



Overview: Adolescent Development

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*Presentation to the Colorado Commission on Criminal and Juvenile Justice
June 8, 2018*



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Wasn't this supposed to be positive?!



Wasn't this supposed to be positive?!

- Self Centered
- Manipulative
- Angry
- Know-it-all
- Defensive
- Argumentative
- Ambivalent
- Disrespectful
- Challenges authority
- Dramatic
- Doesn't think about consequences
- Unmotivated
- And the list goes on...

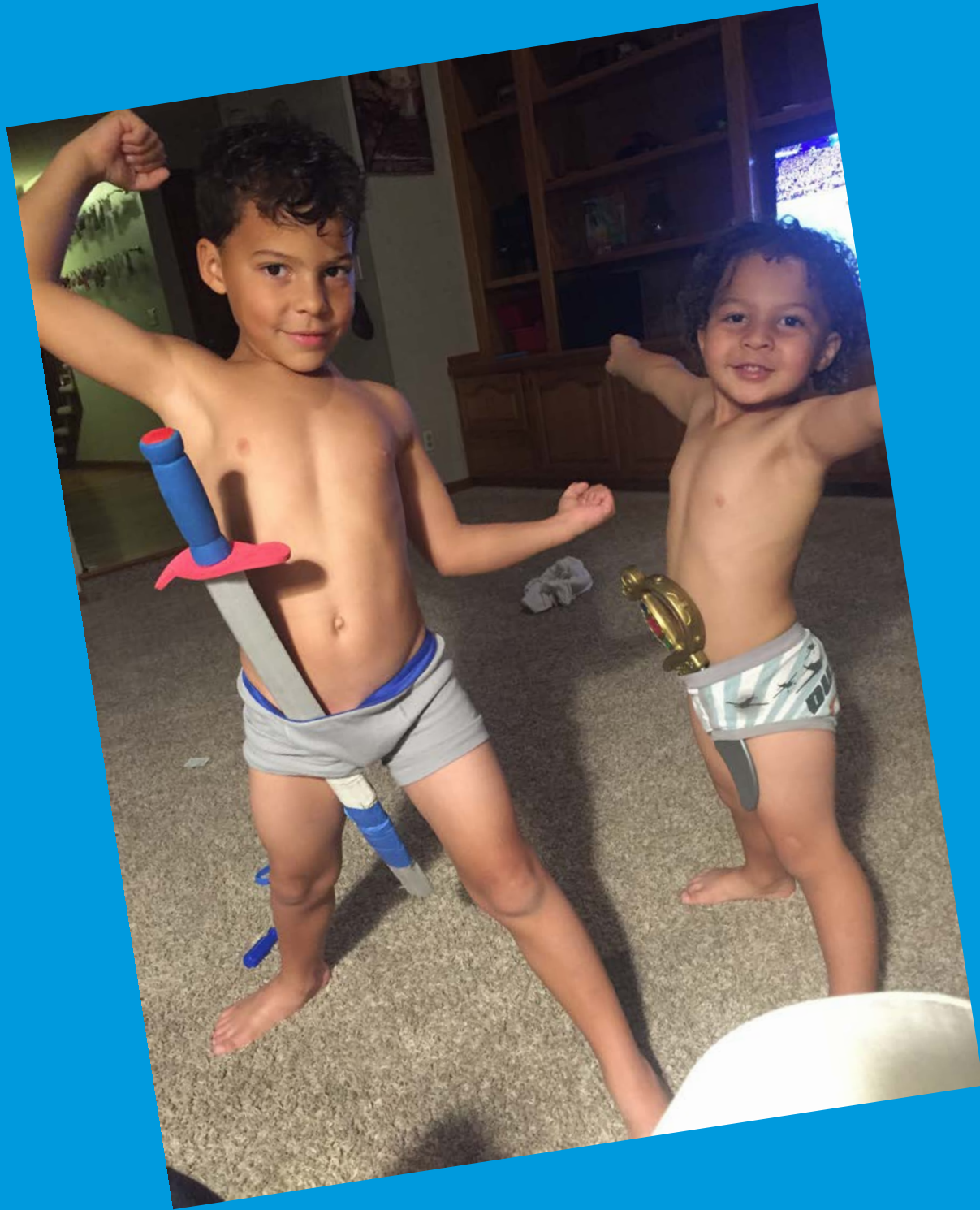


Adolescent Development



Then THIS happens





Why is knowledge on development critical for our work with adolescents?

The case for understanding

Adolescence is a time of growth and CHANGE

Age 9 - 25

it is typically the healthiest time in life, yet their disease and death rates increase 200- 300% during this time

Ronald E Dahl, M.D. (University of Pittsburgh Med. Center)



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Know what you're working with

Start with a developmental lens



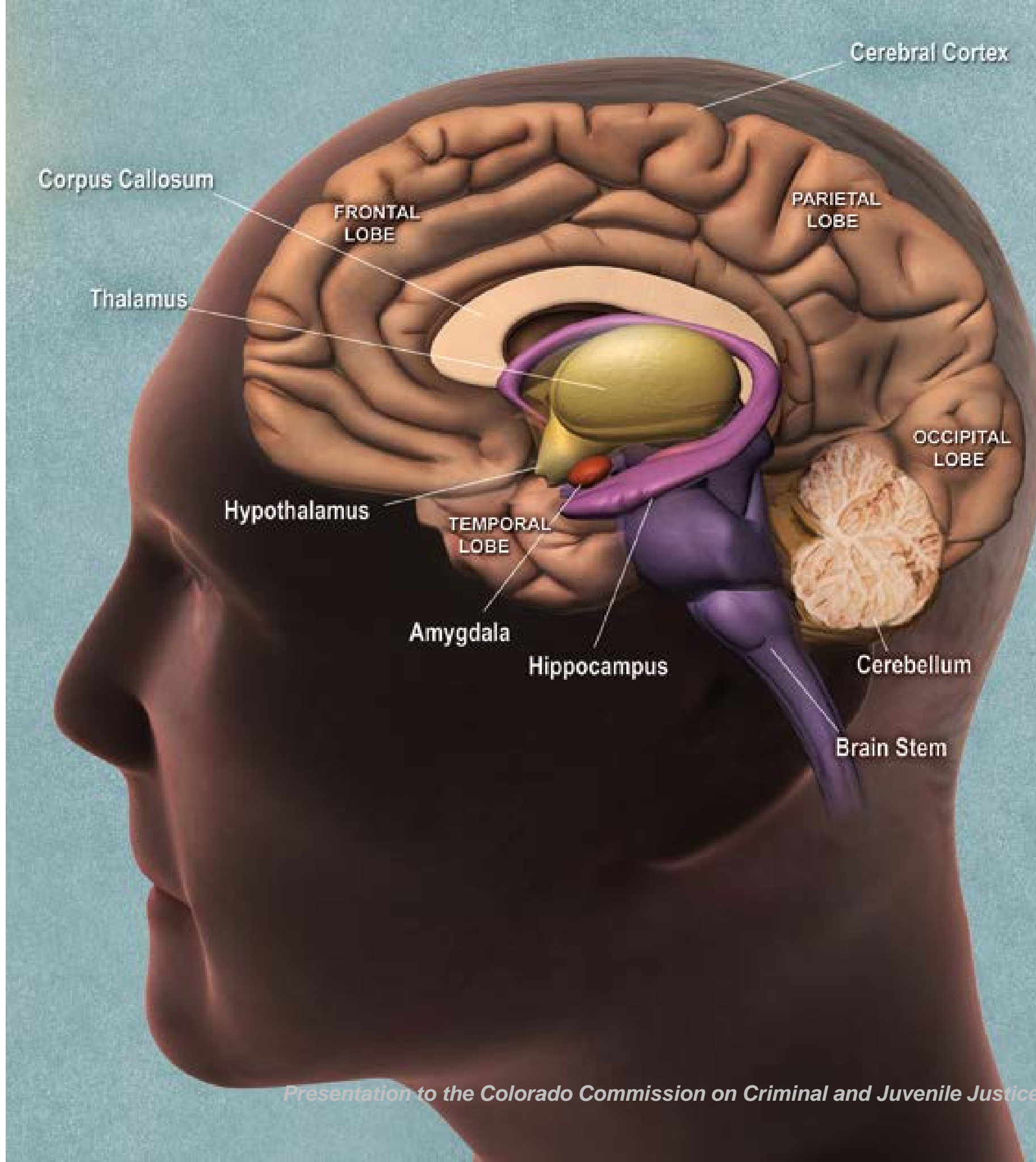
There are EIGHT tasks that every young person undergoes developmentally, including cognitive development



Turning the Tables: 8 Developmental Tasks

- **Adjusting to Physical Changes**
- Adjusting to Sexually Maturing Body & Feelings
- Develop and Applying Abstract Thinking Skills
- Defining a Personal Sense of Identity
- Adopt a Personal Value System
- **Renegotiate Relationships with Caregivers**
- Develop Stable and Productive Peer Relationships
- Meet demands of Increasingly Mature Roles & Responsibilities





Abstract Directions

”Be Careful”

“Be Safe”

“Be Respectful”

“Grow-Up”



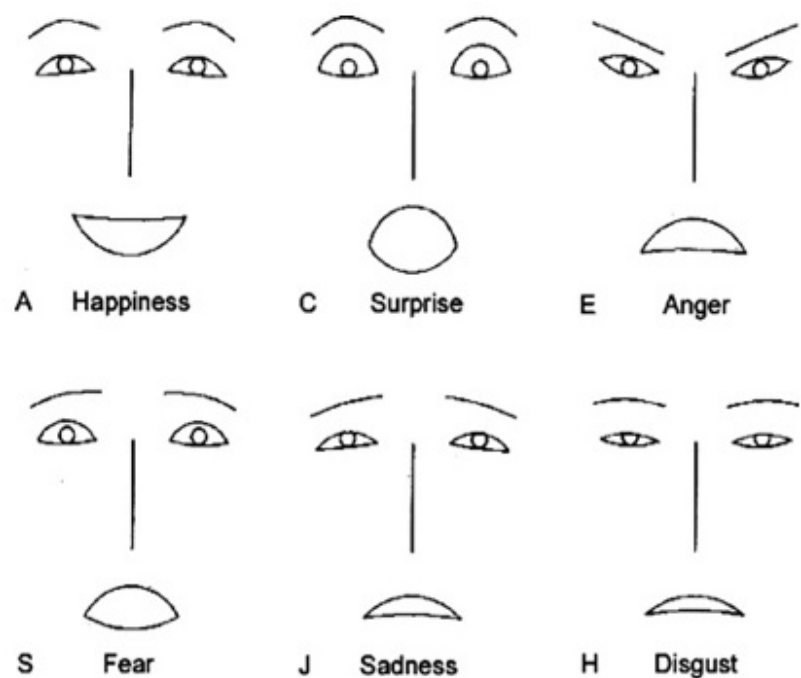


EMPATHY



Not Seeing Eye to Eye?

We are using different parts of our brain to navigate every situation




How we perceive risk






Frances Jensen, MD, FACP
UNIVERSITY OF PENNSYLVANIA



THE POWER OF THE ADOLESCENT BRAIN



youth.gov



See this TAG TALK - Adolescent Health: Think, Act, Grow®(TAG) at <https://youth.gov/feature-article/power-adolescent-brain-tag-talk>

6 insights of the brain

1. The brain is a CONNECTION machine
2. No 2 brains are alike
3. The brain hardwires everything it can
4. Hardwiring drives automatic perception
5. It's practically impossible to deconstruct our wiring
6. It's easy to create new wiring – *the brain creates new connections all the time!*

Citation: Neuroleadership Institute (David Rock)



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What moves us AWAY from threat or TOWARDS reward?

- Status
- Certainty
- Autonomy
- Relatedness
- Fairness

*David Rock – Neuroleadership Institute



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Adolescent brain...



is not just an adult brain with fewer miles on it. It's a paradoxical time of development.

These are people with very sharp brains, but they're not quite sure what to do with them.

Frances E. Jensen

Do we see any of these differently?

- Self Centered
- Manipulative
- Angry
- Know-it-all
- Defensive
- Argumentative
- Ambivalent
- Disrespectful
- Challenges authority
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- Doesn't think about consequences
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YOUNG PEOPLE ARE PRIMED TO:

- Learn
- Practice behaviors
- Adopt habits that they will take into adulthood



QUESTIONS? REACH OUT!

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