



# BLAME IT ON THE BRAIN:

## UNDERSTANDING ADOLESCENT DEVELOPMENT, SUPPORTING HEALTHY BEGINNINGS TO HELP ENSURE FUTURE SUCCESS

Presented by Karen Williams, MSSW

Wednesday, April 15th | 6-7 PM  
Deering High School Auditorium  
370 Stevens Ave. | Portland, ME

Join us for a FREE presentation about how the adolescent brain works and ways we can help our teenagers grow and stay resilient, confident and happy.

### WHY YOU SHOULD ATTEND

This presentation is designed for anyone who works with youth, including parents, teachers, coaches, coalition members, staff and nurses. The workshop will provide a deeper understanding about how unaddressed anxiety, stress, and trauma can trigger a host of preventable mental and behavioral health issues including addiction, depression, self-harm, violence, and bullying to name a few. It can help you and your community understand how the adolescent brain works, while addressing ways to build environments and systems, and use the right tools to help our teenagers grow and stay resilient, confident and happy, and avoid the pitfalls that can limit their future success.



### ABOUT KAREN WILLIAMS, MSSW

Karen Williams, MSSW, is a writer and speaker known for her ability to explain the latest neuroscience and apply it to real life. Her current focus is on three areas: brain development and behavior; the impact of substances, stress, trauma and traumatic brain injury on development and behavior; and the developmental readiness of youth to protect themselves. Her presentations and workshops are based on the research of many leaders in the field of brain and youth studies. She is the developer of the brain-based SAMHSA Model Program curriculum *Protecting You/Protecting Me*, and the "brain-friendly and trauma-informed" *Positive Behavior in School and Society* (PBSS), a joint project of Rainbow Days, Inc. and AT&T. She is the recipient of the 2012 Mental Health America of Greater Dallas Prism Award and a consultant to the Office of Juvenile Justice and Delinquency and Prevention (OJJDP) State Training and Technical Assistance Center (STTAC).

*"Karen has spent time in Maine for the past four years presenting to groups interested in understanding the adolescent brain and its development based on the most current data and tailored to the audience."*

– Kathryn McGloin, Maine Juvenile Justice Advisory Group (JJAG)

*"She really has a knack for presenting complicated concepts in real world terms. She really is a great presenter; she has a folksy kind of charm that she uses to provide complex information in an easy to understand way."*

– Nicholas Beverage, THRIVE Initiative, Westbrook, Maine



**FOR MORE INFO CONTACT:**  
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