

MRBN conference: Catalyzing Healing & Resilience Through Mattering
November 11, 2020

- Dr. Christina Bethell, professor of public health at Johns Hopkins
- Science of ACEs has been translated over the past decade and gotten more attention
 - 2019 sees first congressional hearing on this topic
- ACEs and resilience point to the important of the moment-by-moment relational experiences of children
 - Requires a paradigm shift
- Need to build a culture of healing, and Culture of Mattering is the foundation for that
- Fundamentals of mattering
 - Science matters
 - Engagement matters
 - You matter
- Connection and mattering is fundamental to wellbeing
- Children don't know what this means and need to be taught it (and that they matter even when they don't feel good, aren't successful)
- *Psychology of Mattering* book details our need to be significant
- Feeling value and adding value are the two components of mattering
 - Can add value to selves and this is central to our ability to add value to others
 - When self value is disabled by trauma it is very difficult to receive value from others
 - Mattering wheel describes relationship between these facets, and the dimensions that they show up across (community, work, etc)
 - Adding value: "I can act for myself and contribute to others"
 - Need for self-efficacy and having something to contribute
 - Need for meaning & purpose
- Need to feel valued is biological: we need to know we value so that we will be taken care of by parents and survive
- Flourishing
 - Sense of meaning
 - Engagement in daily life
 - Positive relationships
 - Curation of positive emotions
 - Sense of accomplishment
 - Self-worth
- Four development stages of mattering
 - Identify & sense of self, world view
 - Healthy attachment and safe & nurturing relationships
 - Vulnerability, courage and emotional agility
 - Ability to teach, manage and share thoughts & emotions
 - Hope, trust and safety
 - Seeking and receiving care and support to heal
 - Growth and response-ability mindset

- Compassionate ongoing improvement, accountable to self and others
 - Very hard to move to this stage of being responsible for our own mattering if the previous stages have been interrupted
- Mattering and attachment
 - Healthy attachment is the root of mattering, and if we don't experience it we may not develop a sense that the world is safe, that we have something to offer, that we matter
- Bio-synchrony
 - We regulate one another's nervous system all the time; we are connected in a neurobiological sense
 - Safe, stable, nurturing relationships for kid and adults: serve and return SCARF (look at slides for terms and related ideas)
- In study of college students that looked at self-criticism and distress, mattering was predictive of depression
- Mattering is linked with higher emotional maltreatment and neglect
- Maine is fourth highest in nation for children with an emotional, mental, behavioral or developmental condition who have 2+ ACEs
- Fact sheet that shows outcomes by ACEs
 - <https://www.cahmi.org/wp-content/uploads/2019/06/CAHMI-State-Fact-Sheet-ME.pdf>
- Increasing sense of hopelessness, depression, and considering suicide is a decades-long trend
- Bringing ACEs science into domestic violence intervention and addiction treatment is yielding great outcomes by asking people, "What happened to you?" and teaching people about how they've been shaped by adversity
- Accepting negative feelings and experiences (instead of resisting them) allow us to enjoy better mental health
 - Resisting those emotions can make us more likely to experience psychiatric symptoms later on
 - Being able to experience them and deal with them successfully requires us to have a sense of mattering
- Key capacities to restore the social connection we need to restore mattering
 - Metacognition
 - Mindful practice
 - Perspective taking
 - Interoception & self-monitoring
- Showing our positive feelings lowers depressive symptoms and improves well-being
 - Important to do this as we are experiencing difficult feelings (e.g., "I'm glad that we're able to talk about this")
- Stigma
 - Feeling of not mattering makes people more receptive to feeling stigmatized
- Breakout groups
 - Sharing answers to...
 - I most want to experience
 - I most want to express
 - I most want to create
 - I most want to contribute

- Apply five “why’s?” to these to get at what underlies each
 - Creating a personal mattering plan
 - What do I need or need to do?
 - To have a felt sense of mattering to self, others, and in life?
- Day 2
 - Building a collective ecosystem to create a sustainable culture of mattering, connection, and healing
 - Success depends upon the internal condition of the interveners
 - Summary of yesterday
 - Mattering consists of 2 complementary experiences: feeling valued and adding value
 - One without the other does not result in feeling that one matters
 - There is often a split: people feel valued but not that they add value, or vice versa
 - 4 stages of mattering
 - Identity, sense of self, worldview
 - Vulnerability, courage, emotional agility
 - Often we fail here because we don’t pay attention to being vulnerable or make time for it (naming it, leaning into it)
 - Hope, trust and safety
 - Growth, response-ability mindset (ability to respond versus react)
 - Powerful, research-based connection between relational health risks and diagnosed Mental/Emotional/Behavioral challenges
 - Stigma
 - Bigger issue is self-stigmatization from people who experience abuse/neglect/not mattering
 - Research points to idea that people who feel like they don’t matter may be especially vulnerable to being stigmatized
- Creating a culture of mattering
 - *Ordinary Magic* book discusses science of resilience
 - Mattering as a community health promotion and prevention strategy
 - Prevent 4 D’s that manifest without mattering
 - Devaluation of people
 - Relational disconnection
 - Disengagement
 - Takes her about 16 hours to recruit 1 person for a focus group; research costs so much because it’s hard to engage people!
 - Community disintegration
 - Occurs in the absence of simple rules about what people care about
 - Embracing mattering as a community value leads to feeling valued, respected and recognized because it enables people to exert control over their lives, participate and help others, bring their unique voice to the community and create a livable world
 - It’s directional: mattering comes first, leads to the other things

- Culture of mattering
 - It's a WE culture
 - We cultures balance...
 - Personal well-being and liberty
 - Relational well-being and fraternity
 - Community well-being and equality
 - WE cultures distribute mattering equally versus concentrating mattering on those who already have power and privilege
 - This is a choice: do we believe that everyone matters?
- Mattering distorted
 - Deflection: "Get over it and pull yourself up."
 - Resentment: "I will force you to see and hear me even if it means harming you."
 - Need to make people feel listened to. There's a reason why everyone feels the way that they feel and we should be curious about that—even if we disagree with them.
 - Inequitable distribution: only value those with power
- Resolving the crisis of mattering
 - Foster a WE culture
 - Reject the policy use and abuse of mattering
 - Blaming those that feel put down
 - People who feel put down seek to restore mattering by putting others down
 - Opportunity hoarding (versus creating opportunities for others)
 - Embrace movements... (look back at slide)
- If we don't foster a culture of mattering for all people in a community movement for change, when the leader leaves things will fall apart
- Compassion & mattering
 - You feel compassion; if you think you are safe but don't *feel* it, the body wins
 - *Compassionomics* book covers the science of caring
 - Compassion is the space of holding what is, caring, and knowing that you may not be able to fix it
 - We often go between undercare and overcare, which are both very draining on us
 - Being in the middle with care, and acknowledging that we may not be able to avoid pain, is a high-level skill and is what it's needed
 - Research shows that compassionate interactions have an immediate, lasting impact on anxiety and depression
- Look at Competent Communities articles from 1985 for a good blueprint about what communities need to create change
- Collective engagement using Theory U model
- Building Mattering Through Community engagement
 - Person cannot add value without **voice** and **visibility**
- Vulnerability
 - We need to receive empathy to give empathy
 - Non-violent communication (similar to Situation-Behavior-Influence method for safer, objective communication)

- Shared tons of resources to dive into later (reference from slides or resource list—if MRBN creates one)
- We are the medicine!
 - Everything we need is within us and between us
- Breakout dialogs
 - Envisioning a culture of mattering
 - What do you see, experience, do differently when there is a culture of mattering
 - What do you envision doing differently or more of to contribute to this?
 - What do you need to do this? From others, yourself, organizations, policy makers, the community?