



Issue 56

## **BrainWise at Hull Services Creating Happiness & Success During Difficult Times**

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**POWERFUL, LIFE CHANGING, and INSPIRATIONAL** are words that Hull Services' instructors use to describe BrainWise. [Hull Services](#) offers programs and services in Calgary, Alberta, Canada designed to provide effective behavioral and mental health treatment and support for at-risk children, youth, and their families.

BrainWise has been taught and implemented at the Cedarbrae Teaching Home and Interdependent Living Services programs for the past four years and has helped many young people learn skills to stop and think.

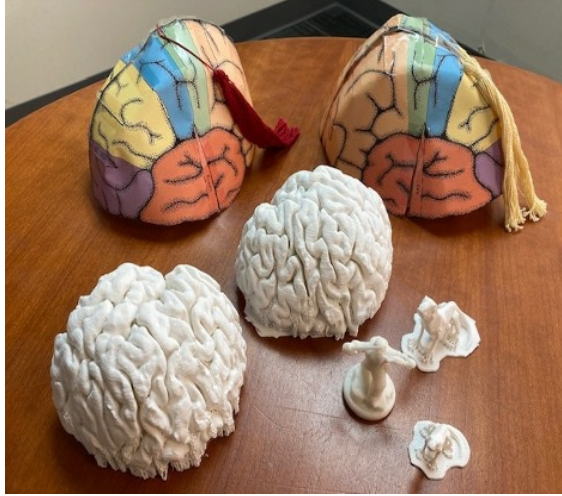


**Gary Brayton, PhD, RSW, MSW**

It all started when [Dr. Gary Brayton](#), a clinical social worker and BrainWise trainer, gave a copy of *How To Be BrainWise* to Melissa Roels, a program coordinator at Hull Services. Melissa immediately saw how BrainWise fit the wide-ranging needs of Hull's population and shared the program with other staff members, including Assistant Program Director Jocelyn McQuay.

They ordered curricula and immediately started implementing the lessons. "It has made a big difference from the systems method we were using before. The kids love it and so do we. It fits all skill sets and is easy for staff to assimilate and use!"





**Back: Brain Caps with Graduation Tassels.**

**Front: Brains, Lizards, and Warrior**



**BrainWise Graduation Celebration Jocelyn and Advanced Student with Graduation Tassels on their Brain Caps**

This article started with three words that Melissa and Jocelyn used to describe BrainWise. It closes with why they chose them.

**POWERFUL.** "BrainWise is powerful because it is a foundation that applies to all of our programs and has endless applications. It helps our widely diverse population by giving them skills that will help them be successful for life. It also helps families and our staff. The skills stick, they are used and not forgotten."

**LIFE CHANGING.** "BrainWise skills help our kids succeed! It helps them move from resisting help to accepting help and using a Constellation of Support. They learn to recognize that they have control over their choices and understand the importance of using resources. They learn to understand not only their behaviors, but also the behaviors of others."

**INSPIRATIONAL.** "We have found a program that works, and we are inspired! The kids know it and respond to our enthusiasm for the material. We are motivated to be creative and want to apply it in new ways to teach them. We see a big difference in the youth -- this increases our enthusiasm and excitement! We want to make more people aware of the program's value."

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It was a joy to receive Jocelyn's uplifting email during the Covid pandemic. She said, "BrainWise has become a staple in our programs, adding depth to our services and improving the skill sets and outcomes in our unique and vulnerable population of young people. We look forward to continuing to learn BrainWise together and maybe even get featured in a future newsletter!"



Jocelyn and Melissa exude the happiness and excitement they bring to their lessons. It is a privilege to have them teaching BrainWise and know that they have made positive changes in the lives of many young people and their families.

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Take care and be safe!



**Dr. Pat**

Please "like" us to help us get the 10 Wise Ways out to more people:



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## On a Lighter Note

In 1989, Bert and John Jacobs designed their first "Life is Good" T-shirt. The following 10-minute TED talk by Bert tells how their simple message of optimism quickly captured attention. BrainWise provides tools we can use throughout life to remind ourselves that "Life is Good."



**Do What You Like, Like What You Do: Bert Jacobs at TEDxBeaconStreet**

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The BrainWise Program

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