

MAINE RESILIENCE BUILDING NETWORK

Professional Development, Events, Resources & News

A NOTE FROM KINI

Our team recently attended a webinar co-sponsored by the National Association of Chronic Disease Directors and Safe States titled, “*The Role of Nature in Promoting Children’s Physical and Mental Wellbeing.*” Hosted by Casey Family Programs and the Children & Nature Network, we listened to experts discuss how “...time spent in nature can provide a buffer against ACEs by promoting resilience, recovery, and self-regulation instead of well-being.” This can only be true for adults as well, so as Spring continues to bloom across Maine, even in the state’s most northern reaches, we offer you this quote from this [American Psychological Association](#):

“...exposure to nature has been linked to a host of benefits, including *improved attention, lower stress, better mood*, reduced risk of psychiatric disorders and even *upticks in empathy and cooperation*”

The experts all agree—prioritizing time outside, reflecting on the deep, reciprocal relationship we share with the natural world, and practicing gratitude for the beauty of our state’s diverse landscapes can improve your overall physical and mental resilience. If you have a moment, feel free to meditate on Mary Oliver’s tribute to a vibrant visitor we should start to see later this month:

The poppies send up their
orange flares; swaying
in the wind, their congregations
are a levitation
of bright dust, of thin
and lacy leaves.

Mary Oliver

UPCOMING EVENTS

MRBN Learning Circles provide opportunities to connect to focus on shared learning and different perspectives into a common understanding of a topic and empower solutions. MRBN believes that every participant has something to contribute and that we each have something to learn. Attendance at each scheduled learning circle is optional. The Learning Circles are interactive and responsive to the participants. Please reach out with any questions at info@maineresilience.org. Visit [MRBN website-Events](#) for dates/times and register.

Youth Mattering Learning Circle

June 14, 2022 - 12:00-1:00 pm EST

Youth Mattering Learning Circle brings together MRBN Network colleagues passionate about improving a youth’s belief that they matter in their community. Current research will be offered to understand positive

environments and relations that support resilience. Participants share what they have learned from youth in their communities, what is working, the needs they see, and share successes. Discussions may support resource development MRBN's Cultivating Mattering for Maine Youth Initiative goal.



June 14, 2022, 12:00-1:00 PM
Register at www.maineresilience.org

Social Connectedness Learning Circle

June 28, 2022 - 12:00-1:00 pm EST

Social Connectedness and Community Resilience Learning Circle offers a forum to discuss community resilience and recovery from the pandemic. As we begin to reconnect, how do we achieve social connectedness in our communities? How do we ensure social connectedness is achieved for all disadvantaged populations? Resilience is relational and communities play a key role in adapting to stresses and challenges. We will begin to identify community practices, policies and environments that may need to be addressed and steps participants can bring back to their community to work across sectors to individual and community resilience.



June 28, 2022, 12:00-1:00 PM
Register at www.maineresilience.org

New Program Alert!

Lunch and Learn: Cultivating Youth Mattering

June 24, 2022 - 12:00-1:00 pm EST

Join colleagues to learn the foundational science of cultivating a sense of belonging and mattering among youth. Mattering is a protective factor that reduces the likelihood of poor mental health and other risks such as suicide and substance misuse. Participants will leave with a grounding in the science of mattering, explore statewide data, and discuss ways to cultivate mattering as a primary prevention strategy. Share this with a friend or colleague who cares about Maine Youth!

Plan your summer education with a MRBN training! Reach out to us for an informative presentation on Youth Mattering with a facilitated conversation on strategies your community can implement to build social connectedness. For more information email training@maineresilience.org.

Aroostook Community Conversation: Building Resilience Through Recovery

Jun 29, 2022 - 10:00-11:30 am EST

Maine CDC Tobacco and Substance Use Prevention Program is proud to partner with The Maine Resilience Building Network to host an open community conversation about the power of building community resilience to support our fellow community members. This facilitated conversation will include topics of resilience strategies, recovery and building connections across our communities.

RECENT MRBN NEWS

Senators King and Murkowski Announce Bipartisan Bill to Support Children's Mental Health

May 31, 2022

"U.S. Senators Angus King (I-Maine) and Lisa Murkowski (R-Alaska) today announced that they have introduced legislation to address the impact of childhood trauma on long-term health. The Improving Data Collection for Adverse Childhood Experiences (ACEs) Act would authorize \$7 million annually over five years to support Centers for Disease Control and Prevention (CDC) research and data collection efforts to study the potential ties between childhood trauma and poor health conditions in adulthood."

MRBN Executive Director, Kini Tinkham, quoted in the press release, acknowledges the expanded data collection will offer State policy leaders and communities a deeper understanding of ACEs and their impact across the life span.

Read more [here](#).

Kini Tinkham Participates in Panel Sponsored by the *National Academies of Science, Engineering and Medicine (NASEM)*

MRBN Executive Director, Kini Tinkham, was honored to present the Cultivating Mattering for Maine Youth initiative as part of a national forum sponsored by the National Academies of Science, Engineering and Medicine, on "*Responding to the Current Youth Mental Health Crisis and Preventing the Next: Preventing the Next Mental Health Crisis through Partnerships with Families and Communities.*"

The forum focused on the promotion of positive mental health in children and youth. Over the course of three days, the Forum brought together expert presentations, lived experience perspectives, and community-level strategies for responding to the current youth mental health crisis and preventing the next one. MRBN's presentation was on Day 2 of the Forum, which highlighted how communities around the country are working on a paradigm shift towards promotions and prevention activities in youth mental health.

Dr. Vivek Murthy, United States Surgeon General kicked off the session with A Discussion on Shifting Towards Promotion and Prevention in Mental Health, followed by the panel of nationwide innovative strategies of which MRBN's Cultivating Mattering for Maine Youth was featured. The initiative, which focuses on changing the culture for Maine's youth mattering and social connectedness, was one of four innovative approaches featured. We are proud of the wider recognition our work in Maine is receiving, and as importantly, how we in Maine are initiating collective action so that our youth feel that they matter in our communities.

View a recording of the panel discussion [here](#) (Video #16).

We can't wait to be with you in person next April!

Mark Your Calendar!

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

April 12 and 13, 2023
@ Samoset Resort

**Building Equitable
Community Resilience**



We are pleased to share the MRBN 2021 Annual Report. We invite you to partner with the Maine Resilience Building Network. 2022 offers an abundance of opportunities to connect and make an impact. Learn more [here](#).



**Maine Resilience
Building Network**
Annual Report 2021

www.maineresilience.org



UPDATES FROM MRBN

We are so pleased to welcome Melissa Doyle, MSW, as MRBN's new Resilience Strategy Director. Melissa has over 15 years of experience in victim services organizations where she has provided direct service and administrative leadership around issues of sexual, domestic, and community violence as well as vicarious trauma and secondary traumatic stress. Most recently, Melissa has led efforts to promote trauma informed care initiatives, particularly in medical settings.

She has worked with multi-disciplinary groups to develop trainings and programs that support trauma informed care approaches, environments, and clinical practices. A clinical social worker, Melissa brings a deep understanding of trauma and resilience on both individual and systems levels and is excited to join MRBN and bring her experiences to communities throughout Maine.

She looks forward to supporting and advancing MRBN's work on Youth Mattering and trauma informed care education, technical assistance and systems integrations. Melissa graduated from Simmons University School of Social Work with an MSW and Colby College with a BA in History and American Studies.

We are happy to have our Education Director, Ruby Parker, back from family leave. Ruby's family welcomed a baby boy, Elias, in February. Ruby has been busy providing trainings and supporting MRBN's educational goals since her return.



RESOURCES AND GOOD WORKS

New Study Findings Show Impact of Poverty Reduction Strategies on Infant Brain Development

The Baby's First Years Study, which aims to understand if reducing poverty impacts early childhood development, has recently released its first findings. Led by co-principle investigators, Dr. Kimberly Noble, MD, PhD and Katherine Magnuson, PhD, the researchers have found that poverty reduction strategies, in this case through predictable, monthly cash support, led to increased brain activity in infants which is associated with subsequent cognitive skills as the children grow and develop into school-age kids. This is one of the first studies that examines the relationship of poverty on early childhood development.

You can read more about the study [here](#).

The first findings of the study can be found [here](#).

Resources from OUT Maine on Supporting LGBTQ+ Youth during Pride Month!

Our friends at OUT Maine have worked hard to create a calendar of events in Maine, resources for adult allies, businesses and community members, and suggestions for how to organize Pride events in your own community. Learn more by visiting <https://outmaine.org/support/pride/>.

**MRBN
NETWORK
MEETINGS**

UPDATES, NETWORKING
AND PROFESSIONAL
DEVELOPMENT

SEPTEMBER 8, 2022
8:00 AM - 12:00 PM

DECEMBER 1, 2022
8:00 AM - 12:00 PM

REGISTER AT
WWW.MAINERESILIENCE.ORG

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.

amazon smile

maineresilience.org

