

"Use Your Brain!"

We have all heard it or said it to someone at one point or another, but the problem is, we never teach people how. Right now we are experiencing mental health issues in teens and young adults, including addiction, anxiety, depression, and suicide, at levels that we have never seen before. But we can turn the tide. The answer lies in some very easy brain science. The Resilient Mindset Model is a simple way to understand the brain science of how to use any challenge as an opportunity to proactively build resilience. We may be inadvertently setting our children up for depression, anxiety, and addiction, but there are things we could be doing or not doing every day to protect our children from going down any of those roads. This session will show how we can make some easy changes to intentionally raise a generation of emotionally healthy, resilient kids.

Washtenaw Area Council for Children (WACC) is a nonprofit organization created in 1975, and the designated Michigan Children's Trust Fund agency for Washtenaw County. WACC is committed to preventing child abuse through educational services to children, parents, community members and youth-serving professionals. For more information, please contact us at (734) 434-4215 or info@washtenawchildren.org. Or visit our website: www.washtenawchildren.org

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Washtenaw Area Council for Children
3075 W. Clark Rd., Suite 110
Ypsilanti, MI 48197



presents
Annual Conference 2019

Helping Kids be Resilient and Emotionally Healthy: Understanding Simple Brain Science



Thursday, April 25, 2019
9 AM–12 PM

Washtenaw Intermediate School District
1819 S. Wagner, Ann Arbor, MI 48103

Presented In Partnership with
Michigan Medicine
C.S Mott Children's Hospital
Department of Social Work



About the Presenter



Donna M. Volpitta, Ed.D.,
As the founder of the Center for Resilient Leadership, Dr. Volpitta, makes brain science easy to understand and apply. Her Resilient Mindset Model, which draws

on the latest research in neurology, psychology and education, has been applied to areas of leadership from parenting to corporate management.

Dr. Volpitta is co-author of the books *The Resilience Formula: A Guide to Proactive-Not Reactive-Parenting* and *Neuroworld* and co-creator of the *Nametags Education Program*. She holds Board positions for One Revolution Foundation and Kids Helping Kids, both of which develop resilience in youth. Dr. Volpitta is a Founding Member and Global Presence Ambassador for Parenting 2.0, the number one parenting group on LinkedIn. She is an expert for Understood.org and Modern Mom, and has given presentations at numerous professional conferences. In all of her work, Dr. Volpitta provides practical strategies and numerous ways to apply the information.

Dr. Volpitta is a former classroom teacher and administrator with experience in both general and special education. She holds a doctoral degree in Learning Dis/Abilities from Teachers College, Columbia University and is the mother of four children.

Contact:
Washtenaw Area Council for Children
3075 W. Clark Rd., Suite 110
Ypsilanti, MI 48197
(734) 434-4215
Fax - (734) 434-4243
marcia@washtenawchildren.org

Conference Schedule

8:30 - 9:00 AM **Registration & Breakfast**

9:00 - 9:10 **Opening Remarks**

9:10 - 10:40 AM **The Resilience Formula**

- * Understand basics of brain development
- * Understand the Four S Framework for using challenges as opportunities to build resilience
- * Understand how to use challenges as opportunities to build resilient brain pathways

10:40 - 11:00 AM **Break**

11:00 AM - 12:30 PM ***The Resilient Mindset Model***

- * Know the four characters of the brain and how they explain the brain's response to challenge
- * Understand the social threats and rewards to the brain
- * Understand the brain science behind addiction, anxiety and depression
- * Be able to apply all information within the context of their personal and professional lives

**The Annual Conference takes place at:
Washtenaw Intermediate School District's
Teaching and Learning Center,
1819 S. Wagner Road,
Ann Arbor, MI 48103**

For a map and directions:
<https://washtenawisd.org/about-us/map-directions>

Helping Kids Be Resilient and Emotionally Healthy: Understanding Simple Brain Science

(Register Online: <https://www.washtenawchildren.org/store>)

NAME _____ ORGANIZATION _____

ADDRESS _____ CITY _____

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PHONE _____ E-MAIL _____

FEE: \$40 each Please make checks payable to: WACC, 3075 W. Clark Rd., Suite 110, Ypsilanti, MI 48197
(NO REFUNDS)

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We will be offering (3) Social Work Clock Hours at no cost. Michigan Social Work Continuing Education Collaborative Approval Number: **MICEC 0056**, Courtesy of MICHIGAN MEDICINE Dept. of Social Work.