



# BRAINwaves

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

## In This Issue

### 13th Annual NAREN Conference

MARCH 16-18, 2016

TranZed Alliance  
Conference Center,  
Baltimore, MD 21234

*“Creating the  
Contemplative School:  
Strategies to Build  
Resilience, Focus and  
Well-Being in All  
Students”*

**4** Exceptional Keynotes,  
a Dynamic Plenary  
Session, **4** Featured  
Presenters, **55+**  
Breakout Sessions,  
authentic youth  
performances, and an  
amazing, one-of-a kind  
learning environment!



To learn more and  
review the most  
up-to-date NAREN  
news, visit the  
NAREN website at:  
[narentranzed.org](http://narentranzed.org)

Vol. 10, Issue 1

FEBRUARY 2016

## FEATURED ARTICLE

### “You Know You Need to, You Know You Want to, Let NAREN Show You How!”

*By Frank Kros, MSW, JD | Executive Vice President, The Children's Guild | President, The  
Upside Down Organization | Director, National At-Risk Education Network (NAREN)*



Well-being is the hottest issue in human development. The overall well-being of individuals, organizations, communities and nations is the focus of thousands of researchers and millions of practitioners. From the incredible cognitive abilities of nurtured infants to the secrets of healthy aging, new discoveries

about what really matters at each developmental age to realize a happy, successful life provides us with the most detailed roadmap ever on how to reach our full potential at every level. **The well-being of our students is a central focus at my child-serving organization.**

At the TranZed Alliance, our schools share a common mission.

*“TranZed schools share the goal of creating a unified community of students, faculty and families dedicated to nurturing students to achieve well-being and to live transformational lives.”*

At the heart of our mission is the holistic well-being of every student:

*“Enhancing Student Well-Being is the core of what a TranZed School does. Our brand promise is that a student attending one of our schools will experience significant growth in:*

- *Dignity and Self-Worth*
- *Cognitive Skills*
- *Academic Performance*
- *Self-Regulation*
- *Physical and Mental Health*
- *Exposure to the Arts*
- *Community Membership and Contribution”*

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## “You Know You Need to, You Know You Want to, Let NAREN Show You How” (cont.)

### A Focus on Well-Being

This focus on well-being is powerfully supported by research that most of us are familiar with it. Serving a variety of nutritious foods, mostly plant-based and plenty of them has a dominant impact on all areas of a child’s life. Introducing brief physical activities in a classroom setting positively affects cognitive skills (aptitude, attention, memory) and attitudes (mood); academic behaviors (on-task behavior, concentration); and academic achievement (standardized test scores, reading literacy scores, and math fluency scores). Significantly increasing physical education time positively impacts behavior and academic performance. Meditation and yoga can lower stress, build resilience and lead to a longer, healthier life. Mindset positively impacts longevity and may even protect against degenerative brain diseases like Alzheimer’s. Integrating into every student’s life the buffers of positive relationships, quality mental health access, crisis management and trauma-informed care can mean the difference between recovery and despair. Students whom learn to control and direct their emotions are more successful in every arena of life.

### What Adults Can Do

There is little doubt that for our children and youth, well-being is central to the hopes and dreams we caring adults have for them. There is also little doubt about the kinds of things adults can do to enhance the well-being of our children and youth:

- Create experiences that build resilience
- Explicitly teach stress management strategies
- Expose students to techniques that improve focus and flow
- Coach students to powerfully strengthen self-regulation skills

These adult efforts are the responsibility of each of us, individually and collectively: parents, educators, social workers, counselors, schools, child-serving agencies and institutions. We know we need to do these things for our children and youth. Most of us really want to do them—or in many cases more of them—in both our individual and organizational work. But how are these well-being efforts most efficiently deployed? What are some emerging best practices? What strategies have worked “in the trenches?” Are these efforts worth it?

### 2016 NAREN Conference to Focus on Well-Being

The 2016 NAREN Conference is your answer to these questions. This year’s theme: *“Creating the Contemplative School: Strategies to Build Resilience, Focus and Well-Being in All Students”* is specifically designed to showcase how well-being is pursued and achieved in a variety of children-and-youth-service contexts. Literally packed with practical examples and intentionally branded as a conference supporting direct access networking between presenters and attendees, NAREN is an outstanding professional development choice for you and your staff. With more than 55 break-out sessions, 4 Keynote Presentations, 4 Speakers so good NAREN features them every day, pre-conference sessions on poverty and behavior, and a remarkable post-conference session on youth mentoring, NAREN offers tremendous value and scores of “use-them-tomorrow” strategies.

Check-out the  
entire program  
schedule at  
[www.naren  
tranzed.org](http://www.narentranzed.org)  
Come join us for a  
transformational  
experience!

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

**Presenter Activity Slows Down in the Months  
of January and February**

In early January, **Shauna King** kicked off the new year with a second visit to Jackson Road Elementary school in Maryland where she continued her work on Poverty and the brain with school staff. Then in February, **Tracy Kessler** conducted a "Rethinking ADHD" session for foster parents and staff on behalf of Montgomery County Child Welfare in Rockville, MD.

**Now is the Time to Book your Spring & Summer 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?**

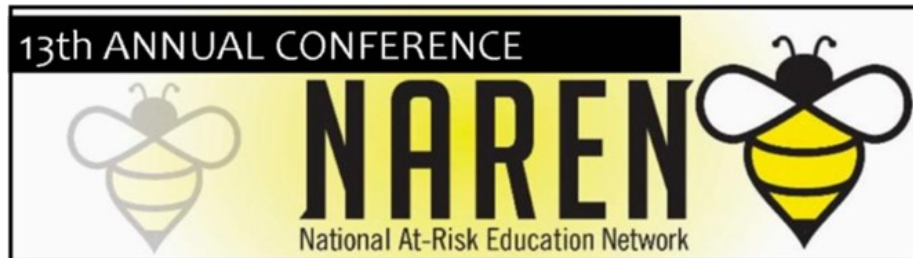
**Visit the UDO Website for more details!!**



**SPECIAL LEAP YEAR PROMOTION for NAREN 2016 —**

*Everyone that is registered by 2/29 at midnight (EST), will be entered into a drawing to win a **free registration** to next year's conference! So, hurry up and LEAP ON OVER to the NAREN website and register yourself today to be eligible!*

**Visit the NAREN website to register**



**2016 National At-Risk Education  
Network (NAREN) Conference**

**MARCH 16-18, 2016**

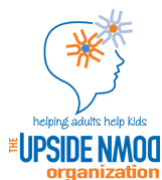
TranZed Alliance Conference Center  
Baltimore, MD 21234

**FULL CONFERENCE SCHEDULE AVAILABLE!**

**3 Keynotes, 1 Plenary Session, 4 Featured Speakers, 3 Youth Performances, 55+ Breakout Sessions, 2 Pre-Conference Sessions and 1 Post-Conference Session.**

**Register TODAY and qualify for the LEAP YEAR Promotion and win a free registration to the 2017 conference — see details above or visit the NAREN website**

**Visit the NAREN website to resister**





## FEATURED SPEAKERS

**These speakers are so good, they've been added to the schedule for multiple days!**

### **Scott Goldsmith**

*...known for his passion, charisma, humor and creativity.*

Based in the Greater Hartford area of Connecticut, Scott Goldsmith is the author of the book *Experiential Group Counseling Activities for Enhancing Emotional Intelligence: Guide to the Keys to Success*. Scott is also a school psychologist and psychotherapist, team building consultant, trainer and facilitator, and coordinator of the Manchester Ropes Challenge Course in Manchester Connecticut. In addition to team building programs for diverse groups of corporate, community and educational institutions, Scott creates professional development workshops for adventure based counseling and experiential counseling.

### **Shauna King**

*...is a passionate speaker and trainer, who is committed to helping teachers keep their skills sharp.*

Shauna is so committed to this mission that she founded her one professional development organization to support school culture and climate initiatives such as Cooperative Discipline, PBIS, and Restorative Practices. Shauna teaches graduate level courses for LaSalle University and The Regional Training Center. She also serves as a consultant for The University of Maryland's Positive Schools Center and Anne Arundel County Public Schools. She has worked in various roles in public and non-public school settings, including principal, intervention specialist, peer mediation teacher and classroom teacher.

### **Tony LoRe**

*...originally a successful businessman, Tony found his life's passion in working with young people.*

In answer to that calling, Tony sold his business and founded Youth Mentoring in 2000 to dedicate his life to helping kids and transforming culture. He now spends all of his time and energy connecting youth with mentors in their community and helping other organizations throughout the world to do the same. In addition to community based programs in Los Angeles, Tony operates worksite mentoring programs that bring young people into organizations such as HBO, Warner Bros. Studios, Paramount Studios, Viacom Networks, Beats Music, etc.

### **Dr. Steven Parese**

*...an educator since 1986, he has been teaching and developing programs for populations with special needs in a variety of therapeutic, community, and correctional settings.*

Steve received his Doctorate in education from George Washington University, and holds degrees from American and Cornell Universities as well. He has written more than a dozen articles and programs, and has spoken at over 30 national and regional conferences for at-risk youth, ex-offenders, and welfare to work individuals. Steve grew up in the Mohawk Valley of upstate New York. He has worked as a wilderness counselor, a classroom teacher, a crisis counselor, and a staff trainer. He has been a full-time consultant for 10 years, and now lives in the small mountain town of Danbury, North Carolina.

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## NAREN 2016

### FEATURED SPEAKERS (continued)

#### **Nathan Ross Freeman**

*"I see every teen author as a potential world leader, ground breaker for peace, a healer determined to find the cure. I am their Muse."*

Nathan is the co-founder and artistic director of Authoring Action, developing teen authors as impact communication specialists, authors, orators and filmmakers. Mr. Freeman is a four time NAREN workshop facilitator representing authoring action. Nathan Ross freeman's fiction, non-fiction and script writing lectures include characterization: layers of self, advocate writing, and screenwriter as filmmaker. He is the 2015 arts council of Winston- Salem award recipient; awarded 2007 B.E.S.T. Outstanding faculty as member of the Intensive writing faculty teaching screenwriting and play writing at the University of North Carolina at Charlotte (1994-2008). Appointed prestigious Salem college's visiting writer (2009) where he taught four courses: upper level screenwriting, beginning and intermediate poetry and creative writing. Member of the NC humanities speakers' bureau, "roads scholars."

#### **PLENARY SESSION**

##### **Dr. Jennifer Skeem**

Wednesday, March 16, 2016

##### **"High Risk (Not Hopeless) Juveniles: Second Changes in the Second Decade?"**

Dr. Skeem has focused a significant portion of her work on the intersection of mental health and juvenile justice. Noticing that youth with mental illness were over-represented in the juvenile justice system, Dr. Skeem directed her research toward identifying risk reduction interventions for adolescents with behavioral and emotional problems. Dr. Skeem centers her research in the question: "What is the real problem?" and utilizes the resulting problem identification to inform policy and practice. In this plenary session, Dr. Skeem shares research on interventions that help high-risk, high-need youth from becoming high-risk adult offenders.

#### **2 PRE-CONFERENCE WORKSHOPS - 3/15/16**

**Open to the Public | 9-4**

**\$149 per person | \$99 for conference participants**

##### **"Beyond Poverty: Brain-Inspired Approaches to Serve Students With Economic Challenges"** *presented by: Frank J. Kros, MSW, JD*

This insightful, paradigm-shifting experience teaches participants about the emotional, behavioral and academic impact of poverty on the developing brain. And – most importantly – the promise of neurogenesis for helping economically challenged students thrive. Workshop includes Walking the Brain Path and the Poverty Simulation experiences.

##### **And the positive comments keep coming in...**

*"Thank you for your excellent presentation today. In my 7 years as a school counselor, this was probably the best professional development workshop I have been to. I found you to be very engaging with a great balance between research and helpful, practical ideas that I could take back, as well as great resources."*

*"I attended your workshop today in New Jersey. The information you presented was amazing! The population of the school I work in is nearing 70% of students who qualify for free and reduced lunch. I think the research and ideas you presented could be extremely beneficial to the teachers in my school. I can't wait to share all that I learned in your workshop today."*

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## NAREN 2016

### PRE- and POST-CONFERENCE SESSIONS (continued)

#### **“Teaching the Habits of Deeper Learning: Systems and Strategies for Effective Student Behavior”** *presented by: Kelly Spanoghe*

Student behavior – and a school's capacity to effectively manage it – has a dominant effect on learning. Schools that establish successful systems for behavior motivation and equip teachers with practical, effective strategies for classroom management empower students to learn deeply and accelerate their progress. This workshop will highlight the customized **Positive Behavior Support (PBS) Program** used in Transformation Education schools and two unique models created by The Children's Guild: **Student Support Center (SSC) and the Multi-Sensory De-Escalation Room (MSDR).**

#### POST-CONFERENCE WORKSHOPS - 3/15/16

**Open to the Public | 1:30-5:00**

\$99 per person

#### **Mentor Training with Tony**

*presented by Tony LoRe,*  
CEO & Founder of Youth Mentoring Connection

[www.youthmentoring.org](http://www.youthmentoring.org)

This is not a lecture. This inspiring, entertaining and highly interactive session is a practical training for applying the innovative concepts of the Model: Mentoring - A Gift-Centered Approach. The session is designed for mentors and program operators and will focus on how to build effective, life-changing mentoring experiences using Youth Mentoring's revolutionary “Gift Centered Approach.” This foundational program will help participants learn the approach to mentoring that has changed thousands of lives in one of our nation's most difficult neighborhoods (South Central LA) through exercises, discussion and tackling real-life situations. Mentors and program operators will develop the skills and attitudes they need to successfully perform in the mentoring role; introduce participants to the gift-centered approach; answer questions they may have about the mentoring experience and generally come away with the confidence to change two lives (the mentor and the youth).



### CALENDAR OF EVENTS

#### **Guide to upcoming events and The Upside Down Organization workshops:**

#### **MARCH**

##### **March 3**

**The Cortisol Made Me Do It!: Understanding Stress, Addiction, and the Brain**

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

Frank Kros | Ohio Drug Free Action Alliance | Columbus, OH

##### **March 4**

**Brain Matters: The Essential Guide to Brain-Based Learning**

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

Shauna King | Christ Our King-Stella Maris School | Mount Pleasant, SC



## Calendar of Events (continued)

### March 5

**Change Your Language, Change Their Lives: What You Can Say Differently Today To Transform the Tomorrows of Our Youths**  
**Right From the Start: Building Great Brains From Birth to Age Five**  
**The New IQ?: Understanding and Teaching Executive Function Skills in and Out of the Classroom**

Ellen Abramson | CMAEYC Spring Conference | Towson, MD

**Jack's Brain, Jill's Brain: Gender Differences and Why They Matter**  
**Rethinking ADHD: What Works, What Doesn't and Why**

Heather Higgins | CMAEYC Spring Conference | Towson, MD

### March 7

**The Cortisol Made Me Do It!: Understanding Stress, Addiction, and the Brain**  
**Practical Applications to a Brain-Based Component to Intervention**

Frank Kros | Arizona office of Problem Gambling | Phoenix, AZ

### March 8

**Change Your Language, Change Their Lives: What You Can Say Differently Today To Transform the Tomorrows of Our Youths**

Frank Kros | NYAR Conference | Savannah, GA

### March 8

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

Shauna King | NYAR Conference | Savannah, GA

### March 10

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

Heather Higgins | National Social Work Conference | Baltimore, MD

### March 15

**Beyond Poverty: Brain-Inspired Approaches to Serve Students With Economic Challenges**

Frank Kros | 2016 NAREN Pre-Conference Session | Baltimore, MD

### March 15

**Teaching the Habits of Deeper Learning: Systems and Strategies for Effective Student Behavior**

Kelly Spanoghe | 2016 NAREN Pre-Conference Session | Baltimore, MD

### March 16-18

**2016 National At-Risk Education (NAREN) Conference**

NAREN | TranZed Alliance Conference Center | Baltimore, MD

### March 17

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

Amy Fortney Parks | Maryland Family Network | Columbia, MD

### March 21

**Giving a Fish a Bath: The Untold Story of the Adolescent Mind**  
**Trauma and the Brain**

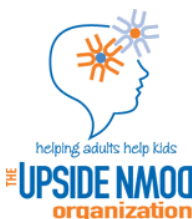
Frank Kros | Alaska Division of Behavioral Health | Anchorage, AK

### March 22

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

Ellen Abramson | Washington County Public Schools | Hagerstown, MD

Tracy Kessler | Brook Lane | Frederick, MD



## CALENDAR OF EVENTS (continued)

**March 22**

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

**APRIL**

**April 7-8**

**Poverty on the Brain - Part 3**

Frank Kros | Columbia Public School District | Columbia, MO

**April 9**

**The Best Gift: Helping Children Gain Self-Control**

**Change Your Language, Change Their Lives: What You Can Say Differently Today To Transform the Tomorrows of Our Youths**

Frank Kros | CASA - Lake County | Vernon Hills, IL

**April 12**

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

Shauna King | Anne Arundel County Public Schools | Severn, MD

**April 14**

**Child Abuse and the Brain: The Developmental Impact of Trauma in Childhood**

Frank Kros | Garrett County Community Action | McHenry, MD

**April 16**

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

Ellen Abramson | Prince George's County Public Schools | MD

**April 16**

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

Heather Higgins | Georgetown East Elementary School | Annapolis, MD

**April 19**

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

Ellen Abramson | East Columbia Preschool | Columbia, MD

**April 26**

**Beyond Poverty: Brain-Inspired Approaches to Serve Students With Economic Challenges**

Shauna King | Middletown Area School District | Middletown, PA

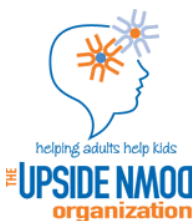
**April 30**

**Beyond Poverty: Brain-Inspired Approaches to Serve Students With Economic Challenges**

Ellen Abramson | Baltimore City Child Resource Center | Baltimore, MD

**Child Abuse and the Brain: The Developmental Impact of Trauma in Childhood**

Tracy Kessler | Baltimore City Child Resource Center | Baltimore, MD



**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](mailto:info@upside-down-organization.org)