive in relationships and need known ways of caring for one another that are non-adversarial and non-punitive.

Speakers:

Join Ryun Anderson, Executive Director of the Restorative Justice Institute of Maine (RJIM) <https://www.rjimaine.org/> and Sarah Mattox from the Restorative Justice Project (RJP) <http://www.rjpmidcoast.org/> for a primer in restorative practice and restorative justice, as well as an overview of the exciting restorative work taking shape across the state of Maine. Participants will explore the ways in which restorative work builds individual and community resilience.

Registration is open for this virtual program! [Register Now!](#)



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

NEW DATE - September 15, 2020

The Maine Resilience Building Network, in partnership with UNE's Center for Excellence in Public Health, invites you to join colleagues from Maine for a one-day conference on **HOPE** (Healthy Outcomes of Positive Experiences); a framework co-authored by Dr. Robert Sege from Tufts University School of Medicine in Boston.

For too long, our work with young children and their families has focused on adversity and risk. While these are important, we now know that positive childhood experiences also have dramatic effects on brain growth and development and on adult health. Building on the key insights from toxic stress, our brains develop in response to experience. 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.

Date: Tuesday, September 15, 2020

Location: UNE's Innovation Hall, 772 Stevens Ave, Portland, Me

Registration Fees: \$75 member, \$150 non-member, \$30 full-time student

For more information and to register for the conference: [Dr. Sege HOPE event Register Now!](#)

To become an active MRBN member and receive member pricing for this event, [JOIN NOW!](#)



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 TODAY!](#)

*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.*