The University of Minnesota Extension Children, Youth & Family Consortium has partnered with MACMH to create the 4th annual Research to Practice Series. These workshops provide participants with an in-depth review of applied research, best practices and translation of research to practice.

**U of MN Research to Practice Series**

**Managing Emotions in Teens: Responding to Dysregulation and Challenging Behaviors**

**Tuesday, April 30, 2013 – Duluth, MN**

**The Neurobiology of Adolescent Mood**

What does stress look like in the neurobiological system of an adolescent? Learn how the neurobiological stress regulatory system develops, how development might go awry and why it is critical to intervene during adolescence. Issues related to developmental disruptions, depression, regulatory behavior, and epigenetics will be explored. **Bonnie Klimes-Dougan**, PhD, LP, Asst. Professor of Psychology and Psychiatry – U of MN

**The Role of Lifestyle in Stress and Coping for Youth – Practical Strategies**

Learn how lifestyle can impact both positively and negatively on mental and emotional functioning, and practical strategies to help young people make healthier choices regarding sleep, nutrition, physical activity, and relaxation. **Nimi Singh**, MD, MPH, MA, Asst. Professor and Division Head, Adolescent Health and Medicine Division, U of MN Amplatz Children’s Hospital

**Teens at Risk: Creating Healthy Relationships that Regulate**

How do you engage teens so that your relationship with them becomes a regulating experience? Learn how clinicians can apply brain/body research to recognize intervention opportunities with teens that facilitate new learning about managing feelings and distress. Explore how different models can be used, with special attention to teens struggling with aggressive behaviors. **Anne R. Gearity**, PhD, LICSW, Mental Health Practitioner – Private Practice & Community Faculty – U of MN