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BRAINwaves

an e-newsletter from **THE UPSIDE NMOO organization**

In This Issue

Vol. 10, Issue 3

AUGUST 2016

Featured Article

FEATURED ARTICLE

First Hosted Workshop:
Trauma and the Brain

More Brain to Lose: 7 Ways Kids and Adults Alike Can Battle Alzheimer's Disease

Presenter's Corner

*By Frank Kros, MSW, JD
President, The Upside Down Organization*

2017 NAREN Conference:
Save the Date & Call for
Presenters

As the battle rages over “educational reform,” I often wish we could look into a crystal ball and observe how the educational and social-emotional strategies we've employed over the last 20 years will have practically impacted the lives of our students 50 years from now. Did we make the right choices so that today's kids will enjoy robust health, meaningful activity, close communities and fulfilling relationships in their 60's, 70's and beyond?



“Hosted” Workshops
Offered This School Year!

Calendar of Upcoming
Events

**2017 NAREN
Conference
April 5-7, 2017**

**“Stocking the
Helper's Toolbox:
A Skill-Building
Extravaganza”**

**Call for
Presenters
OPEN!**

NAREN is seeking breakout session presentations that focus on 6 key areas:

- Relationship Building
 - Motivation & Engagement
- Behavior Management
- Life Skills Coaching
- Crisis Management
- Inspirational Strategies

Apply today at:

www.narentranzed.org

Application Deadline:

August 31, 2016

Research in Alzheimer's¹ patients provides remarkable – and often surprising – insights on how choices made as far back as childhood may impact the experience of Alzheimer's in the future. While not a perfect glimpse into the future, these insights provide us a roadmap about what we can do to build bigger brains in our children and nurture the habits that lead to a cognitively healthy life.

What's the Surprise?

Utilizing autopsies, studies found that two patients with the Alzheimer's form of dementia could have the same amount of physical damage in the brain (for example, the neuron-killing tangles of proteins and plaques common to Alzheimer's dementia) but only one of them would actually suffer negative effects of that damage during life. How does that happen? Simply put, those that did not display the symptoms of Alzheimer's despite having the physical brain abnormalities associated with the disease had “more brain to lose” than those whose symptoms were active, and often devastating, during the last years or decades of life.

How Does One Create “More Brain to Lose?”

Known as “cognitive reserve,” creating an age-proof brain actually appears to take a lifetime. Scientists have demonstrated that nearly all human brains show physical deterioration and damage as they age. But two global factors, genetics and lifestyle,

(Continued on next page)

Let's Connect!



Save the Date!

2017 National At-Risk Education Network (NAREN) Conference
April 5-7, 2017

TranZed Alliance Conference Center
Baltimore, MD 21234



Keep checking the NAREN website for the latest updates and conference news. Call for Presenters open through August 31, 2016; apply through the NAREN website.

More Brain to Lose: 7 Ways Kids and Adults Alike Can Battle Alzheimer's Disease (continued)

appear to determine to what extent that damage manifests itself during the aging process. Lifestyle choices throughout development seem to have a major impact on the amount of cognitive reserve one builds up over a lifetime. The greater the reserve, the less severe the symptoms of Alzheimer's and the slower the actual onset.

Surprise #2

Some choices occurring in childhood are thought to contribute directly to the development of cognitive reserve. Music instruction and learning a second language as a youth both appear to be powerful cognitive reserve factors. Bilingualism, in particular, is thought to delay the negative impact of Alzheimer's by as many as four years.ⁱⁱ In addition, habits of mind developed in childhood and youth may play a significant role in age-proofing one's brain. For example, the mindset a child develops toward learning impacts how much education that child will pursue and achieve during a lifetime. The amount of education one obtains over the course of life has a direct impact on both Alzheimer's onset and severity of symptomsⁱⁱⁱ. Simply put, the research dramatically suggests that the more education you have, the shorter the suffering from Alzheimer's dementia. Similarly, habits of mind developed in childhood and youth around physical activity level, diet and even character traits set lifetime trajectories that will greatly influence the experience in Alzheimer's in old age.



Music instruction and learning a second language as a youth both appear to be powerful cognitive reserve factors

What To Do Today to Fight-Off Alzheimer's Tomorrow

The major longitudinal studies on Alzheimer's onset, severity of symptoms and duration suggest that the following activities reduce the risk of cognitive decline and development of Alzheimer's dementia:

1. **Stay physically active** – move your body a lot.
2. **Eat for your brain** – the MIND diet by epidemiologist Martha Clare Morris (berries, vegetables, grains and nuts) appears to dramatically lower the risk of developing Alzheimer's.
3. **Get a good education** – and lots of it. Both formal and informal count.
4. **Participate in music lessons** in childhood/youth.
5. **Learn a second language** in childhood/youth.
6. **Develop conscientiousness** – the personality trait characterized by organization, self-discipline, dependability and drive to achieve.
7. **Explore new places and seek new experiences.** Do this your entire life.

In addition to these seven power actions, there are also things to avoid. Emotional neglect and frequent, unsatisfactory interactions with others – especially family members – can significantly increase dementia risk. Traumatic experiences and negative relationships with negative people can lead to devastating cognitive results. So build a bigger brain throughout your life, teach the children you serve the seven habits that lead to cognitive reserve, and enjoy a long, healthy and mentally sharp old age.

(i)According to the National Institute on Aging, Dementia is a brain disorder that affects communication and performance of daily activities. Alzheimer's disease is a form of dementia that specifically affects parts of the brain that control thought, memory and language.

(ii) Craik, F. I. M. (n.d.). Research | Baycrest. Retrieved July 18, 2016, from <http://research.baycrest.org/fcraik>

(iii) Overview and Findings from the Rush Memory and Aging Project. David A. Bennett et al. in Current Alzheimer's Research, Vol. 9, Number 6, July 1, 2012; Overview and Findings from the Religious Order Study. David A. Bennett, et al. in Current Alzheimer's Research, Vol. 9, Number 6, July 1, 2012.

What past participants are saying about this AWESOME workshop:

“Excellent session! Really addressed the issue AND the solutions.”

“This workshop was filled with additional resources and it focused on skills not just lecture with information.”

“Very practical learning. Thank you to UDO for brining a holistic biology/ psychology/ sociology approach to diagnosis and treatment.”

Trauma and the Brain: The Developmental Impact of Trauma in Childhood

presented by Frank Kros, MSW, JD
President, The Upside Down Organization

September 20, 2016

9:00 a.m. - 4:00 p.m.

The TranZed Conference Center
6802 McClean Blvd., Baltimore, MD

Key discoveries in neuroscience have revealed a more comprehensive and sophisticated understanding of the impact of trauma on the developing brain. With incredible specificity, scientists have mapped how the experience of trauma in childhood changes the growing brain and predisposes it to psychiatric disorders in adulthood. Trauma produces severe stress in the brain. The body's physiological response to stress impacts the brain at a highly vulnerable period in its development. This overwhelming exposure to physiological stress in the brain results in enduring alterations in brain structure and function. These alterations pave the way for "inward directed" problems like depression, anxiety, suicidal ideation and post-traumatic stress disorder and/or "outward directed" problems such as aggression, addiction and impulsiveness. Understanding the specific consequences of trauma on the growing brain can significantly inform interventions and inspire new approaches for the focus and goal of treatment for a child experiencing trauma.

Brain science can be an intimidating and sometimes boring topic for professionals in child serving organizations, parents and policy makers. This workshop makes neuroscience understandable and accessible to non-scientists so that the importance and usefulness of these brain-based discoveries can be shared and utilized across the helping professions. Most important, these findings provide a compass for those programs serving trauma victims. The strength of the findings regarding trauma and brain development provide a clear direction to helpers on what interventions and characteristics are most important for rebuilding and enhancing damaged brains. **By understanding this direction, helpers can compare and assess current practices and align them with this groundbreaking research to improve treatment for childhood victims of trauma.**

COST:

Individual Registration: **\$149.00**

Group Registration (3 or more):

\$129.00 per person



• **LEARNING OBJECTIVES**

- Participants will be able to identify 5 brain organs that play a significant role in learning and behavior in childhood.
- Participants will be able to describe the specific impact of trauma on each of these organs.
- Participants will be able to assess how damage to each organ might manifest itself in observable behavior by the traumatized child in the cognitive, emotional and social arenas.
- Participants will be able to distinguish how children with histories of trauma display psychiatric symptoms as compared to children with non-abusive histories.
- Participants will be able to demonstrate knowledge of at least 6 primary intervention strategies for treating children with trauma histories.

Registration is now open!

Visit the UDO website at
www.upsidedownorganization.org
("OpenWorkshops" Tab)

CERTIFICATION PROGRAM PRESENTER'S CORNER: Spreading the Word on Behalf of UDO!

Certified Presenters Continue to Offer High Quality Programs in May, June, and July

In mid-May, **Shauna King and Dan Reimers** each presented a 3-hour workshop to staff at Georgetown East Elementary School in Annapolis, MD. Shauna kicked off the Saturday session with "Conquering Boredom, Apathy and Indifference in the Classroom," and Dan concluded the day with an afternoon "Change Your Language, Change Their Lives" workshop.

Twyla Snider presented "Giving a Fish a Bath" to ROCMND Area Youth Services, Inc. in her home state of Oklahoma in May. Next month in June, she continued with ROCMND Area Youth Services, Inc. and presented a "Beyond Poverty" session.

Emily Moody presented two "Beyond Poverty" sessions in mid-June to school staff of the Red Clay Consolidated School District in Wilmington, DE.

Shauna King went international on behalf of UDO and traveled with Frank Kros, to Geneva, Switzerland to present at the La Pedagogie, Quelle Histoire Conference. Shauna presented an adaption of "Change Your Language, Change Their Lives" that was unique to the international private school teachers and administrators in attendance. Shauna also presented two "Beyond Poverty" sessions to school staff in the Red Clay Consolidated School District in Wilmington, DE.

Gloria Sherman focused on the conference circuit with two UDO appearances. She presented "Beyond Poverty" at the 2016 High Scope International Conference in Detroit, MI and at the 2016 National Head Start Conference and Expo in Nashville, TN.

Ellen Abramson shared her expertise and presented "Right From the Start" to parents and staff on behalf of Prince Georges County Public Schools in MD. She presented "Right From the Start" again to parents and staff at the Kent Family Center in Chestertown, Maryland. In June, Ellen presented a full day of training for Washington County Public Schools that included two 1/2 day workshops: "Change Your Language, Change Their Lives" and "Jack's Brain, Jill's Brain." Ellen wrapped up the month of June in Titusville, PA with a 3-hour "Right from the Start" workshop presented to staff and parents of the Titusville Regional Literacy Council. In July, Ellen covered the topic of poverty and the brain for the Child Welfare Academy in Rockville, MD.

Heather Higgins visited Paradise, PA and presented "Poverty and the Brain" to the admin team of Conestoga Valley School District.

NOW is the Time to Book your Fall Training Dates!

Looking for a presenter to visit your school, program or organization? Visit our website and click on the "Request a Quote" button for a free, no-obligation quote. Ready to submit a request now?

Visit the UDO website at www.upsidedownorganization.org

14th Annual National At-Risk Education Network (NAREN) Conference -
"Stocking the Helper's Toolbox: A Skill-Building Extravaganza"

2017 NAREN Conference Dates:

April 5-7*

***Preconference Sessions: April 3-4**

TranZed Alliance Conference Center, Baltimore, MD 21234

CALL for PRESENTERS open! Apply to present a breakout session at the 2017 conference through the NAREN website: www.narentranzed.org

Application Deadline: August 31, 2016



2016/2017 "Hosted" Workshop Schedule

UDO Offers "Hosted" Workshop Schedule This School Year at TranZed Conference Center in Baltimore, MD

Open to the Public | Only \$149 per person*

LOCATION: TranZed Conference Center, 6802 McClean Blvd., Baltimore, MD 21234

Back by popular demand, some of our best workshops will be offered next school year from September, 2016 through May, 2017. These workshops are presented by UDO president and world-wide speaker, Frank Kros and promise to fill quickly. **Grab your seats early.**

September 20, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

Trauma and the Brain: The Developmental Impact of Trauma in Childhood

October 26, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Our Students from Economic Disadvantage

November 16, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

Becoming a Mental Health Sleuth: The "Sherlock Holmes Skills" Every School Needs

December 8, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

The New IQ?: Understanding and Teaching Executive Function Skills in and Out of the Classroom

January 31, 2017

9-4 | \$149 per person* | 6 Category I Social Work CEUs

Giving a Fish a Bath: The Untold Story of the Adolescent Mind

February 28, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

1) **Brain Matters: The Essential Guide to Brain-Based Learning**
2) **Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Change the Tomorrows of Our Youths**

March 24, 2016

9-4 | \$149 per person* | 6 Category I Social Work CEUs

Rethinking ADHD: What Works, What Doesn't, and Why

April 28, 2016

9-4 | \$149 per person | 6 Category I Social Work CEUs

Jack's Brain, Jill's Brain: Gender Differences and Why They Matter

May 18, 2017

9-4 | \$149 per person* | 6 Category I Social Work CEUs

1) **Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Change the Tomorrows of Our Youths**
2) **Conquering Boredom, Apathy and Indifference in the Classroom: Strategies to Engage, Excite and Motivate Your Students**

** Group rate of \$129 per person offered for groups of 3 or more.*

Registration is now open!

Use the links above or visit the UDO website at www.upsidedownorganization.org
("Open Workshops" Tab)

CALENDAR OF EVENTS

Guide to upcoming events and The Upside Down Organization workshops:

August

August 10

Jack's Brain, Jill's Brain: Gender Differences and Why they Matter

Heather Higgins | Deer Park Middle Magnet School | Randallstown, MD

August 11

The New IQ?: Understanding and Teaching Executive Function Skills In and Out of the Classroom

Shauna King | Deer Park Middle Magnet School | Randallstown, MD

August 12

Conquering Boredom, Apathy and Indifference in the Classroom: Strategies to Engage, Excite and Motivate Your Students

Shauna King | Deer Park Middle Magnet School | Randallstown, MD

August 11 & 12

The New IQ?: Understanding and Teaching Executive Function Skills In and Out of the Classroom

Frank Kros | Columbia Public School District | Columbia, MO

August 16

Right From the Start: Building Great Brains from Birth to Age Five

Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Poverty

Gloria Sherman | Hoosier Uplands Head Start and Early Head Start | Mitchell, IN

August 17

Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Transform the Tomorrows of Our Youth

The New IQ?: Understanding and Teaching Executive Function Skills In and Out of the Classroom

Frank Kros | Monarch Global Academy | Laurel, MD

August 18

Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Our Students Coming From Economic Disadvantage

Heather Higgins | Conestoga Valley School District | Lancaster, PA

August 18

Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Transform the Tomorrows of Our Youth

Shauna King | Northpoint High School | Waldorf, MD

August 23

Right From the Start: Building Great Brains from Birth to Age Five

Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Poverty

Ellen Abramson | Baltimore City Head Start | Baltimore, MD

August 23

Beyond Poverty: Brain-Inspired Ways to Understand and Respond to Our Students Coming From Economic Disadvantage

Shauna King | Hershey High School | Hershey, PA

August 24

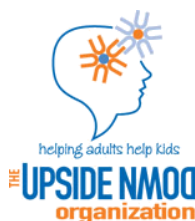
Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Transform the Tomorrows of Our Youth

Shauna King | Dauphin County Technical School | Harrisburg, PA

August 29

Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Transform the Tomorrows of Our Youth

Alisha Wolf | Barnstead Elementary School | Center Barnstead, NH



The Upside Down Organization (UDO) is a nonprofit organization dedicated to the education and advocacy of Transformation Education, an organizational philosophy and operating system for child-serving organizations. 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. Visit UDO online, contact 410-444-5415 or e-mail info@upside-down-organization.org.