I. PRESENTATIONS BY DR. CHAMBERLAIN

An Integrated Approach to Childhood Exposure to Violence and Implications for Early Brain Development

Dr. Chamberlain begins by making the connection between different forms of family violence and stressing the importance of seeing the big picture of family violence. Following a brief overview of neurobiology, she creates a developmental pathway to understanding the implications of trauma on early brain development. Dr. Chamberlain uses case scenarios to illustrate the physical, mental, cognitive, and behavioral health effects of childhood exposure to violence including the hidden epidemic of post-traumatic stress disorder. Wrapping up on a proactive and positive note, she provides strategies for assessment, practical tips for working with children from violent households, and examples of how communities are working together towards an integrated approach to childhood exposure to violence.

The Amazing Adolescent Brain: Opportunities and Vulnerabilities

Recent research on brain development has revealed that the adolescent brain is a work-in-progress. Dr. Chamberlain provides an overview of neurobiology to demonstrate how adolescence is another window of opportunity in brain development. Describing areas of the brain that show the most profound changes during adolescence, the implications of these changes on adolescents’ thought processes, behaviors, and vulnerability to neurotoxins such as substance abuse and violence are presented through dialogue and case studies. Strategies to enhance communication, maximize healthy brain development, and promote a more peaceful adolescence are woven throughout the presentation. Translating science into practice, Dr. Chamberlain discusses evidence-based programs that are making a difference and creating a community safety net for youth.

The Awesome Teen Brain for Teens!

During the teen years, the brain goes through a major remodeling. The teen brain is unique. This is the time for super learning, peak performance, and maximizing brain potential. It is also a time when the changing brain is very vulnerable to alcohol, drugs, and stress. From learning how boys’ and girls’ brain are different to unlocking mysteries about common adolescent behaviors and feelings, this workshop is designed to empower teens to make the most of this amazing window of opportunity.
The Hidden Epidemic of Dating Violence: Recognition, Intervention, and Prevention

Adolescence is a developmental window of opportunity for cultivating social skills and forming values about interpersonal relationships. Dr. Chamberlain begins by describing the transitional period during the middle school years when bullying behaviors peak and dating violence emerges. Participants will learn to recognize the dynamics, patterns, and warning signs of dating violence for boys and girls including risk factors that increase the likelihood of experiencing and/or perpetrating dating violence. Describing the predictable consequences, Dr. Chamberlain makes the connection between dating violence and leading adolescent health concerns such as teen pregnancy, substance abuse, and self-harm. Focusing on what we can do to make a difference, she offers practical strategies and the latest scientific evidence on best and promising practices for prevention. Through interactive exercises and dialogue, participants will develop skills to assess and assist teens who are experiencing abuse by a dating partner.

Making the Connection: Domestic Violence and Public Health

This workshop provides an overview of the Public Health Toolkit and a PowerPoint curriculum developed by Dr. Chamberlain for the Family Violence Prevention Fund. The curriculum addresses eight different areas of public health practice (prenatal services, WIC/nutritional supplement programs, sexually transmitted infections, reproductive health, women's health, substance abuse and mental health, injury prevention, and child and adolescent health). Dr. Chamberlain uses segments from the toolkit that are relevant to the audience to discuss the epidemiology of domestic violence, implications for service delivery, policy recommendations, and promising practices. Participants learn how to use toolkit and the curriculum, which includes speaker notes. Handouts include an extensive bibliography on making the connection between domestic violence and public health.

II. SELECTED BOOKS

A. ADOLESCENT BRAIN DEVELOPMENT


The Primal Teen: What the New Discoveries about the Teenage Brain Tell Us About Our Kids by Barbara Strauch (2003). Published by Doubleday, NY, NY

Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind by M.J. Bradley and C. O’Connor (2002). Harbor Press, Gig Harbor, WA.

B. GENERAL ADOLESCENT DEVELOPMENT


C. EDUCATION/LEARNING AND BRAIN DEVELOPMENT


Secrets of the Teenage Brain: Research-Based Strategies for Reaching and Teaching Today’s Adolescents by Sheryl Feinstein. The Brain Store, San Deigo, CA.


Roots of Empathy Program is based in Toronto, Canada. An evidence-based classroom program for kindergarten through 8th grade. Seeds of Empathy Program fosters social and emotional competencies for children three to five years old in early childhood settings. Information and resources are available at www.rootsofempathy.org

Teaching Compassion: A Guide for Humane Educators, Teachers, and Parents by Pamela Raphael with Libby Colman, Ph.D. and Lynn Loar Ph.D. The Latham Foundation, Alameda CA 94501


D. EXERCISE AND THE BRAIN


E. ADOLESCENT RISK BEHAVIORS AND MENTAL HEALTH


F. INTERVENTIONS WITH ADOLESCENTS


Healing a Teen’s Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers by Alan D. Wolfelt (2001). Published by Compassion, Fort Collins, CO.


III. SELECTED ARTICLES AND PUBLICATIONS

A. ADOLESCENT BRAIN DEVELOPMENT


B. SUBSTANCE ABUSE AND ADOLESCENT BRAIN DEVELOPMENT

Prospective cohort study on cannabis use, predisposition for psychosis, and psychotic symptoms in young people by Cecile Henquet, Lydia Krabbendam, Janneke Spauwen, Charles Kaplan et al (2008). Online First BMJ.

Cannabis use predicts future psychotic symptoms, and vice versa by Robert F. Ferdinand, Frouke Sondeijker, Jan van der Ende, Jean-Paul Selten et al. (2005) Addiction Volume 100:612-618.


C. SUBSTANCE ABUSE PREVENTION WITH YOUTH


IV. MEDIA AND YOUTH

A. SELECTED BOOKS


How to Get Your Teen To Talk To You by C. Gribsy and K. Julian (2002). Multnomah Publishers, Sisters, OR.

Stop Teaching Our Kids to Kill: A Call to Action Against TV, Movie, and Video Game Violence by Lt. Col. Dave Grossman and Gloria DeGatetano (1999); published by Crown Publishers, NY, NY

B. ARTICLES


www.mediafamily.org is the website for the National Institute on Media and the Family. This website has some of the latest research on the impact of media and media violence on youth, fact sheets, information on media ratings, and other resources for parents and caregivers.
V. BULLYING


**Bullying Behavior: Current Issues, Research and Interventions** edited by Robert A. Geffner, Marti Loring, and Corinna Young (2001). Published by Haworth Maltreatment & Trauma Press, 10 Alice Street, Binghamton, NY 13904-1580

**“Stop Bullying Now!”** A campaign that includes a web-based animated story of youth dealing with bullying in a middle school setting and addresses the roles of teachers, parents, other adults, and youth in stopping bullying. Available at: [http://stopbullyingnow.hrsa.gov](http://stopbullyingnow.hrsa.gov)

**Online Continuing Medical Education on Bullying for Pediatricians**

A series of articles and quizzes on pediatricians’ role in the identification and prevention of bullying were published in spring, 2006 issue of “The Child’s Doctor.” Pediatricians can receive 2 Category 1 credits for reviewing the articles and completing the quizzes. Key topics covered in the articles include recognizing high-risk children, how to do effective screening and referral, assertiveness training for children particularly those at higher risk such as children with disabilities, and strategies for parents to detect warning signs and prevent long-term victimization. Online bullying, the more severe problems associated with bully-victims, and implications of ADHD and bullying are addressed in this continuing medical education. For more information, go to: [www.childrensmemorial.org/cme/online/article.asp?articleID=151&previewmode=review](http://www.childrensmemorial.org/cme/online/article.asp?articleID=151&previewmode=review)

VI. RESOURCE FOR PARENTS


VII. EDUCATIONAL VIDEOS/DVDs

**Drugs and the Developing Brain: The Science Behind Young People’s Substance Use** by KC Winters & Jeff Lee. 2010. [www.hazelden.org](http://www.hazelden.org)

**The Secret Life of the Brain** Describes the continuum of brain development from infancy through the aging brain in the later years of life, length 300 minutes, produced by David Grubin in conjunction with PBS, the National Science Foundation, the Dana Alliance for Brain Initiatives and other organizations. Can be purchased from [www.pbs.org](http://www.pbs.org)
**The Teen Files: The Truth About Drinking**, hosted by Leeza Gibbons. Can be purchased from AIMS Multimedia, Chatsworth, CA at [www.aimsmultimedia.com](http://www.aimsmultimedia.com)

**Which Brain Do You Want?** Through the use of brain scans, explains how the brain develops and the physical impact of drugs and alcohol on brain function, length 47 minutes, produced by Dr. Daniel Amen. Available at [www.amenclinics.com](http://www.amenclinics.com)

**VIII. CLINICAL GUIDELINES FOR DOMESTIC VIOLENCE/DATING VIOLENCE**

**Identifying and Responding to Domestic Violence: Consensus Recommendations for Child and Adolescent Health** (2003); produced by the Family Violence Prevention Fund, San Francisco, CA; Phone (415) 252-8900; Website: endabuse.org

**IX. WEBSITES**

[www.thatsnotcool.com](http://www.thatsnotcool.com)
Educational website for teens and parents that addresses teen dating violence and digital abuse through video clips, call-out cards, and dialogue.

[www.shelternet.ca](http://www.shelternet.ca)
Website with special section for teens that focuses on healthy relationships with a relationship quiz for teens, offers suggestions for how to talk to a friend who is in an abusive relationship, and options for how to get help and safety planning.

[www.freevibe.com](http://www.freevibe.com)
A website sponsored by the Federal government that provides information and supportive messages to teens using drugs, alcohol, and coping with parents with substance abuse problems.

[www.AskDrJami.org](http://www.AskDrJami.org)
Dr. Jami’s website promotes resiliency for teens through bibliotherapy. Her website includes recommended web resources, nonfiction books, and fiction books to help teens build resiliency.

[www.cdvp.org/teens/](http://www.cdvp.org/teens/)
A teen relationship website talks about respect and abuse in relationships, provides links, and a chat room for teens.

[www.empowered.org](http://www.empowered.org)
Provides prevention education to address bullying and peer aggression.
www.freevibe.com
A website sponsored by the Federal Government that provides information and to teens about using drugs, alcohol, and coping with parents with substance abuse problems.

www.focusas.com
Clearinghouse for information, resources, and support. Large volume of resources dealing with teen and family issues including resources listed by state.

www.reachout.asn.au
Provides information about a number of mental health concerns including depression, loss and grief, and substance abuse as well as other teen issues such as friendship.

www.teenshealth.org
Addresses a wide range of teen health concerns including cutting, tattoos, sexual health, personal safety, and diseases.

www.loveisrespect.org
National teen dating violence resource targeted to 13- to 18- year-olds. Teens who are experiencing dating abuse can log in and get help from trained associates in a one-on-one private chat room. This website is co-sponsored by the National Domestic Violence Hotline and Liz Clairborne Inc.