

Course Title: **Aiding & Abetting Adolescent Brain Development**

Instructional Time: 8-hours

Course Description:

The purpose of this course is to provide trainees with an overview of adolescent development and typical behaviors associated with developmental changes. Specifically, trainees will become familiar with changes linked to biology, cognition, social and emotional development. These concurrent changes during this critical developmental period can make youth more vulnerable to engage in risky behaviors and resistant to rules and authority. The presence of additional challenges, such as harmful environmental factors can make adolescents even more susceptible to poor outcomes. Environmental factors such as exposure to substance use, trauma, poverty, and inadequate parenting can adversely affect adolescent development. Strategies for implementing effective behavior management to promote positive youth development within juvenile justice settings will be discussed. These strategies will include skills to create psychological safety, improve communication, which promote overall safety, increase early intervention and de-escalation, and increase youth skill acquisition.

\*San Diego County hires an external instructor to teach this class; therefore, the material is not available for review as it is not property of the San Diego County Probation Department.

