



Jewish Family and Children's Service of Greater Philadelphia

1.866.JFCS.NOW

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

and

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

**Hosted by:**

**Jewish Family and Children's Service of Greater Philadelphia and the Philadelphia Department of Behavioral Health, Office of Addiction Services**

**Tuesday June 17, 2014**

**8:30am-4pm**

**JFCS Arch Street Office**

**2100 Arch Street**

**2nd Floor**

**Philadelphia, PA 19103**

**Presenter: Frank J. Kros, MSW, JD, The Upside Down Organization**

Social Work CEUs through PA-NASW are pending. Workshop is FREE and includes a light breakfast and lunch.

### **Agenda**

**8:30-9:00am- Registration and light breakfast**

**9:00am-12:00pm- “Giving a Fish a Bath: The Untold Story of the Adolescent Mind”**

**12:00-1:00pm- Lunch**

**1-4:00pm The Cortisol Made Me Do It! Understanding Stress, the Brain and Gambling Addiction**

*See next page for Workshop Descriptions.*

**RSVP to Melissa Blackson no later than June 9th at 267-256-2050 or mblackson@jfcsphilly.org**



JFCS partners with the Jewish Federation of Greater Philadelphia





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## Workshop Descriptions:

### *Morning Workshop*

Recent discoveries in neuroscience offer exciting insights into how the brains of our teens really work and the special “brain-based” challenges facing adolescents as they mature. This workshop reveals why teens are especially vulnerable to drug use, gambling, high-risk peer influences and depression as well as the proactive measures adults can take to minimize a teen’s exposure to these dangers. This seminar also addresses the often mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offers strategies compatible with the many strengths and opportunities available during this miraculous developmental period. If you’ve ever thought that the adolescent mind could not be understood, this workshop will arm you with the latest insights and information on knowing and empowering the teenage brain.

### *Afternoon Workshop*

This presentation will explore new research on the brain and how that research has dramatically improved our understanding of stress and how it impacts our thinking and behavior. Specific focus is given to the impact of chronic or traumatic stress on behavioral addictions like gambling. There is significant confusion regarding stress and its impact in our lives. This workshop will separate myth from fact and explain the vital, healthy role the stress system plays in our lives as well as the devastating impact of excessive stress on human thinking and behavior. In particular, the role of stress in gambling addiction will be examined and successful stress reduction and coping strategies examined.



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