



Empowering Healthy Choices & Developing Healthy Brains

High-Risk Behaviors

Alcohol use
Binge drinking
Pornography use
Suicidal behaviors
Self-injury
Dating violence
Marijuana use
Tobacco use
Gambling
Illicit "street drug" use
Driving under the influence
Risky sexual behavior
E-cigarette use / Vaping
Bullying / Cyberbullying
Eating disorder
Behavior sexting
Video game addiction
Technology overuse

Social & Emotional Skills

Abstract, conceptual reasoning
Judgment & decision-making
Emotion regulation
Empathy
Frustration tolerance
Coping skills
Problem-solving
Relationship skills
Self-awareness
Self- (impulse) control
Self-management
Social awareness

The BrainAbout[®] Learning Ecosystem helps students in secondary education—and the adults around them—understand how engaging in high-risk behaviors can lead to long-term impacts on the brain and lifelong wellness. Our online prevention program, developed by Dr. Crystal Collier, is rooted in neuroscience and teaches developmentally appropriate topics and skills for proactive prevention, awareness and intervention. BrainAbout focuses on 18 high-risk behaviors that youth struggle with today and targets specific social and emotional skills students need to resist them.

Subscribers to BrainAbout are provided with a full calendar year of access to portal programming for students, educators and parents. An annual subscription includes:

- Pre- and post-school year survey to assess the prevalence of high-risk behaviors and identify program priorities.
- Access to BrainAbout online ecosystem, including topical monthly calendars, downloadable videos, engaging conversational handouts and an abundance of resources.
- Teacher & counselor in-service training.
- Opportunity for in-person speaking engagements with Dr. Collier.

About Dr. Crystal Collier

Crystal Collier, PhD, LPC-S, has been working with adolescents and adults suffering from mental illness, behavior disorders and substance abuse since 1991. Dr. Collier has also worked extensively with schools and organizations to implement comprehensive prevention curricula. Her areas of expertise include adolescent brain development, prevention programming, parent coaching, addiction, family-of-origin work and training new clinicians. Dr. Collier's neurodevelopment prevention model was awarded the Prevention and Education Commendation from the National Council on Alcoholism and Drug Dependence. In 2020, she published her long-awaited prevention book, *The NeuroWhereAbouts Guide: A Neurodevelopmental Guide for Parents and Families Who Want to Prevent Youth High-Risk Behavior*.

A program of the



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For more information about bringing BrainAbout to your school, contact René Zamore at Rene@brainabouts.org.



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