

HOW TO EDUCATE YOUR TEAM ON DR. NADINE BURKE HARRIS, MD, MPH, FAAP

QUOTES TO SHARE:

- “Toxic stress response can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support. This kind of prolonged activation of the stress-response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.”
- “High stress affects the part of the brain responsible for judgment, memory, reasoning, and problem solving.”

LEARN:

- Start a Book Club with Dr. Burke Harris' book, [The Deepest Well, Healing the Long-Term Effects of Childhood Adversity](#)
- Read the Whitepaper [An Unhealthy Dose of Stress](#) by The Center for Youth Wellness (CYW) and have a team discussion around your takeaways.
- Read the CDC report: [Preventing Adverse Childhood Experiences \(ACEs\): Levering the Best Available Evidence](#) and discuss action items you can implement as a result of this report.

GET SOCIAL:

- Follow Dr. Nadine Burke Harris on [Facebook](#) and [Twitter](#).

VIDEOS:

- Watch Dr. Nadine Burke Harris' TED TALK: [How Childhood Trauma Affects Health Across a Lifetime](#)

CONVERSATION STARTERS:

- How can we prevent Adverse Childhood Experiences (ACEs)?
- How can we ensure a strong start for children?
- What are we offering to connect youth to caring adults and activities?
- What social emotional learning skills, dating and healthy relationships skill programs, and family parenting skills are we teaching?
- How can we shift the focus from individual responsibility to community solutions?
- What are we doing to strengthen economic supports to families?

IMPLEMENT:

- Register to attend the BOOST Conference and hear Dr. Nadine Burke Harris' Keynote Address [boostconference.org](#)
- Purchase Dr. Burke Harris' book in advance and get your copy autographed at her Meet the Authors book signing on Wednesday, May 1 at 1:30PM

Register to attend the [BOOST Conference](#) and meet [Dr. Nadine Burke Harris](#)

