

PRESIDENTIAL THEME 2022-2023

RESOURCES FOR ADOLESCENT MENTAL AND BEHAVIORAL HEALTH

- What Happened to You by Oprah and Dr Bruce D. Perry
- The Deepest Well by Nadine Burke Harris
- Childhood Disrupted by Donna Nakazawa
- Free ACES Quiz www.npr.org then search for ACES Quiz
- Change your Brain, Change Your Life by Daniel G. Amen
- The Teenage Brain by Amy Ellis Nutt & Frances E. Jensen
- Healthy Within: Brain Fitness Through Neurofeedback by Divya Kakaiya
- KPBS special: Hiding in Plain Sight: Youth Mental Illness