

Substance Abuse Prevention Collaborative

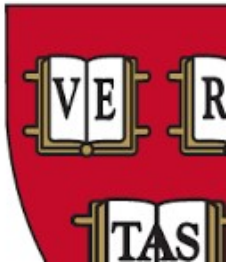


December 11, 2020

This special addition is dedicated to the brain. How does it work, develop, and why is it so important to have our youth hold off until they are older to drink alcohol or use marijuana? They are truly “under construction”. The more we know the better we can help our kids grow

Center on the Developing Child!

<https://www.youtube.com/channel/UChBiCaJyswxsEqz26TZrWRw>



This three part series is titled “Three Core Concepts in Early Development”. Have no fear, it is never too late but let’s start at the beginning. The series depicts how advances in neuroscience, molecular biology, and genomics now give us a much better understanding of how early experiences are built into our bodies and brains, for better or for worse.

Experiences Build Brain Architecture

<https://www.youtube.com/watch?v=VNNsN9IJkws>

This video is part one of a three-part series titled "Three Core Concepts in Early Development" from the Center and the National Scientific Council on the Developing Child.

Serve & Return Interaction Shapes Brain Circuitry

<https://www.youtube.com/watch?v=m5u8-QSh6A>

One of the most essential experiences in shaping the architecture of the developing brain is "serve and return" interaction between children and significant adults in their lives.

Toxic Stress Derails Healthy Development

<https://www.youtube.com/watch?v=rVwFkcOZHJw>

Learning how to cope with adversity is an important part of healthy development. While moderate, short-lived stress responses in the body can promote growth, toxic stress is the strong, unrelieved activation of the body's stress management system in the absence of protective adult support.

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
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How Brains are Built!

<https://www.youtube.com/watch?v=LmVWOe1ky8s&fbclid=IwAR1rj9SLadBtH0m9cLTqJ55ILhGTsgCrA8Aaxz7H0XbD2Mr-6p- izz136I>

The AFWI developed the video with considerable input from our partners at the Harvard Center on the Developing Child and the FrameWorks Institute. Using metaphors developed by FrameWorks and tested with audiences both in the US and in Alberta, "How Brains are Built" infuses core story concepts with energy, accessibility, and high fidelity to the science.

Brains: Journey to Resilience

<https://www.youtube.com/watch?v=HJvDrT6N-mw>

In a world where human brains inch across snowy landscapes, where perils lurk in every shadow; one community will rally behind a struggling brain—and just might change the world in the process. Learn about the resilience scale in this scientifically rigorous (and cinematically epic) video created by the Alberta Family Wellness Initiative in consultation with the FrameWorks Institute and the Harvard Center on the Developing Child.

Dan Siegel—The Adolescent Brain

<https://www.youtube.com/watch?v=0O1u50Ec5eY&t=9s>

This video is aimed directly towards our youth to help them understand how their brains evolve and what they can do to help it develop

Five Ways to Build Resilience!

<https://www.youtube.com/watch?v=1FDyiUEn8Vw>

We all face challenges and we all find ways to overcome them. Resilience is ordinary not extraordinary. We all have it to larger or smaller degrees. We want to help build awareness of this and support young people's capacity to do positive and realistic things to support themselves. So push yourself, set new goals, overcome a hurdle

Heads Up! Real News About Drugs and Your Body! For Teens and Teachers (Parents too)!

<https://www.drugabuse.gov/publications/heads-up-real-news-about-drugs-your-body-year-19-20-compilations>

A collection of science/ELA student articles, lessons, and activities that help students understand important and timely facts on health and drug and topics. In the 2019—2020 compilations, students will learn about the health risks of marijuana for teens; facts about opioids and the opioid crisis in America; and the health impacts of screen time on teen health and well-being.

