

ADOLESCENCE?

WHAT IS

- It's not childhood.
- It's not adulthood.
- It's in between.
- It's getting longer.



Puberty
(10-12 yrs.)

Adulthood
(24-26 yrs.)

2 Excellent Resources

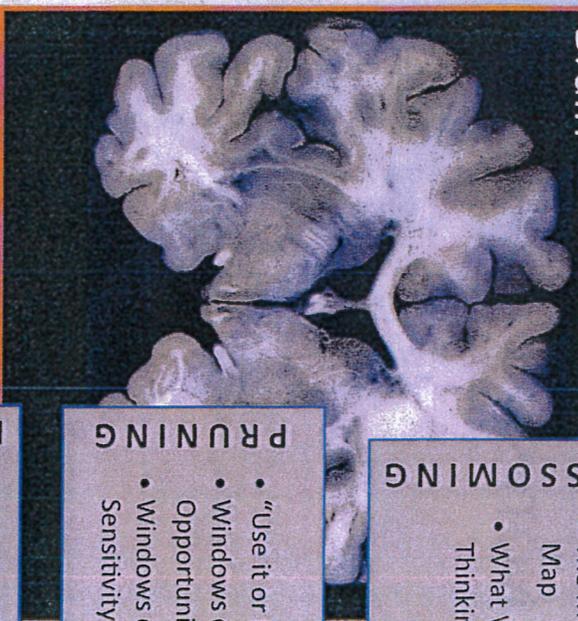
Fighting Invisible Tigers: A Stress Management Guide for Teens
by Earl Hipp



My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins & Katherine A. Martinez



4 "SECRETS" of the Adolescent Brain



BLOSSOMING

- The Million Way Map
- What Were You Thinking?

PRUNING

- "Use it or lose it"
- Windows of Opportunity
- Windows of Sensitivity

HORMONES



Isn't it ALL about the Hormones?

MYELINATION

- The neurons that "fire together, wire together"
- Windows of Sensitivity and Addiction Risks

What Can We Do For Our Adolescents?

7 Essential Strategies!

Learn and Teach Them About Their Unique Brains

How it works, strengths, vulnerabilities

It's Not Personal, It's Just Adolescence

Blossomed brains overcomplicate problems

Sense and Meaning

Use this to strengthen learning

Adopt the Language of the Brain

What we say and how we say it

Teach Empathy and Build Strong Communication Skills

Empathy is a learned skill

Make It Real: The Survival Game

They need preparation and practice in making good decisions

Don't Forget the Fundamentals

Exercise | Nutrition | Sleep
Coping Skills

These pairs do not play well together...

Cortisol - "UH-OH"
Adrenaline - "YIKES!"

VS.

Serotonin - "AHH..."
Dopamine - "YAHOO!"

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organization

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The Upside Down Organization is proud to support the Sacramento County Probation Department 2016 Learning Summit!

April 29, 2016 | Sacramento, CA

FEATURED PRESENTER:
Frank Kros, MSW, JD
"Giving a Fish a Bath: The Misunderstood Story of the Adolescent Mind"

helping adults help kids



The Upside Down Organization is a nonprofit organization dedicated to improving the lives of the children and youth we serve. UDO bases its learning experiences on a highly successful philosophy called Transformation Education and Infuses its teachings with the latest neuroscience research. UDO offers professional development experiences, mentoring services, learning tools and organizational branding that help improve the skills of people who educate, parent, guide and care for young people. The Upside Down Organization is owned and operated by The Children's Guild, one of the largest private providers of special education services in Maryland.

Please visit our website to see a complete listing of our products and services as well as our upcoming workshops:

www.upsidedownorganization.org



THE UPSIDE DOWN

Organization

NOTES

ABOUT YOUR PRESENTER



Frank Kros, MSW, JD, is a career child advocate, who has served as a child-care 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, executive vice president and COO of The Children's Guild, and director of NAREN. In addition to lecturing nationwide, he co-authored two books: *Creating the Upside Down Organization: Transforming Staff to Save Troubled Children* and *The Upside Down Organization: Reinventing Group Care*. Frank earned a bachelor's degree from Creighton University, a master's degree in social work from the University of Nebraska-Omaha and a law degree, *magna cum laude*, from Notre Dame Law School.