Aroostook Community Collaborative to Host Chris Trout, Maine Resiliency Expert

Aroostook Community Collaborative (ACC) will host Chris Trout, a Maine Resiliency Expert, on Thursday, April 27, 8:00 a.m. – 4:00 p.m. Event location is still being finalized but will likely take place in Presque Isle. Attendees will screen “Resilience,” a film that focuses on the science behind the Adverse Childhood Experience’s study and several community responses to bridging the gap between that science and the infusion of resiliency strategies to help reverse the effects of trauma impact.

This event tops off an 18-month focus (and a multi-year build up) on creating a culture of Resilience in Aroostook County with Growing a Resilient Aroostook – Take 2. In October of last year, the ACC continued their work on ACE’s holding the first Growing a Resilient Aroostook. As a companion to the October event, the “Take 2” event explores the Resiliency response to trauma and ACE’s (adverse childhood experiences). Chris Trout will remind the audience that, "Life happens. Thank goodness we are all exquisitely resilient beings. When we name and amplify that resilience, we grow the tools to survive and thrive - no matter what." In an engaging and interactive approach, Chris will encourage the attendees to think about resilience in their own lives as a way to model the approach for our children.

April Flagg, ACC Communications Director and an ACAP Project Manager consistently sees the power of resilience and the effects of ACE’s in her work with ACAP and the Department of Corrections. “Resilience isn’t something we build overnight," she says. "It is a lifetime of positive experiences and interactions, encouragements and lessons that we collect throughout the happy and hard parts of life. Building resilience in children means finding those moments to encourage the seven C’s, confidence, competence, character, connection, contribution, coping, and control. Add to that a sense of grit, and we have a whole generation of young people ready to take on the challenges of our ever changing world.”

Registration is $25 thanks in part to generous support from the Maine Health Access Foundation and the Juvenile Justice Advisory Group of Maine. Lunch and snacks are provided. For more information or to register multiple attendees, please contact April Flagg at ACAP, aflagg@acap-me.org or call 554-4139. There is a Facebook Event Page with links for registration, “Growing a Resilient Aroostook – Take 2.” Location details will be posted there soon! Seating is limited so organizations are encouraged to register early.

ACAP is pleased to be part of the Aroostook Community Collaborative. Formerly known as Youth Vision Network, ACC strives to develop and sustain collaboration, expand resources, and enrich the health, hope and wellbeing of Aroostook County people. The collaborative is currently represented by approximately 20 organizations county-wide. If you are interested in learning more, please contact April Flagg at 554-4139.