

## The Adolescent Brain, Behaviors, and Substance Use

*For professionals in psychology, behavioral health, and social work*

As adolescence is a time of great change, it is important to understand how adolescent behavior progresses as youth transition into early adulthood. This training will highlight adolescent development including changes in behavior and how these changes are related with brain development. Further, as substance use also increases during this developmental period, it is important to be aware of rates of experimentation and potentially problematic substance use. Therefore, this training will provide information on the relationships between substance use and behaviors common in adolescents.

### OBJECTIVES

1. Explain the relationship between changes in brain development and how they relate to behaviors in adolescence.
2. Identify the prevalence of three commonly used substances in adolescence.
3. Describe how certain behaviors in adolescence put certain youth at risk for higher substance use.

### LOCATION

Zoom Meeting

### COST

No fee to attend this training.



### REGISTER ONLINE

[go.unl.edu/adolescent-substance-use](https://go.unl.edu/adolescent-substance-use)



### ALEXANDER WALLACE

PhD

Dr. Alex Wallace graduated with a Ph.D. in clinical neuropsychology at the University of Wisconsin-Milwaukee. Dr. Wallace's work focuses on the effects of substance use in adolescence on neurodevelopment including both structural and functional outcomes. He is currently a postdoctoral fellow at the University of California - San Diego where he is working on a national multi-site longitudinal study (the Adolescent Brain Cognitive Development Study) to better understand how health factors (e.g., substance use, caffeine, sleep) impact comorbid pediatric neurodevelopmental disorders.

Tuesday, October 24, 2023  
10:00 a.m. – 1:00 p.m. (Central)

### CONTINUING EDUCATION

**INSTRUCTIONAL LEVEL:** Introductory

This training has been approved for **2.5 continuing education credits for psychologists\*** and **2.5 continuing education credits for Nebraska LMHPs/LIMHPs, and LADCs**. Credits will be awarded to participants who attend the entire training.

*\*Continuing education for psychologists may be used by other licensed behavioral health professionals. Please check with your licensing board. Continuing education credit is granted on a one credit per one instructional hour basis.*

*The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC maintains responsibility for this program and its content.*

### SPONSORS

*Sponsored by the Nebraska Department of Health and Human Services Division of Behavioral Health and the University of Nebraska Public Policy Center.*



*This training is funded in whole or in part by funds from the SAMHSA Community Mental Health Block Grant, SAMHSA Substance Abuse Prevention & Treatment Block Grant and state funds sub-granted from the Nebraska Department of Health and Services, Division of Behavioral Health.*