



# MRBN

## January 2023 news & updates

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MRBN is pleased to present the 2023 MRBN Summit, *"Together We Can Thrive – Creating an equitable shared path forward to promote resilience in Maine communities,"* held on April 12 and 13, 2023, at the Samoset Resort in Rockport.

The Summit will convene state and community stakeholders, focusing on prevention policies and programs prioritizing resilience for our youth, families, and communities. Community-developed strategies to promote resilience for health and social issues are entwined in the workforce and economic development, which supports thriving, prosperous communities.

The Summit is action-oriented and promotes skill-building. It will include nationally renowned experts and panels of Maine people, highlighting their work in creating opportunities for youth to thrive. After a few years of social disconnect, we look forward to the opportunity for colleagues from around the state to network and learn together.

[Summit Page](#)



### Spotlight:

Delvina Miremadi-Baldino, Ph.D. Resilience Strategy and Impact Director

Maine Resilience Building Network is thrilled to welcome Delvina Miremadi-Baldino, Ph.D., to the team as the Resilience Strategy and Impact Director. Since graduating from Gorham High, she earned a Ph.D. in Educational Leadership from Simmons University, a Master's degree from Harvard University in Human Development and Psychology, and a Bachelor's in Psychology from the University of Southern Maine. As a change agent in the mental health field, she has dedicated her life to helping others learn life skills that foster resilience so they may lead more positive and purposeful lives.

Previously she worked in the Department of Psychiatry at Children's Hospital, Boston, for their Adolescent Suicide and Depression Prevention Program. It was there that her passion for prevention began. In 2011 she became the Director of Program and Evaluation for Life Advantages LLC, developing and implementing innovative prevention tools. She continued this work as Chief Resilience Officer at Realize Your Resilience LLC, which she founded in 2016. She said, "I have partnered with schools, universities, organizations, associations, and corporations to provide training and programming which help people of all ages learn how to lead happier, more fulfilled lives." She was featured in a TEDx Talk created in the spirit of TED's mission to encourage "ideas worth spreading."

Current scientific research in Positive Psychology informs Dr. Delvina's principles about teaching essential skills to build resilience. Positive Psychology as a discipline provides scientifically proven techniques, exercises, and skills that change one's perspective in the context of social conditions and experiences to lead to shifts in well-being. Delvina brings the breadth of her research knowledge to bear on strategies for developing organizational and community resilience. Delvina can be reached at [info@maineresilience.org](mailto:info@maineresilience.org) to learn more about her work at MRBN and opportunities at your school, program, or community.

### MRBN Impacts & Outcomes

**Communities:** The MRBN team has begun empowering communities to be part of the solution to build community resilience and youth mattering through our *Maine Youth Thriving, A Guide for Community Action*. MRBN is partnering with community partners statewide to highlight the guide, engage communities, offer technical assistance, and facilitate a plan to advance youth thriving. We are pleased to be engaging statewide from a coastal Maine town to the western Maine mountains, with lots in between. We welcome an opportunity to connect with you and your community to explore opportunities and guidance. Please reach out to MRBN to learn more about the [Maine Youth Thriving, A Guide for Community Action](#), and the role that you can play in helping youth and communities thrive!

**Workforce Development:** Promoting resilience and workforce wellness within organizations has become a critical need. In December, MRBN had the opportunity to present a workshop to the State of Maine Department of Labor on stress impact and resilience strategies. Participants had the chance to connect, unpack how stress impact shows up for them individually, and discover opportunities for personal and professional resilience. A 30-day follow-up survey indicated that 50% of participants had made sustainable changes to address their stress impact, sharing a range of strategies they've adopted.

We look forward to supporting our health professionals, school staff, and all service providers as they work to impact positive youth, adult, and family development.

**Schools:** The [Boys & Girls Club of Kennebec Valley](#) and school partners are implementing strategies to support [healthy outcomes from positive experiences](#) to decrease stigma daily in their programs and community. Language matters. Focusing on the strength of parents and caregivers promotes resilience. Our workshop on "Deactivating Stigma: Healing occurs in Positive Relationships" involves participants practicing skills to check their assumptions and implicit biases to support strong relationships in school, community, and families.

### Promoting Resilience for Maine's Public Health Workforce

The two-part series focuses on supporting our public health workforce's mental health and wellness. The program recognizes the tremendous efforts of Maine's public health workforce - those working behind the scenes and on the front line - who consistently advocate for a healthier and more equitable state. Through recognition of stress impact and resilience, this series is an opportunity to promote individual and professional health and wellness.

On March 2nd and March 9th, join MRBN team members Melissa Doyle, LCSW, and Delvina Miremadi-Baldino, Ph.D., to learn about stress impact and resilience.

[Part 1](#) will focus on identifying stress impact and how it shows up for each of us. We will conclude with some strategies to support personal and professional resilience.

[Part 2](#) will offer evidence-based strategies to build resilience, help shift your mindset, and promote well-being. Participants will learn practices that promote a positive, thriving path forward.

Attendance costs \$10/per session for MRBN members and \$20/per session for non-members.

To learn more about MRBN's educational offerings or to schedule training for your business, group, or organization, please get in touch with us by [email](#).

### MRBN Network Meeting-February 16th from 9:00-11:30 am

The agenda includes MRBN summit updates, networking with our colleagues, and two programs:

**Fostering Resilience: The Science of Thriving Through Challenge and Change**

- Delvina Miremadi-Baldino, Ph.D. MRBN Resilience Strategy and Impact Director

**Resilience Matters to Me: A community-led messaging campaign**

- Brendan Schauflier, MPPM, Program Manager, Healthy Oxford Hills, and Network Facilitator, Oxford County Wellness Collaborative
- Emma DayBranch, MPH, Western Maine Research Navigator, Center for Interdisciplinary Health and Population Research, MaineHealth Institute for Research

[Register Today](#)



### The 2023 planning begins! We'd love to get your thoughts.

As we look ahead, we'd like to hear from all of you to understand how MRBN can support your work in your communities and across the state. Please take a few minutes to complete our brief planning survey so that we can bring the training, education, consultation, and programming that meets your needs throughout the year.

Please begin the survey [here](#).



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