

"2016 Young Brain and Justice Series"

A Free Webinar Series for Juvenile Justice Professionals



*Toward a better understanding
of the youth we serve.*

**The 2016 Series Offers 12 FREE Sessions.
Two Live Sessions Per Month from
March through August, 2016.**

***In addition, past sessions will be taped and available
FREE on the Trans4m Center Website.***

www.trans4mcenter.org

March 28, 2016

11:00 AM: "What Part of Our Brain Is in Charge?" Blood and energy move around our brains and bodies, depending on which parts are being stimulated. The parts of our brain being stimulated and receiving blood and energy are the ones that take charge, while other parts receiving less blood and energy work less well. Since our success as people depends on what's working in our brains, it pays to know what the different parts do. ***Parts are not just parts when it comes to talking about our brains!***

Click here to register: <https://attendee.gototraining.com/r/1092706023908893441>

2:00 PM: "Action Heroes in Our Brains?" When we are talking about having balance in our lives, we are actually talking about homeostasis, a state of bio-chemical balance. Bio-chemicals are natural chemicals made in our own bodies. Our brain and the rest of our body are full of hundreds of bio-chemicals; however, just a few directly affect our feelings, thinking, and behavior. In this workshop we will learn about the roles of oxytocin, serotonin, dopamine, endorphins, ghrelin, and leptin, and how they affect us. ***They truly are our action heroes!***

Click here to register: <https://attendee.gototraining.com/r/6521107080425150721>

April 28, 2016

11:00 AM: "What's Our Second Brain? The Answer Will Blow Your First One!" Our "second brain" is our gut! Our gut not only supplies our bodies with the nutrients and micronutrients we need to live, but it also supplies the brain on top of our neck with the neurotransmitters we use to learn, develop, think, and behave. In addition, our gut houses and programs 70% of our immune system. Learn what happens when distress slows or shuts down our gut! ***This information is mind-blowing!***

Click here to register: <https://attendee.gototraining.com/r/7835862402989761026>

2:00 PM: "How Does Behavior Work? The Science Behind Acting-Out" Nature created only one way for us to let the outside world know how things are going for us: our behavior. We understand this when talking about infants or toddlers. Experiences go in and behaviors come out; there are no filters. We know just how they are feeling and whether or not their needs are being met. However, we often forget that this same "in-out" principle applies throughout life. Adults are responsible for teaching children and adolescents how to build "filters" for their behaviors, teaching the "wows," the "who, what when, where, and how" of behavior. Because the adolescent brain "starts over," adults have to reteach the "wows," and include the "why" of behavior. ***Behavior always has a purpose!***

Click here to register: <https://attendee.gototraining.com/r/6227428624158205186>

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May 31, 2016

11:00 AM: "Are We Causing Behavioral Health Disorders? Yes, and We Can Prevent Them, Too!" In 2009, the National Research Council (NRC) published a landmark report called, "Preventing, Mental, Emotional and Behavioral Disorders Among Young People." The findings were alarming: Preventable emotional and behavioral health disorders in the U. S. are increasing; three-quarters begin before age 24, half before age 14; the majority are directly related to chronic distress; and signs and symptoms are evident an average of 2 to 4 years before reaching the criteria for a disorder. Learn the early behavioral signs and symptoms, and how we can take action. ***The great news is that we can PREVENT a large number of them!***

Click here to register: <https://attendee.gototraining.com/r/4714178467430511361>

2:00 PM: "Why Can't They Listen? Toxic Stress" "Toxic stress" is Harvard's name for "distress, anxiety and trauma." Toxic stress is defined as FEELING unsafe, distrustful, fearful, angry, trapped, helpless, and hopeless, WHILE AT THE SAME TIME LACKING coping and stress-management skills and adult support. Unmitigated toxic stress shuts down listening, learning, and development. When mitigated by skills and support, the stress can be reduced significantly, regardless of whether the cause is eliminated. ***We can't stop all the adversity in children's lives, but we can equip them to survive, strive, and thrive!***

Click here to register: <https://attendee.gototraining.com/r/5697926913965533442>

June 29, 2016

11:00 AM: "The Double Whammy: Massive Brain Changes, PLUS Puberty!" There are two reasons that normal adolescent behavior is so challenging: they lose a major part of their brains, plus their bodies go through enormous physical changes. Both of these changes are intended to get them ready for adulthood. While these two events overlap in about 30% of adolescents, they come so closely together in the other 70% that before we could watch the adolescent brain via scans, we thought their aberrant behaviors were all due to hormones. ***This session takes the mystery out of "the adolescent crazies!"***

Click here to register: <https://attendee.gototraining.com/r/3539908845059884290>

2:00 PM: "Why Do They Behave That Way? The "5-Ts" Science has proven that adolescents' brains are 10 times more vulnerable to the effects of chronic distress than the adult brain. Now science explains why adolescents can't calm themselves, why their behavior is so challenging, why they cut, and why they are 5 times more likely to become addicted than people over 21. ***This session examines the 5-Ts: Timing, Temperament, Trust, Trauma & Training"***

Click here to register: <https://attendee.gototraining.com/r/8518717397955273474>

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July 28, 2016

11:00 AM: "How Is This Working for You? Recognizing Self-Defeating Behavior" When a stream of insults and curses are aimed at us, it seems natural to react. The "incoming" seems personal, and it is humiliating, sometimes painful, and often damaging to our energy and esteem. But unless the person hurling the insults knows you intimately and is a part of your life, it is very likely that you just happened to be in the way. You happened to have your "chain out." You know, the chain others can jerk and throw you off balance? Yes, that chain! Learning to "tuck our chain" is taking back the power in our lives. It is owning our own peace of mind and not letting anyone take it away. ***This session, we will take a look at our chains!***

Click here to register: <https://attendee.gototraining.com/r/4465861462880010498>

2:00 PM: "Why Are Some Adults so Successful with Troubled Youth? Finding the Rocks in the River" Most of us have witnessed adults who seem to be able reach even the most troubled, out of control youth. These adults seem to "walk on water." What's their secret? Besides learning to "tuck their chains," these adults know the proven strategies that act like stepping stones over troubled waters. This includes knowing: what questions to always ask; what questions to always avoid; and the "c's" that come before consequences. ***This workshop will examine the "rocks in the river."***

Click here to register: <https://attendee.gototraining.com/r/1325365982882151938>

August 15, 2016

11:00 AM: "How Do I Keep My Sanity and My Job? Building Emotional Stamina" The daily gauntlet of working with youth who act-out as a life-style can suck the energy and sanity out of us, leaving little for our personal and family lives. But science has shown that we can build the nerves in charge of our emotional stamina very much like we build muscle. This is the same science that is now used by the U. S. Military to help prevent post-traumatic stress. ***We can wire our body to thrive even in the most trying settings and circumstances.***

Click here to register: <https://attendee.gototraining.com/r/3180560957312379394>

2:00 PM: "Who Has Time? Quick Fixes to Restore Our Energy and Sanity" We all know there are effective ways to build and restore our emotional and physical stamina, but who has the time? This workshop focuses on simple, fast practices that can transform the way we treat ourselves, giving us the energy we need to do our job and still focus on our personal and family lives. ***Learn the Seven Rules for S&S (Sanity & Stamina).***

Click here to register: <https://attendee.gototraining.com/r/8950592371206479362>