



MRBN

May 2023
news & updates

[Become a
Member](#)

[Event
Calendar](#)

2023 MRBN SUMMIT A HUGE SUCCESS



MRBN's 2023 Summit, **Together We Can Thrive: Creating an equitable path forward to promote resilience in Maine Communities**, was designed with our strategic goals and priorities in mind; to build resilience and well-being by providing the tools and resources that strengthen children, families, workplaces, and community connections and move participants from understanding to action. Our participants represented all sixteen counties from diverse sectors.

The Summit featured two days of learning from National experts and local community leaders, workshop sessions, panel presentations, and networking. **Our focus:** prevention policies and programs prioritizing resilience for our youth, families, and communities to improve our State's overall health and mental well-being.

Thank you to everyone who attended, engaged, and networked at this year's Summit. Participants said they were eager to implement the strategies in their communities.

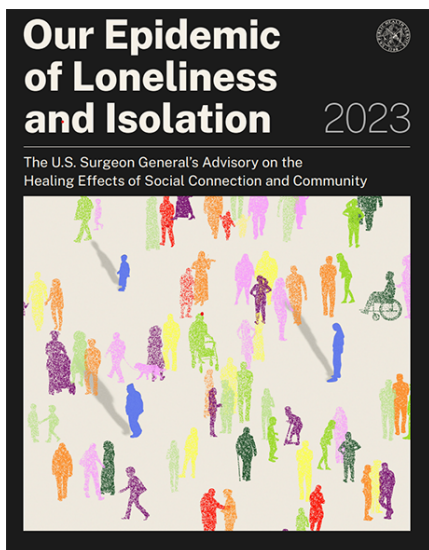
It was a full two days with excellent keynotes and workshops by Dr. Wendy Ellis, Risa Wilkerson, and Phil Bors. **The Maine Youth Today Panel** and the presenters walked us through the Maine Youth Thriving: A Guide for Community Action. Thank you all for bringing your very best.

We also want to thank our exhibitors and our sponsors!

Please take a look at the [Summit Report](#) for a more detailed look at the two days and measurements of impact.

MRBN is Pleased to Offer Our First Community Resilience Learning Collaborative Meeting Post-Summit

We will use the time to allow participants to learn from one another, share ideas, and explore opportunities to engage partners to build community resilience. MRBN will offer community resilience tools and resources to guide the conversation. Please [register](#) for the June 20th Community Resilience Learning Collaborative and invite a colleague to join you. Working together, we can advance health equity in our communities!



Loneliness, social isolation, and a lack of access to services for many rural Mainers contribute to the mental health crisis.

U.S. Surgeon General Declares Loneliness is a Top Public Health Priority

One in two adults in the nation report experiencing loneliness. This week the U.S. Surgeon General proposed a national framework to rebuild social connection and community in America.

The impact of isolation on Maine's youth mental health is especially concerning. Even before the pandemic, Maine youth were experiencing a mental health crisis. Community connections are vital to positive youth development. Join MRBN's [Youth Mattering](#) or [Social Connection Learning Circle](#) to learn more about mattering, a key protective factor, and how communities can support connections for all youth.

stakeholders in the Bangor Area to work with two national organizations, [The Foundation for Social Connection](#) and [Healthy Places by Design](#), for a community listening session in Bangor. **This was the first of four conversations to be held around the country.**

Through these community conversations, the project leads co-create solutions and tools that communities and their members can use to become more connected. Ultimately, solutions will be shared with local leaders across the country.

Please reach out to MRBN and learn more about ways we can facilitate community conversations that promote youth thriving, social connectedness, and community resilience. Please [email](#) us.



Please consider a donation today!

This is your opportunity to support our work to promote youth resilience at the family, school, and community levels. **We need your help!** You'll be helping Maine youth feel seen, heard, and valued...that **they matter.**

Make your donation today!

CALL TO ACTION: Contact MRBN to learn how you and your community can move to action to support Maine Youth Thriving.



Maine Resilience Building Network | PO Box 333 , Manchester, ME 04351

[Unsubscribe {recipient's email}](#).

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by kini@maineresilience.org powered by



Try email marketing for free today!