



Professional Development, Events, Resources, and News

Resources & Good Works MRBN Newsletter, March 2021



WELCOME MRBN MEMBERS AND NON MEMBERS

Maine Resilience Building Network Meeting

MARCH 25, 2021 9AM-NOON

Virtual Zoom Event

Free Event Everyone Welcome

REGISTER HERE TODAY

Agenda

Welcome, Network and MRBN Updates

Mattering Initiative Update

*Thought Leader Roundtable Summary &
Recommendations*

Networking

Program

Creating Places of Belonging: Place-Based, Data Informed Strategies to Strengthen Social and Economic Wellbeing in Maine

Join us to learn more about how our communities can support people and create a sense of belonging for families interacting with our criminal justice system. Erica King, MSW, of the *Place Matters* project will provide a presentation on breaking the cycle of incarceration for families in Maine. The Place Matters project is housed at the Justice Policy Program within the Cutler Institute at the Muskie School of Public Service, which is located at the University of Southern Maine

Supporting Children and Families During the Pandemic

Continuing our highlight of community programs across Maine, the *NorthStar Program* at Bryant Pond 4-H Camp and Learning Center will talk about how they are supporting youth mattering during this challenging year.

Welcome New Team Member

We are delighted to announce the newest addition to the Maine Resilience Building

Network team! Maureen O'Brien assumed the role of Development and Communications Director in mid-February.

Maureen brings a combination of private sector and nonprofit experience to the position, including 26 years as a broadcast journalist in content generation and management roles. Most recently, she worked as a project manager for Jobs for Maine's Graduates (JMG) coordinating grant-funded initiatives in partnership with the Portland and Gorham school districts.



"I feel fortunate to join MRBN just as the Cultivating Mattering initiative is gaining momentum," Maureen said. "Our Community Conversations make it clear that the focus on mattering as a resilience strategy resonates with people all over Maine."

As she settles in, Maureen says she's looking forward to getting to know the people and organizations that provide the foundation for our work. She would love to hear from you!

maureen@maineresilience.org



REGISTER FOR A VIRTUAL COMMUNITY FORUM

Facilitated by Carole Martin

January- March of 2021, The Maine Resilience Building Network-MRBN- is hosting facilitated Community Conversations to Cultivate Mattering for Maine Youth. Virtual Forums are scheduled in all 9 Public Health Districts across every Maine county. There is no charge to attend. Together we will listen, learn, and share.

Please join us. Your voice matters.

During this time of opportunity and challenge, together we must create a springboard for community-driven change for Maine youth. Across Maine, too many youth are isolated. The rate of youth anxiety, depression, and feelings of loneliness in Maine have reached crisis levels.

In the 2019 Maine Integrated Youth Survey almost 50% of youth feel they do not matter to their community. While a child may feel connected within their family or school, how can we create a culture in Maine where youth feel they matter in community? Mattering and social connectedness are protective factors for such issues as suicide and substance use. A strong sense of mattering in the community helps provide a sense of connectedness with lasting effects on their health and well-being. Connectedness refers to a sense of being cared for, supported, and belonging, and can be centered on feeling connected to school, home, with other important people or organizations.

The facilitated community conversation will offer an opportunity to listen, share perspectives and gather information from participants about youth mattering. Participants will have an opportunity to respond to questions, share community assets...what we are doing well, what can we do better, and offer multiple perspectives. We encourage meaningful participation from people across diverse sectors. Following the nine Community Conversations, a written report will be made available on the Maine Resilience Building Network website in April.

Please join the virtual Community Conversations to learn more about how you can build positive connections for Maine youth. If you cannot attend your health district/county zoom event, feel free to join one that is convenient for you!

#MatteringForMaineYouth

[Hancock, Washington Cty, Downeast Public Health District 7- March 5- 1:00pm-2:30pm](#)

[Tribal Health Districts- 5 Tribal Communities- March 10- 1:00pm-2:30pm](#)

[Penobscot, Piscataquis County Penquis Public Health District 6- Mar. 16- 1pm-2:30pm](#)

[Somerset, Kennebec County Public Health District 5- Mar. 18- 1pm- 2:30pm](#)

[Aroostook County Public Health District 8- March 22 - 1:00pm-2:30pm](#)

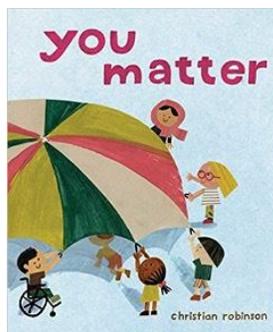


SAVE THE DATE!

2022 MRBN BIENNIAL CONFERENCE
OCTOBER 26-27, 2022



We miss seeing you in person!
Mark your calendar for the 2022 MRBN Biennial Conference at the Samoset. We look forward to this opportunity to network and learn together.
More information to come!



Looking for more resources to help children feel like they matter? Check out MRBN's Mattering Booklist for suggested reading for children of all ages.

[**Mattering Children's Booklist**](#)

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

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

