

Maine Resilience Building Network



Professional Development * Events * Resources * News

MRBN Newsletter Resources & Good Works January 2022

SOCIAL CONNECTEDNESS AND HOPE IN 2022

Welcome friends,

The new year offers opportunity and hope for each of us. Across Maine, the pandemic continues to impact the ways individuals and families can safely interact and socially connect. Many MRBN friends have been impacted by the COVID-19 infection and experienced illness and the death of a loved one. We offer our condolences and well wishes.



Social connectedness is recognized by the US CDC's National Center on Chronic Disease Prevention and Health Promotion as one of the five priority social determinants of health. The conditions in which we are born, live, learn, work, play, worship, and age have a profound impact on health. Lack of meaningful social connection during the pandemic continues to cause growing concern for declining mental health for many across the life course. Mental health challenges in adolescents continue to rise. The mental health of our children was of great concern before the pandemic. More than ever, reaching out and checking in on neighbors and family members is critical to support their resilience. Make no assumptions, ask adolescents direct questions about their wellbeing.

Together we can support social connectedness and promote community resilience through recovery planning at the local level. Recovery begins with gathering community members, including youth, health related organizations, businesses, and civic leaders to imagine and plan for what is possible post pandemic. Focusing on social connectedness at the community level offers hope for children, families, and the community.

You might be asking yourself, another zoom meeting? Consider being the organizer, invite a friend, connect with others, and imagine what is possible in recovery to support social connectedness and community resilience in your town or city. This virtual community gathering will feel different!

Well wishes for all in the new year,

Kini

Kini-Ana Tinkham is the Executive Director of the Maine Resilience Building Network.

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2022 MRBN NETWORK MEETINGS
February 3 - May 5 - September 8 - December 1

FEBRUARY NETWORK MEETING TO FOCUS ON SUICIDE AND OVERDOSE PREVENTION IN MAINE

MRBN Network Meeting
February 3, 2022
9-11:30am

Our featured presenter is Sheila Nelson, Maine CDC Adolescent Health and Injury Prevention program manager. She will offer a two-part look at suicide and overdose data and prevention strategies in Maine.

Putting it together: Taking an upstream approach to suicide and overdose prevention

Sheila will present data on the populations most impacted by suicide and overdose in Maine, discuss the shared risk and protective factors that influence the prevention of suicide and overdose, and identify primary prevention strategies to build community resilience and reduce suicide and overdose risk.

Break

Tools you can use: Supporting community suicide prevention

This session reviews the goals of the Maine State Suicide Prevention Plan 2020-2025, explores the resources included in the Statewide Suicide Prevention Toolkit and identifies next steps for community suicide prevention action planning.

[Click here to register](#)

Network meetings are free & open to all.

MRBN PARTNERS WITH ACAP TO ADDRESS KEY SOCIAL DETERMINANTS OF HEALTH

MRBN is pleased to partner with the Aroostook County Action Program (ACAP) to put in place the necessary steps to address social connectedness, nutrition education, and food insecurity in the county. ACAP received a \$125,000 grant from the US Centers for Disease Control and Prevention (CDC) for the Aroostook County Social Determinants of Health Accelerator Plan. The grant is awarded only to regions the CDC recognizes as at-risk for a wide array of conditions. [Read more about the SDOH Accelerator Plan.](#)

HOW CAN MRBN HELP YOU IN 2022?

As we plan for 2022, we are interested in learning what sort of programming has been valuable to you in the past, and what would be useful this year. If you haven't already, please take a few minutes to complete this [MRBN Network survey](#).



Your input matters to us!

EDUCATION OPPORTUNITIES



MRBN is offering **FREE** virtual professional development sessions for Early Child Care and Public Preschool providers across Maine.

Fostering Resilient Learning Environments: Educating Students in Calm, Connected, and Science-Informed Ways

Learn about neuroscience to understand stress, the nervous system, and regulation. Asset-informed, trauma-sensitive approaches that strengthen child-teacher connections to support social emotional learning and well-being will be shared. Science is showing that

resilience and flourishing is possible even in the midst of adversity. Educators and childcare providers will leave with tools and resources that support and promote resilience and well-being.

Choose the date that works best for you:

January 13 6:30-8pm

January 18 6:30-8pm

January 25 6:30-8pm

February 1 6:30-8pm

February 8 6:30-8pm

To register, go to the desired date on the [MRBN Events Page](#)
1.5 contact hours are available for each session.

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

HELP US CONNECT WITH BUSINESSES!



Please help us identify businesses in your community that could be partners in our work to decrease social isolation and improve youth mattering! Local businesses have an incredible opportunity right now to become more youth-friendly, offer career exploration activities for young people, and build community resilience through intentional actions.

We'd love a personal connection to guide us reaching these potential collaborators. Please email our Special Projects Director, [Sultana Khan](#), with your recommendations. We look forward to hearing from you!

Support our work, strengthen your connection to MRBN,
AND gain access to member events and discounts!



[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.

amazonsmile

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