

Online Resources on Adolescent Development

Basics about Development in Children and Adolescents

Author	Title	Summary	Format/ Length	Web Link
Harvard University Center on the Developing Child	Experiences Build Brain Architecture	Video and brief text explain how and when brain structure is built through experience. Additional links provide more information.	Video (2 mins.)	http://developingchild.harvard.edu/key_concepts/brain_architecture/
Harvard University Center on the Developing Child	Serve & Return Interaction Shapes Brain Circuitry	Video and brief text explain how interactions with adults help shape brain structure. Additional links provide more information.	Video (2 mins.)	http://developingchild.harvard.edu/key_concepts/serve_and_return/
Harvard University Center on the Developing Child	Toxic Stress Derails Healthy Development	Video and brief text describe key concepts about the stress response system and explain how toxic levels of stress can lead to a reduction in neural connections. Additional links provide more information.	Video (2 mins.)	http://developingchild.harvard.edu/key_concepts/toxic_stress_response/
National Institute of Mental Health	Brain Basics	This online resource describes how the brain works. It translates scientific information to help explain: <ul style="list-style-type: none"> • How the brain develops • How genes and the environment affect the brain • The basic structure of the brain • How different parts of the brain communicate and work with each other • How changes in the brain can lead to mental disorders, such as depression. 		http://www.nimh.nih.gov/health/educational-resources/brain-basics/brain-basics.shtml

The Brain into Adolescence

Author	Title	Summary	Format/ Length	Web Link
Harvard University Center on the Developing Child	InBrief: Executive Function: Skills for Life and Learning	Video and brief text describe the key concepts of executive functions that develop from early childhood to adulthood and how they have significant implications for functioning throughout a person's lifetime. Additional links provide more information. "If we don't learn these skills during the childhood and adolescent years when they're coming online we are really ill equipped as an adult to hold a job, to maintain a marriage, to raise children, to get along with each other, to basically be a part of a civil society."	Video (5.5 mins.)	http://developingchild.harvard.edu/key_concepts/executive_function/
National Institute of Mental Health	The Teen Brain: Still Under Construction	This online resource provides an explanation of adolescent brain development as it relates to the spectrum of developmental changes that occur during adolescence and young adulthood.		http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml
Frontline	Inside the Teenage Brain	Video explores the recesses of the brain and new explanations for why adolescents behave the way they do. Speakers include neuroscientist Dr. Jay Giedd, National Institute of Mental Health; John Bruer, president of the James S. McDonnell Foundation and author of <i>The Myth of the First Three Years</i> ; Mary Carskadon, director of the E.P. Bradley Hospital Sleep Research Laboratory at Brown University; and Ellen Galinsky, social scientist and president of the Families and Work Institute.	Video (60 mins. full length; broken into chapters varying in length)	http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view/#rest

Family Action Network	Brainstorm: The Power and Purpose of the Teenage Brain	Dr. Daniel Siegel, clinical professor of psychiatry at the UCLA School of Medicine, faculty of the Center for Culture, Brain, and Development and the founding co-director of the Mindful Awareness Research Center illuminates how brain development impacts teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is an incredibly positive period of growth, change and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.	Video (1 hr., 20 mins.)	https://www.youtube.com/watch?v=kH-B01rjXbQ
-----------------------	--	---	-------------------------	---

Trauma

Author	Title	Summary	Format/Length	Web Link
Harvard University Center on the Developing Child	Tackling Toxic Stress: Using Science to Drive New Approaches to Child Welfare	This article is one in a series of journalistic articles commissioned by the Center for the Developing Child. The series examines how policymakers, researchers, and practitioners in the field are rethinking services for children and families based on the science of early childhood development and an understanding of the consequences of adverse early experiences and toxic stress .		http://developingchild.harvard.edu/resources/stories-from-the-field/tackling-toxic-stress/using-science-in-child-welfare/
Post Institute	Trauma, Brain & Relationship: Helping Children Heal	Powerful documentary featuring Bryan Post, Bruce Perry, M.D., Daniel Siegel M.D., Marti Glenn PhD and other renowned experts in the field of childhood trauma, and attachment and bonding. This is a great way to share with friends, colleagues, and caregivers this new understanding of how trauma effects the	Video (25 mins.)	https://www.youtube.com/watch?v=jYyEEMlMMb0

		development of the mind body system, and how it affects children's behaviors and social relationships.		
Jim Casey Youth Opportunities Initiative	Trauma informed practice with young people in foster care	Many young people who have experienced foster care have also experienced trauma. This issue brief provides information and recommendations for recognizing and addressing trauma when working with young people throughout adolescence and emerging adulthood.	Issue Brief (9 pgs.)	http://www.jimcaseyyouth.org/trauma-informed-practice-young-people-foster-care

Resilience

Author	Title	Summary	Format/Length	Web Link
Harvard University Center on the Developing Child	InBrief: Resilience Series	These videos provide an overview of Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience, a working paper from the National Scientific Council on the Developing Child. "Resilience is built over time just as, and in parallel with, how the architecture of the brain is built over time. It's not just in the person, it's in the person and the interaction with the environment. So, we care about promoting resilience for the same reason that we care about promoting healthy development because in many respects it is the same."	Videos (2 mins. each)	http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/resilience/
Jim Casey Youth Opportunities Initiative	Promoting development of resilience among young people in foster care	Many young people in foster care face challenges that place them at risk of negative outcomes as adults. This brief describes how having the right support systems can enable young people to develop resilience and better cope with, adapt to and recover from even the most substantial challenges.	Issue Brief (8 pages)	http://www.jimcaseyyouth.org/promoting-development-resilience-among-young-people-foster-care

Applications in Policy and Programs

Author	Title	Summary	Format/ Length	Web Link
Child Trends	2014 Kristin Anderson Moore Annual Lecture	Jane Roskams, executive director of strategy and alliances with the Allen Institute for Brain Science; Dianna Walters, policy associate with the Jim Casey Youth Opportunities Initiative; and Daniel Cardinali, president of Communities in Schools discuss brain science across the lifespan and how research is being applied in programs and initiatives serving vulnerable children and youth.	Video and slides (1 hour)	http://www.childtrends.org/our-research/the-kristin-anderson-moore-lecture-series/
Dr. Robert Anda, MD, MS	2013 Jim Casey Youth Opportunities Initiative Fall Convening Presentation	Dr. Robert Anda, MD, MS, is the co-founder of ACE Interface, LLC, and the co-founder and co-principal investigator for the Adverse Childhood Experiences (ACE) Study. He has conducted research in a variety of areas, including disease surveillance, behavioral health, mental health and disease, cardiovascular disease and childhood determinants of health. On Nov. 12, 2013, Dr. Anda spoke to the Jim Casey Initiative Fall Convening in Clearwater Beach, Florida. He spoke on how the Jim Casey Initiative might apply ACES to ensure that we are providing opportunities and support promoting well-being and ensure that young people can successfully transition to adulthood.	Power Point (90 slides)	http://www.jimcaseyyouth.org/adverse-childhood-experience-balance-risk-and-opportunity
Jim Casey Youth Opportunities Initiative	The adolescent brain: New research and its implications for young people transitioning from foster care to adulthood	The emerging science of adolescent brain development has deepened our understanding of adolescent capabilities and behaviors. Neuroscience has made clear that the brain is not "done" by the age of three years as previously believed. Instead, adolescence provides a powerful window of developmental opportunity.	Report (38 pages)	http://www.jimcaseyyouth.org/adolescent-brain—new-research-and-its-implications-young-people-transitioning-foster-care

General Resources

Author	Title	Summary	Format/ Length	Web Link
Harvard University Center on the Developing Child	Working Papers	A series of 13 working papers on a variety of topics connected to the above sections. Each dives deeper into topics of brain development and the experiences that affect it both positively and negatively, such as relationships, stress, and learning opportunities.	Papers varying in length	http://developingchild.harvard.edu/resources/reports-and-working-papers/working-papers/
Harvard University Center on the Developing Child	InBrief Series: The Science of Neglect	This provides a PDF and a 6-minute video providing an overview of The Science of Neglect: The Persistent Absence of Responsive Care Disrupts the Developing Brain , a working paper from the National Scientific Council on the Developing Child .		http://developingchild.harvard.edu/resources/multimedia/videos/inbrief-series/inbrief-neglect/