

# **ADOLESCENT RESOURCE LIST: 2011**

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## **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 (perinatal 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**

**WHY Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen** by David Walsh PhD (2004). Published by Free Press, NY NY.

**Adolescent Brain Development: Vulnerabilities and Opportunities.** Edited by Ronald E. Dahl and Linda Patia Spear (2004). Annals of the New York Academy of Sciences, Volume 1021. [This book is a compendium of technical research articles]

**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**

**Adolescence: Growing Up in America Today** by Joy G. Dryfoos and Carol Barkin (2006). Oxford University Press, NY, NY.

**From Magical Child to Magical Teen: A Guide to Adolescent Development** by Joseph Chilton Pearce (2003). Published by Park Street Press, Rochester, Vermont  
[www.InnerTraditions.com](http://www.InnerTraditions.com)

**Your and Your Adolescent: A Parent's Guide for Ages 10-20** by L. Steinberg and A. Levine (1997). HarperCollins, NY, NY.

## **C. EDUCATION/LEARNING AND BRAIN DEVELOPMENT**

**Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School** by John Medina (2008). Pear Press, Seattle, WA.

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

**The Learning Brain** by Sarah-Jayne Blakemore and Uta Frith (2005). Blackwell Publishing, Malden MA.

**Boys and Girls Learn Differently!: A Guide for Teachers and Parents** by Michael Gurian (2001). Jossey-Bass, San Francisco, CA.

**Different Brains, Different Learners** by Eric Jensen (2000). Corwin Press, Sage Publications, Thousand Oaks, CA.

**Helping Traumatized Children to Learn** by Massachusetts Advocates for Children; a report to help educators and schools support children who have experienced family violence. Available for download at  
[http://www.massadvocates.org/uploads/imag/es/203/Help\\_Train\\_Child-Med.pdf](http://www.massadvocates.org/uploads/imag/es/203/Help_Train_Child-Med.pdf)

**Roots of Empathy Program** is based in Toronto, Canada. An evidence-based classroom program for kindergarten through 8<sup>th</sup> 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](http://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

**Teaching Empathy: Animal-Assisted Therapy Programs for Children and Families exposed to Violence** by Lynn Loar Ph.D.,LCSW and Libby Colman, PhD (2004). Latham Foundation Publication, Alameda, CA 94501.

#### **D. EXERCISE AND THE BRAIN**

**SPARK: The Revolutionary New Science of Exercise and the Brain.** John J. Ratey, MD. 2008. Little, Brown and Company, NY, NY.

#### **E. ADOLESCENT RISK BEHAVIORS AND MENTAL HEALTH**

**Adolescent Psychopathology and the Developing Brain: Integrating Brain and Prevention Science** edited by Daniel Romer and Elaine F. Walker (2007). Oxford University Press.

**Adolescent Risk Behaviors: Why Teens Experiment and Strategies to Keep Them Safe** by David Wolfe, Peter Jaffe, and Claire Crooks (2006). Yale University Press, New Haven, CT.

#### **F. INTERVENTIONS WITH ADOLESCENTS**

**Preventing Youth Substance Abuse: Science-based programs for children and adolescents** by the American Psychological Association, (2007), Washington, DC. Available at [www.apa.org/books/](http://www.apa.org/books/)

**Help at Any Cost: How the Troubled-Teen Industry Cons Parents and Hurts Kids** by Maia Szalavitz (2006). Riverhead Books, New York.

**Reaching and Serving Teen Victims: A Practical Handbook** by the National Crime Prevention Council (2005), Washington, DC. Available on-line at [www.ncpc.org](http://www.ncpc.org)

**Group Exercises for Adolescents: A Manual for Therapists** by Susan Carrell (2000), 2<sup>nd</sup> Edition. Published by Sage Publications, Thousand Oaks, California. [sagepub.com](http://sagepub.com)

**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.

**Teens Together Grief Support Group Curriculum (2000)** by Linda Lehman, Shane Jimerson, and Ann Gaash. Published by Brunner-Routledge, Philadelphia, PA.

### III. SELECTED ARTICLES AND PUBLICATIONS

#### A. ADOLESCENT BRAIN DEVELOPMENT

**The Amazing Adolescent Brain: What Every Educator, Youth Serving Professional, and Healthcare Provider Needs to Know** by Linda Chamberlain. 2009.  
[www.instituteforsafefamilies.org](http://www.instituteforsafefamilies.org), [www.multiplyingconnections.org](http://www.multiplyingconnections.org) and [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

**The Amazing Adolescent Brain: Translating Science into Strategies** by Linda Chamberlain. 2008. The Institute of Safe Families, Philadelphia, PA at [www.instituteforsafefamilies.org](http://www.instituteforsafefamilies.org)

**Maturation of white matter in the human brain: A review of magnetic resonance studies** by T. Paus, D.L. Collins A.C. Evans et al. *Brain Research Bulletin*, Volume 54, No 3, pages 255-266, 2001.

**Neurobehavioral changes in adolescence** by Linda Patia Spear. *Current Directions in Psychological Science*. Published by the American Psychological Society. Volume 9, Number 4, pages 111-114, 2000.

**Brain development during childhood and adolescence: a longitudinal MRI study** by J. N. Giedd, J. Blumenthal, N.O. Jeffries et al. *Nature Neuroscience*, Volume 2, No 10, pages 861-863 October, 1999.

**Mapping cortical gray matter asymmetry patterns in adolescents with heavy prenatal alcohol exposure** by E. R. Sowell, P.M. Thompson, B. S. Peterson et al. *NeuroImage*, Volume 17, pages 1807-1819, 2002.

#### 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*.

**Adolescence: Booze, Brains and Behavior** by Peter M. Monti, Robert Miranda Jr, Kimberly Nixon et al. (2005). *Alcoholism Clinical and Experimental Research*, Volume 29(2):207-220.

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

**Substance Use and Withdrawal: Neuropsychological Functioning over 8 years in Youth** by S.F. Tapert, E. Granholm, N.G. Leedy, and S.A. Brown (2002). *Journal of International Psychology and Sociology*, Volume 8:873-883.

**Role of Dopamine, the Frontal Cortex and Memory Circuits in Drug Addiction: Insight from Imaging Studies** by ND Volkow, JS Fowler, GJ Wang, RZ Goldstein (2002). *Neurobiology of Learning and Memory*. Volume 78(3):610-624.

**Hippocampal Volume in Adolescent-onset Alcohol Use Disorders** by Michael DeBellis, Duncan B. Clark, S. R. Beers et al. (2000). *American Journal of Psychiatry*, Volume 157: 737-744.

**Neurocognitive functioning of adolescents: effects of protracted alcohol use** by Sandra A. Brown, Susan F. Tapert, Eric Granholm and Dean C. Delis (2000). *Alcoholism Clinical and Experimental Research*, Volume 24(2):164-171.

**Addiction, a Disease of Compulsion and Drive; Involvement of the Orbitofrontal Cortex** by ND Volkow and JS Fowler (2000). *Cerebral Cortex*, Volume 10(3):318-325.

**Cannabis use in adolescence and risk for adult psychosis: longitudinal prospective study** by Louise Arseneault, Mary Cannon, Richie Poulton, Robin Murray et al. *BMJ* (2002): Volume 325:1212-1213.

## C. SUBSTANCE ABUSE PREVENTION WITH YOUTH

**Preventing Youth Substance Abuse: Science-Based Programs for Children and Adolescents** edited by Patrick Tolan, Jose Szapocznik, and Soledad Sambrano (2006). American Psychological Association.

## IV. MEDIA AND YOUTH

### A. SELECTED BOOKS

**SPARK: The Revolutionary New Science of Exercise and the Brain.** John J. Ratey, MD. 2008. Little, Brown and Company, NY, NY.

**Cyberbullying: Bullying in the Digital Age** by Robyn M. Kowalski, Susan P. Limber and Patricia W. Agaston (2008). Blackwell Publishing, Malden, MA.

**Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying** by Sameer Hinduja and Justin Patchin (2008). Corwin Press, Sage Publications, Thousand Oaks, CA.

**Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder** by Richard Louv (2005). Algonquin Books of Chapel Hill, NC.

**How to Get Your Teen To Talk To You** by C. Gribby 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**

**Forsenic Mental Health Aspects of Adolescent “Cyber Bullying”: A Jurisprudence Science Perspective.** The Journal of Psychiatry & Law: 2008;36:679-690.

**A Tangled Web** by Naomi Dillon. American School Board Journal: December, 2008;14-17.

**Longitudinal Relations Between Children’s Exposure to TV Violence and Their Aggressive and Violent Behavior in Young Adulthood** by LR Huesmann, JM Moise-Titus, CL Podolski & LD Eron. Developmental Psychology (Journal): 2003; Vol. 39 (No. 2): pages 201-221.

**Effects of Violent Video Games on Aggressive Behavior, Aggressive Cognition, Aggressive Affect, Physiological Arousal and Prosocial Behavior: A Meta-Analytic Review of Scientific Literature** by Craig Anderson & Brad Bushman. Psychological Science (Journal): 2001; Vol. 12 (No. 5): 353-359.

[www.mediafamily.org](http://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, Victimization, and Peer Harassment: A Handbook of Prevention and Intervention** edited by Joseph E. Zins, Maurice J. Elias, and Charles A. Maher (2007). The Haworth Press. [www.haworthpress.com](http://www.haworthpress.com)

**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>

### **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**

**The Amazing Teen Brain: What Parents Need to Know** by L. Chamberlain. The Institute for Safe Families, Philadelphia, PA at [www.instituteforsafefamilies.org](http://www.instituteforsafefamilies.org), 2009.

## **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](http://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](http://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](http://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](http://www.teenshealth.org)

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

[www.loveisrespect.org](http://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.