



Professional Development / Events/ Resources & News

Upcoming Events

See what's happening this [Month](#)

Spotlight: Trauma-Informed Practice

Link to [Trauma-Informed](#)

Join Us!

Link to [Membership](#)

Mattering

Mattering is the sense of being significant and valued by other people. People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives.

Gordon Flett, Ph.D., Author

Greetings!

MRBN is leading the way! As you will see on the extensive event page, our calendars are packed with conferences, training, podcasts, interviews, and so much more.

I am excited to share that Sue Jones McPhee has joined our MRBN team as Communications Director. Sue's career in social justice spans over 30 years. She loves sharing stories and lifting the voices of those not heard, misunderstood, or silenced in a way that impacts lives and public policy.

You may have noticed that Sue has reworked our newsletter. I hope this format is helpful, and if you have additional suggestions, don't hesitate to contact [Sue](#). She is eager to learn from our members what works best!

And now, onto the work!

With gratitude,

Kini
Executive Director



Sue Jones McPhee, MS

MRBN News & Resource Updates



Youth Mattering - Social Connectedness - Community Resilience: Defining and Addressing Community Systems and Structures to Create Equitable Positive Environments and Conditions for Children, Youth and Families to Thrive.

This is a free event and all are welcomed to join us on September 8.

Save the Date

MRBN is pleased to welcome Korey Pow, MeCDC, Project Coordinator of the Maine Youth Integrated Health Survey (MIYHS), to present the 2021 MIYHS data to the MRBN Network on October 6, 2022, 9:00-11:30 am.



NAMI Announces National Launch of 988 Lifeline

A graphic with a dark blue background. It features the number "988" in large white font, followed by "IS NOW AVAILABLE NATIONWIDE" in white and green text. A small green outline of the United States is to the right. Below this, there is text: "Starting today, this new three-digit phone number – staffed by trained crisis counselors – is just a call or text away during a mental health, substance use or suicide crisis." "This is a tremendous step toward providing life-saving support that will help countless people in crisis. But the work is just beginning." "Everyone, everywhere in the U.S. should have access to a mental health crisis response when they need it. That is why we are working tirelessly to #ReimagineCrisis."

Trauma and Suicide Risk Among LGBTQ Youth

"Research has consistently found that LGBTQ youth report more trauma-related experiences than their straight, cisgender peers. This is often due to experiences of discrimination and victimization based on sexual orientation or gender identity."

MRBN's Executive Director to Present at the National Prevention Network's 2022 Conference

Kini-Ana Tinkham's presentation is titled *Building Protective Factors for Youth: Community Engagement for Youth Mattering and Social Connectedness.*



Making Sure Maine Youth Matter Podcast

ASSOCIATION OF STATE AND TERRITORIAL HEALTH OFFICIALS- ASTHO

In the 2019 Maine Integrated Health Youth Survey, 41% of middle-school and 44% of high school students **answered that they do not feel they matter in their communities**. Mattering and social connectedness are protective factors that reduce the likelihood of poor mental health and other risks such as suicide and substance use. Mattering also promotes youth resilience. Since 2000, suicide and substance overdose mortality rates have steadily increased in the United States.

As a method of preventing suicide and substance use disorder, states turn to address upstream factors like creating healthy communities where individuals feel they matter. Sheila Nelson, the program manager for adolescent health and injury prevention at the Maine Center for Disease Control and Prevention, and Kini-Ana Tinkham, Executive Director, Maine Resilience Building Network, discuss how they work in their communities to set youth up to thrive.

Filling Gaps in Access to Mental Health Treatment for Teens and Young Adults

Amid the stress of COVID-19, the trauma of school shootings, and the tyranny of social media, American youth are caught in a mental health crisis. MRBN is featured in this article by the Common Wealth Fund that highlights innovative programs and tools helping young people find mental health services and build resilience.

SPOTLIGHT



Melissa Doyle, MSW

Trauma-Informed Care Interview

MRBN is excited to expand its work around trauma-informed care and looks forward to connecting with many of you around this critical practice. To introduce MRBN's enhanced work in this area, Melissa Doyle, MSW, Resiliency Strategy Director, is answering a few questions about how this work can be meaningful to your organization and her experiences successfully implementing trauma-informed programming.

[Read more](#)

Upcoming Events At A Glance

To learn more about MRBN's educational offerings or to schedule a training for your business, group, or organization, contact training@maineresilience.org.

Vicarious Trauma 101 August 11, 2022, 1:00pm - 2:30pm

Foundations of ACEs & Resilience August 12, 2022, 12:00pm - 1:00pm

Maine ED 2050: Focus Group Conversation August 15, 2022, 2:00pm-3:30pm

Spreading HOPE August 16, 2022, 1:00pm - 2:30pm

Fostering Resilient Environments August 17, 2022, 12:00pm - 1:00pm

Lunch & Learn: Cultivating Youth Mattering August 19, 2022 12:00pm - 1:00pm

Foundations of ACEs & Resilience September 9, 2022, 12:00pm - 1:00pm

Fostering Resilient Environments September 15, 2022, 9:00am - 10:00am



let's talk about
YOUTH MATTERING
join this virtual learning circle with the
Maine Resilience Building Network

August 16, 2022, 12:00-1:00 PM

Register at www.maineresilience.org



let's talk about
SOCIAL CONNECTEDNESS
join this virtual learning circle with the
Maine Resilience Building Network

August 23, 2022, 12:00-1:00 PM

Register at www.maineresilience.org



Mark Your Calendar!

We are excited to announce the return of
MRBN's Biennial Conference

April 12 and 13, 2023
@ Samoset Resort

**Building Equitable
Community Resilience**



Donate

