



# Aiding and Abetting Adolescent Brain Development

**TRAINING TYPE:** RFC Annual

**COURSE HOURS:** 8

**DELIVERY METHOD:** ILT – Instructor-Led Training

**STC/BSCC CERTIFICATION #:** 09930342

## 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, and social and emotional development. These concurrent changes during this critical developmental period can make youth more vulnerable to engage in risky behaviors and make them resistant to rules and authority. Environmental factors such as exposure to substance use, trauma, poverty, and inadequate parenting can make adolescents more susceptible to poor outcomes, adversely affecting their 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 and improve communication (which promote overall safety), increase early intervention and de-escalation, and increase youth skill acquisition.

## Instructor:

**Lisa Maaca Bartlette,  
MSSA, DSW  
Candidate**

Lisa Bartlette is a social service entrepreneur who provides coaching, consultation, and curriculum development services to California's child welfare workforce academies. In 2021, she founded her company, Lisa Maaca, Inc., which provides evidence-based, dynamic trauma-informed care (TIC) trainings, workshops and keynote presentations throughout the United States in child welfare, juvenile justice, academic and other professional settings.

