



Issue 36

BrainWise for Parents

April 20, 2019 is the anniversary of the Columbine High School massacre. Twenty years ago, the reaction was a firm "Never again!" Today, the response is an anguished "Another shooting?" The consequences of these increased acts of violence have led to unprecedented efforts to address mental health.

A year ago, Lisa Sabey, an independent filmmaker who is completing a documentary on Sue Klebold, the mother of Columbine murderer Dylan, contacted me and asked about BrainWise. As the parent of a daughter with anorexia, Lisa understood how parents can be blindsided by a



Lisa Sabey

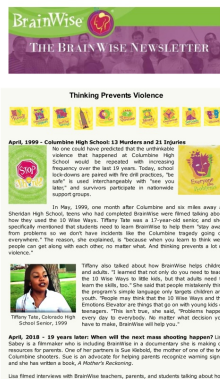
child's self-destructive behaviors. Her first film, [Going Sane](#), shares the difficult journey and challenges that parents and family face when helping a child with a mental health disorder.

Lisa knows firsthand about the stealth actions a child uses to hide suicidal behaviors, depression and hopelessness. She has also experienced the expense and failure of the mental health system when she sought help for her daughter. The story Sue told in her book, [A Mother's Reckoning](#), Living in the Aftermath of Tragedy, hit home. Lisa empathized with Sue as she watched her [TED Talk](#) and public speeches, and understood her desire to help others.

Sue gave Lisa permission to make a documentary of her story. The goal of the documentary is to be a resource for parents and to encourage them to monitor, connect, and teach their children emotional resilience and mental wellness skills.

BrainWise Student's Testimonial - May 1999

The shocking and sensational killings at Columbine High School left parents and authorities desperately seeking answers to the violent behaviors of Dylan Klebold and Eric Harris, the suicidal perpetrators of shootings that resulted in the deaths of 12 students and one teacher. In May, 1999, one month later, Columbine was on the mind of a student at nearby Sheridan High School when she was videotaped talking about her experience completing the BrainWise course.



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She said BrainWise would have prevented "problems like Columbine from happening." The student, Tiffany Tate Aragon, is still in touch with BrainWise - twenty years later. Now the mother of two children under three-years-old, she will use her BrainWise skills to teach them about the Wizard Brain and Lizard Brain behaviors.

There is a growing awareness of the need to teach children, teens, and adults about the brain and skills that help them prevent and manage problems. BrainWise instructors and champions understand this this need. It underlies their passion to teach the 10 Wise Ways to stop and think.

Thank you,



Dr. Pat

On a lighter note . . .

Constellation of Support is presented early in the BrainWise curriculum because of its importance as a resource to prevent and solve problems. The following award-winning short animation presents three problem situations that are resolved with help from others. The examples can be discussed with young children as well as teens. Younger children will be able to discuss Wise Ways #1 to #4, and older students will be able to talk about consequences (CNL, CAO), goals, and communication, especially POV. Discussions can address bullying, isolation, fear, and empathy.



Very inspirational animated video



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