



Maine Resilience Building Network



We are grateful to everyone who helped make this year's Summit a success, especially our sponsors. You matter to Maine youth!

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May 2, 2023

Dear Leah,

Thank you again for sponsoring our Biennial Summit. We are profoundly grateful and delighted that you were able to join us! The Summit was a huge success. Our team compiled this snapshot of the two-day event to share with you.



Kini-Ana Tinkham, MRBN's Executive Director, welcomed and acknowledged 183 community change-makers statewide to the 2023 Biennial Summit, **Together We Can Thrive: Creating an equitable path forward to promote resilience in Maine Communities.** Kini-Ana, board members, and the MRBN team highlighted MRBN's Maine Youth Thriving Guide and participated in panel discussions and presentations.

From left to right: Kini-Ana Tinkham (Executive Director), Shannon King (Board President), Darylen Cote (Vice President), and Tim Robbins (Treasurer).

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.

On day one, Dr. Wendy Ellis, Founding Director of the Center for Community Resilience at Georgetown University, School of Public Health, an expert in community resilience, provided our keynote, "**Community Resilience: Connecting Trauma, Equity, and Resilience,**" and afternoon workshop addressing opportunities to enhance the health of Maine youth, families, and communities by applying the Community Resilience Model with communities in Maine.

Dr. Ellis developed the model which focuses on reducing and eliminating adversity by fostering equity through policy, practice, and program change. She used the "Pair of ACEs" – adverse childhood experiences in the context of adverse community environments to highlight concrete examples of how multiple sectors are collaborating to address some of these issues in other locations around the country.



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The afternoon workshop created action-oriented discussions to identify adverse community environments and highlight what healing would look like through community strength identification and assets for community resilience.



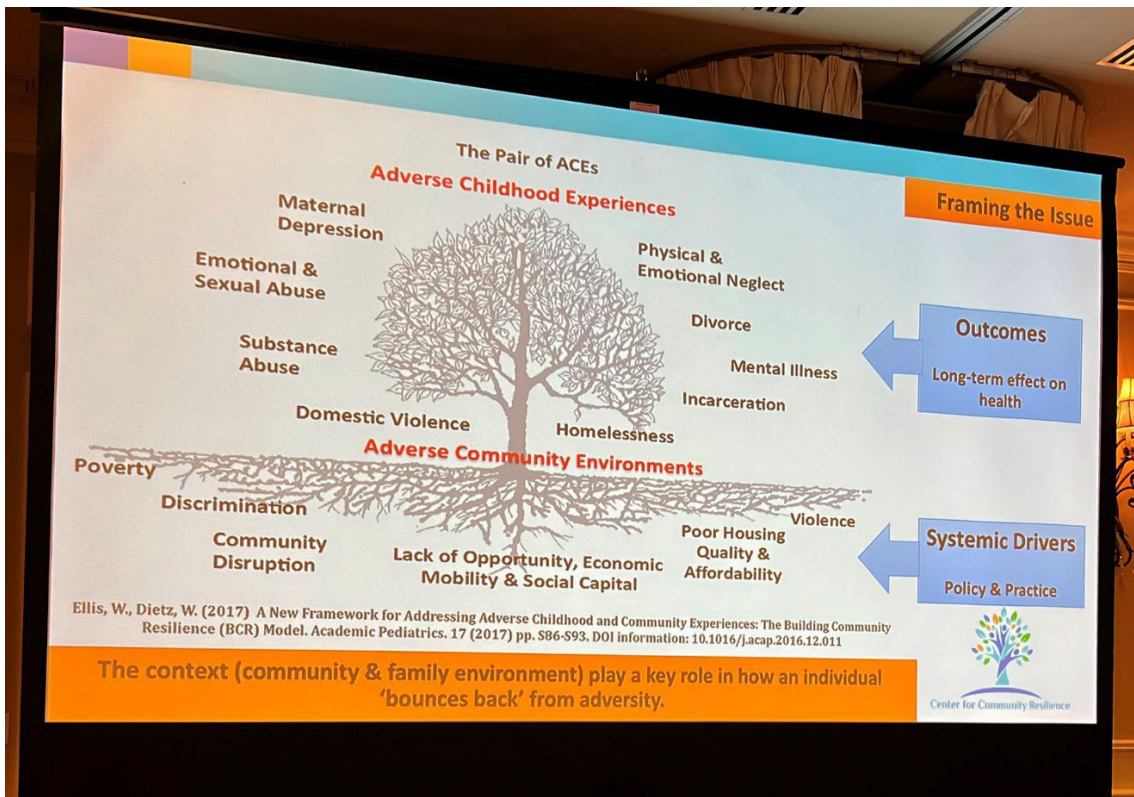
"A big thank you to Dr. Wendy Ellis and all the organizers behind MRBN. The event was incredible."

"Appreciate the emphasis on deep root causes, especially Dr. Ellis's presentation."

"Changing our narrative & being truthful about our history."

"The depth and breadth of factors that contribute to community resiliencies."

"Wendy was incredible!"





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SUICIDE, THE 10TH LEADING CAUSE OF DEATH OVERALL, IS THE SECOND LEADING CAUSE OF DEATH AMONG 15 – 19-YEAR OLDS AND THE LEADING CAUSE OF DEATH FOR 14-15-YEAR-OLDS.

CENTERS FOR DISEASE CONTROL AND PREVENTION

In the morning on day two, we focused on using Maine experts to ground attendees in the concept of Mattering, share the development process for understanding and communicating the voices of Maine youth, and the creation of the Maine Youth Thriving Guide. Additionally, new community sector-specific materials were shared by the MRBN team that are action-oriented and tailored by sector.

The morning concluded with a diverse panel of local partners who work with youth in various capacities. They shared their experiences and aspects of empowering youth that synced well with the eight keys to youth thriving, identified in the **“Maine Youth Thriving: A Guide for Community Action.”**

The Maine Youth Today Panel

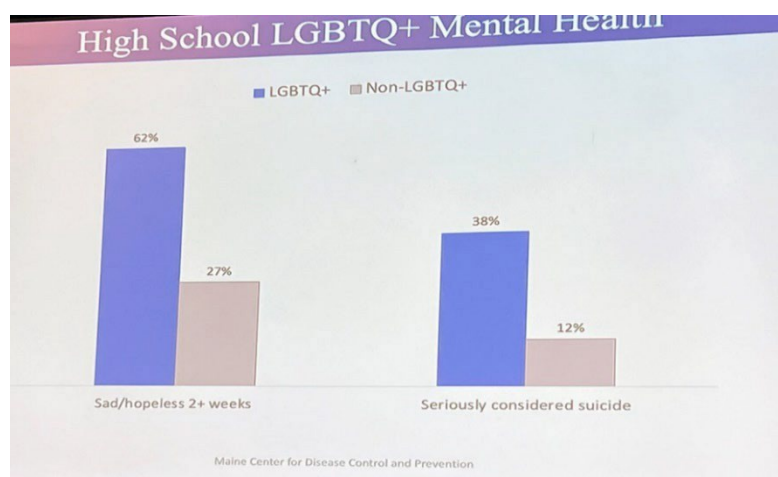


From Left to Right: Helen Hemminger, Maine Children's Alliance
Korey Pow Haggerty, Maine CDC
Haley Bezon, Hearty Roots
Dana Anderson, VALO
Melissa Doyle, LCSW, Maine Resilience Building Network



From Left to Right: Joanne Joy, Healthy Communities of the Capital Area
Rueben Torres, Maine Immigrants' Rights Coalition
Hibo Omer, New Mainers Public Health Initiative
Saige Purser, Wabanaki Public Health
Jennah Godo, MS, Maine Resilience Building Network

SIGNS OF PROGRESS: COMMUNITIES ARE WORKING ACROSS SECTORS TO BUILD INCLUSIVE, WELCOMING PUBLIC SPACES LIKE, SKATE PARKS, PLAYGROUNDS, AND RIVERFRONTS,” RECOGNIZING THE MENTAL AND PHYSICAL BENEFITS OF NATURE.



"Powerful connections to Maine's struggles and successes."

"Great day, great speakers."

"Thanks for organizing. It feels great to be among energetic and passionate people."

"Yay! Great job!"

"Loved It!"

"The networking that came of conversations was awesome!"

"I now understand social connectedness, and I know how important this is and to do this in my community."

In the afternoon session, Risa Wilkerson and Phil Bors of Healthy Places by Design presented a keynote followed by a workshop focusing on the work on "Socially Connected Communities- Solutions for Social Isolation." The two-part session prioritized policies and systems to ensure community social connectedness. Participants learned about the impact of social isolation on human health, its roots in community policies, norms, and innovative solutions that build trust and reconnect neighbors.



"Connection builds a virtuous cycle: when people feel valued and cared for within the community, they are more likely to contribute and participate in creating healthy, equitable places."

Belonging & Civic Muscle,
Thriving Together

<https://winnetwork.org/>

Anyone can be impacted

- School loneliness ↑18.6% in 2000 to 36.6% in 2018 ^[1]
- Reported Loneliness in 2020:
 - 79% of Gen Z & 71% of Millennials ^[2]
 - > 33% of middle-aged adults (age 45 and older) ^[3]
- 24% of older adults (age 65 or older) in the U.S. considered socially isolated (2020). ^[3]
- Over 70% of adults with fair/poor mental health and 55% with fair/poor physical health reported feelings of isolation and loneliness (2023) ^[4]

Socially Connected Communities

Solutions for Social Isolation

5 Recommendations

1. Design, Maintain, and Activate Inclusive Public Spaces
2. Prioritize Connection in Transportation Systems
3. Construct Housing Environments that Build Community
4. Invest in Inclusive Practices and Community-led Solutions
5. Make Social Connectedness a Community Norm

View the full report: bit.ly/t93r

Summit Goals & Impact

1. I better understand the intersection of community policy and practice to impact youth and family thriving.

96.83% Strongly Agree and Agree

2. The Information was presented clearly.

96.82% Strongly Agree and Agree

3. Can you put this information into practice in:

76.19% Your own organization

60.32% Your local community

34.92% Your coalition

4. The Summit was informative.

100% Strongly Agree and Agree

Strong social connections and networks can boost a person's survival by 50 percent!

Scientific American
A meta-study of more than 300,000 participants across all ages reveals that strong social networks are linked to longer lives.



Conference Evaluation/Feedback

Conference participants gave both quantitative and qualitative feedback regarding the summit. Overwhelmingly positive responses were shared regarding the keynotes, overall feeling each day, and excitement to return to their communities to engage others in this work. This was accompanied by the desire to connect statewide to share successes and momentum.

A recurrent response from attendees included how engaged everyone was at their tables with thoughtful conversations to move to action with new knowledge and tools. The opportunity to connect with others statewide was powerful, especially post Covid. Our Day Two keynote presenter responded, “This was the best conference they had ever attended.”

Many participants felt strongly that topics were communicated clearly, that they had a better understanding of the intersection of community policy and practice to impact thriving, and that the information received could be put into practice. Participants appreciated the panel of diverse perspectives, which embodied the need to have all voices at the table.

A huge highlight was the attendance by a Southern Maine optometrist, who is doing his research within his practice, connecting impaired vision with trauma in his patient’s healing and vision. His patients are from the Congo and have witnessed horrendous torture. His patients have no peripheral vision. They focused on looking forward, preventing them from seeing the horror that no one should ever have to see. His attendance was especially noteworthy as a member of the medical community. Our work must transcend public health and community coalitions to other sectors to move forward and create opportunities for community resilience.



Moving forward as an organization, this summit is a springboard to working more intentionally to engage various sectors (i.e., businesses, schools, faith organizations, municipal government at the community and state levels, and more.) Since the Summit, participants are contacting us to provide training and technical assistance to implement the Youth Thriving Guide. As we have seen, a little awareness and understanding have motivated people to take positive action.

Summit participants highlighted the desire to keep connected with others, and we shared the continued opportunity to be a part of our monthly social connection and youth-mattering learning circles. This confirmed our intention to keep the need for connection moving forward.

Once again, thank you for your support of MRBN’s work. You Matter!

With gratitude and appreciation,

Kini-Ana Tinkham

