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brain  
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**EXPERT SERIES 2.0**

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**Brain-Based Approaches to Optimize Student Outcomes**

Join **Goldie Hawn** and **Dr. Bruce Wexler** in conversation about brain-based approaches which can improve student academic and mental health outcomes, facilitated by national non-profit BrainFuture's **Holly McCormack**.

September 30th, 2020 | 6pm - 7pm EDT

### BrainFutures Joins the Aspen Brain Institute Expert Series: *Brain-Based Approaches to Optimize Student Outcomes*

Join us virtually at the Aspen Brain Institute's September 30 conversation on brain-based interventions to improve educational outcomes with **Goldie Hawn**, Founder of the education-focused Goldie Hawn Foundation, and **Dr. Bruce Wexler**, Professor Emeritus of Psychiatry and Senior Research Scientist at Yale University School of Medicine. BrainFutures' Chief Strategy Officer, Holly McCormack, will moderate the discussion.

Now more than ever, issues of equity and student wellbeing are critical to address if we are to ensure the best outcomes for America's children during this time of crisis and beyond. Learn what neuroscience has to teach us about helping pre-K-12 students thrive. **The session will be held on September 30, 2020 at 6PM EDT.**

To register for the above event or to learn more about the Aspen Brain Institute's

free Expert Series and their full lineup of upcoming topics, including Alzheimer's research, ameliorating traumatic brain injuries in sports, an open-source vaccine formulation, and advances in psychedelic research for treating mental health conditions, click below.

[Learn More](#)



### How Covid-19 Compromises Children's Brains, and Effective Solutions

With the current health crisis continuing to stretch on, schools and families are still struggling to find solutions to reverse academic backsliding and bolster children's mental health. Pandemic-related stress poses a disruptive risk to healthy brain development in K-12 students across the country. There are readily available solutions, however. Neuroscience research has shown how certain executive function interventions can reduce the harmful brain outcomes normally associated with toxic stress as well as poverty and protect healthy brain development. Executive function is a critical set of cognitive skills including attention, self-regulation, memory, and other capacities crucial towards ensuring academic and emotional success. A current Hechinger Report op-ed "[Why policymakers and school leaders can't ignore how the pandemic hurts childhood brain development](#)" highlights BrainFutures' [issue brief](#) on effective executive function school-based programs and the difference they can make. Virtual offerings of these programs are summarized in our [at-home guide for families and educators](#). **Read more about stress and how brain-based interventions can help offset its negative effects.**

[Read More](#)

### Neurofeedback for ADHD and Stress

BrainFutures' CEO, Linda Raines, and Chief Strategy Officer, Holly McCormack, will be joined by Jude O'Brien, author of BrainFutures' soon-to-be-released issue brief on neurofeedback at this year's [Mid-Atlantic Biofeedback Society 2020 Fall Conference](#). The session will take place on September 26. The incidence of ADHD and other behavioral health issues in children, as well as overall mental health challenges in the general population are on the rise. More than ever, accessible, effective treatments for ADHD and other stress- and adjustment-related mental health disorders are needed. Research shows that neurofeedback is efficacious and specific in treating ADHD, and effective at treating and reducing anxiety. This BrainFutures panel will discuss the upcoming report's findings and share about how neurofeedback and other effective brain fitness strategies can help answer growing behavioral and education-related issues.



**Register for the September 26-27 conference today.**

[Register Now](#)



### Brain Capital and the Global Economy

How can we place brain health issues at the center of our global economy? Join the [Center for Brain Health](#) at the University of Texas at Dallas for a free webinar this **Friday, September 25 at 12:00 PM EDT** to learn more about Brain Capital, a new conception of capital which places an emphasis on brain health and brain skills, and seeks to ensure that these are interwoven into our understanding of the new global economy. This Friday's guest speaker is Dr. Harris Eyre, renowned innovation diplomat and policy thinker, and co-founder of the PRODEO Institute, which seeks radical advances in brain health by empowering brain health leaders with the facts, insights and frameworks necessary to make informed and effective management, policy and funding decisions. **Register today at the link below.**

[Register Now](#)



### National Institute of Mental Health (NIMH) Webinar: Treating Major Depression using Noninvasive Brain Stimulation

There are FDA-approved techniques for treating major depression via non-invasive brain stimulation. In this NIMH webinar co-hosted by BrainFutures and the Mental

Health Association of Maryland, learn more about how these interventions are used for adults who have not been helped adequately by psychotherapy and antidepressant medications. The session will address the fundamentals of two noninvasive brain stimulation techniques and the potential of combining them with psychotherapy. The presentation will be given by three NIMH researchers and the webinar is available for CEUs for social workers in Maryland. **Find out how these treatments can benefit patients by joining us on October 8, 2020 from 9:00 AM - 12:00 PM EDT.**

[Register Now](#)

#### Mission

BrainFutures accelerates adoption of effective applications of brain science advances to maximize human potential.

#### Vision

Science-based brain health practices will be widely accessible to people of all ages, enabling improvements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.



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