“GET TO 21” SPEAKER SERIES:

Secrets of the Teen Brain
(Or why the #!@*# did you just do that?)

Who: Parents and teens
When: Thursday, November 6, 2014, 7-9 pm
Where: San Clemente Community Center

SCHS students will receive extra-credit or credit for Friday School by attending.

Moody. Impulsive. Maddening. Why do teenagers act the way they do?
They act that way because their brains aren’t done developing.

A teen’s brain develops somewhat unevenly, from back to front. This may
help explain their endearingly quirky behavior but also makes them prone
to risk-taking.

Join us for an informative night to learn:

• How the teenage brain works and develops
• Why it’s important to protect the teen brain whether it be from
  concussions, alcohol, illegal drug usage or prescribed medications
• Why kids seek risky behavior and why you should urge your teen to
  take healthy risks
• And why they say they hate you and then ask for a ride to T-Street

MODERATOR:
Susan Parmelee MSW. Program Clinician, Wellness & Prevention
Center. San Clemente

KEYNOTE SPEAKER:
Lawrence V. Tucker, M.D. Amen Clinic, Diplomat of the American Board of
Psychiatry, Neurology, and Addiction Medicine will present SPECT scan images
demonstrating brain development and its effect on teen decision making.

PARENT PANEL SPEAKERS—Q&A:
Edward A. Taub, M.D. Pediatrician, Family Medicine Doctor, and author
will present his “Painless Wellness Vaccination For Parents & Teenagers”
consisting of positive lifestyle habits that lead to healthy brain development.

Randall Smith MFT Licensed marriage and Family Therapist strongly
believes in helping individuals and families learn to deal with life in a
positive and meaningful way.

TEEN PANEL SPEAKERS—Q&A:
Dr. Daniel Headrick, MD. CEO-Medical Director at Pacific Coast Recovery
Center will discuss finding a passion in your teen.

Lindsay Fisher Chief Operating Officer of A Mission for Michael will discuss
the importance of a sober and fulfilling lifestyle.

Introduction to The 911 Good Samaritan Law

Recently heard in San Clemente Homes.

“Everyone is doing it.”
“It’s just marijuana.”
“You drink alcohol.”
“I’m spending the night at a friend’s house. Of course, their parents are home.”
“eCig’s are just flavored water vapor.”
“You never let me do anything fun.”

Wellness & Prevention Center.
SAN CLEMENTE

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