

Inside The Adolescent Brain

Connecting Providers with Researchers



Friday, April 29, 2016

8:00 a.m.-4:00 p.m.

Board of Supervisors Chambers
Sacramento County, 700 H Street
Sacramento, CA 95814

A 1-day Learning Summit specifically designed to connect researchers and scholars with professionals providing direct services to youth.

FEATURING:



Ronald E. Dahl, M.D.

University of California - Berkeley
Professor of Community Health and Human Development
Professor of Joint Medical Program | School of Public Health

“Adolescent Brain Development: Windows of Opportunity for Positive Intervention”

Since Aristotle concluded more than 2,000 years ago that ‘youth are heated by Nature as drunken men by wine,’ scholars have puzzled over adolescents’ tendencies to make some really bad decisions. Some of these choices among youth have profoundly negative impact on their own and many others’ lives. Over the past decade, research in neuroscience has achieved pioneering advances in understanding the adolescent brain. This presentation will provide an overview of these scientific advances with a focus on emerging insights about brain plasticity during adolescence. This work emphasizes not only the vulnerabilities, but also the window of opportunity for learning and positive interventions during adolescence. A key aspect of this work focuses on the development of neural circuits that underpin social, emotional, and motivational learning. In this talk, Dr. Dahl will explain the implications of this work relevant to early intervention; he will also describe the compelling questions and research aimed at linking this work to real-world practices and policies aimed at helping youth.



Elizabeth Cauffman, Ph.D.

University of California - Irvine
Professor of Psychology & Social Behavior, Education and Law |
School for Social Ecology

“Arrested Development: Adolescent Development and Juvenile Justice”

“If adolescents are so smart, why do they do such stupid things?” This is an important question because the stupid things kids do often get them into serious trouble, and sometimes that trouble has lifelong consequences. Research on adolescent brain development, as well as psychological studies of human development, are yielding a much clearer picture of why smart adolescents do dumb things (e.g., drink and drive, send naked pictures of themselves via text, etc.). In this talk, Professor Cauffman explains how cognitive maturation and

AGENDA

8:00am

Welcome and Overview

Lee Seale, Chief Probation Officer

Sacramento County

8:15-9:45am

Plenary Address

Dr. Ronald E. Dahl, M.D.

9:45-10:00am

Questions from the Audience

10:00-10:15am

BREAK

10:15-11:45am

Plenary Address

Elizabeth Cauffman, Ph.D.

11:45am-12:00pm

Questions from the Audience

12:00-1:15pm

LUNCH (not provided)

1:15-2:45pm

Plenary Address

Frank J. Kros, MSW, JD

2:45-3:00pm

Questions from the Audience

3:00-4:00pm

Panel Discussion: Translating Knowledge to Practical Use

Moderated by Frank J. Kros, MSW, JD

Panelists include Dr. Dahl, Dr. Cauffman, and other invited guests

emotional maturation follow different developmental trajectories and how risky behavior, including delinquency, can be seen as a consequence of the differing timetables of cognitive and emotional development. Professor Cauffman will also apply research findings to ongoing debates about juvenile justice policy. Specifically, she will present preliminary findings from her research studies entitled: Pathways and Crossroads, which examines the impact of the juvenile justice system on development and behavior.



Frank J. Kros, MSW, JD

President of The Upside Down Organization
EVP and COO of The Children's Guild
Director of National-At-Risk Education Network

"Giving a Fish a Bath: The Misunderstood Story of The Adolescent Mind"

As Dr. Dahl and Dr. Cauffman will outline recent discoveries in neuroscience offer exciting insights into how the brains of our youth really work and the special "brain-based" challenges facing adolescents as they mature. This presentation highlights why adolescents are especially vulnerable to drug use, high-risk peer influences, anxiety, and depression as well as the proactive measures adults can take to minimize an adolescent's exposure to these dangers. The keynote also examines some of the most common myths and facts about the adolescent mind and the often mystifying role of hormones, the critical impact of sleep and the incredible influence of stress all have on adolescent learning and behavior. Most important, this address provides "7 Practical Strategies" to limit risk and maximize the many strengths and opportunities available during this miraculous developmental period. This workshop shows practitioners how research can be translated and applied in direct work with youth in our programs, institutions and communities.

LEARNING SUMMIT 2016

Bringing Statewide and Regional Stakeholders Together



Supporting Positive Change

Sacramento County Probation Dept.
9750 Business Park Drive, Suite 220
Sacramento, CA 95827

ABOUT THE PRESENTERS:

RON DAHL

Ron Dahl is a pediatrician with long-standing research interests in the development of regulatory systems (e.g. sleep/arousal and affect regulation) and their relevance to the development of behavioral and emotional disorders in children and adolescents. His current work focuses on early adolescence and pubertal maturation as a developmental period with unique opportunities for early intervention and prevention in relation to a wide range of behavioral and emotional health problems. Dr. Dahl has co-directed a large program of research focusing on child/adolescent affective disorders with more than a decade of funding from the National Institute of Mental Health, and has received a National Institutes of Health Independent Scientist Award focused on the interface of sleep arousal, and affect regulation during adolescent development. His research is interdisciplinary and bridges between basic developmental research and the direct clinical translation regarding early intervention and prevention in adolescents. He serves as editor for the journal, *Developmental Cognitive Neuroscience*. He has published extensively on adolescent brain development, sleep disorders, and behavioral/emotional health in children, and his work increasingly focuses on the policy implications of this work.

ELIZABETH CAUFFMAN

Elizabeth Cauffman is a Professor and Chancellor's Fellow in the Department of Psychology and Social Behavior in the School of Social Ecology and holds courtesy appointments in the School of Education and the School of Law. Dr. Cauffman received her Ph.D. in Developmental Psychology from Temple University and completed a post-doctoral fellowship at the Center on Adolescence at Stanford University. She has published over 100 articles, chapters, and books on a range of topics in the study of contemporary adolescence, including adolescent brain development, risk-taking and decision-making, parent-adolescent relationships, and juvenile justice. Most recently, findings from Dr. Cauffman's research were incorporated into the American Psychological Association's amicus briefs submitted to the U.S. Supreme Court in *Roper v. Simmons*, which abolished the juvenile death penalty and in both *Graham v. Florida* and *Miller v. Alabama*, which placed limits on the use of life without parole as a sentence for juveniles. As part of her larger efforts to help research inform practice and policy, she served as a member of the MacArthur Foundation's [Research Network on Adolescent Development and Juvenile Justice](http://psychlaw.sococo.uci.edu/) and currently directs the Center for Psychology & Law at University of California, Irvine.
<http://psychlaw.sococo.uci.edu/>

FRANK KROS

Frank Kros is a career child advocate, who has served as a childcare worker, child abuse investigator, children's home administrator, consultant, college professor, attorney, writer and speaker. Frank currently serves as President of The Upside Down Organization, director of the National-At-Risk Education Network (NAREN) and Executive Vice President and chief operating officer at The Children's Guild, a multi-service children's organization headquartered in Maryland.

Frank joined The Children's Guild as Vice President of programs in 2000 and became Executive Vice President in 2002. Prior to arriving at The Guild, Mr. Kros practiced law with Luce, Forward, Hamilton & Scripps in San Diego, California, where his practice focused on children's issues. He also has served as Vice President for curriculum and training at Children's Square U.S.A. in Council Bluffs, Iowa; as a Child Abuse Service Officer for the Douglas County Juvenile Court in Omaha, Nebraska; and as a family teacher at Father Flanagan's Boys' Home (Boys' Town).