

## San Diego County Probation

### Juvenile Institutions Core Training

#### Unit 1: Agency Specific Training

#### Class: Adolescent Brain Development

Instructional Time: 3.5 hours

1. Welcome and Introductions
2. Objectives
  - a. Students will be able to identify the symptoms and warning signs of early psychosis.
  - b. Students will describe the role of biology on the developing adolescent.
  - c. Students will be able to identify the usual methods of treatment and multi-family interaction.
  - d. Students will be aware of local resources to assist youth and their families.
3. What is Adolescence?
4. What is Happening in Physical/Psychological Development?
5. Brain Development
  - a. Prefrontal Cortex
  - b. How Trauma Affects the Brain
  - c. Stressors on the Brain
  - d. Factors about Brain Development before 5
6. Themes of Adolescent Development
7. Video: First Impressions
  - a. Discussion
8. More on Brain Development
  - a. Cerebral Cortex
  - b. Orbitofrontal Cortex
9. Video: Adolescent Brain Development
  - a. Discussion
10. Female Brain Development vs. Male Brain
11. Adaptive Survival and Coping Strategies
12. Brain Development and Risk Taking
13. Crime Rates by Age
14. Adolescent Social Development
15. Attachment
16. Promoting Social Development and Relationships
17. Adolescent Social Development
  - a. Group Exercise
18. Adolescent Physical Development
19. Adolescent Intellectual Development
20. Developmental Age
21. Importance of Prenatal Development
22. Substance Use and Development
  - a. Group Discussion
23. Review / Closing / Evaluations