



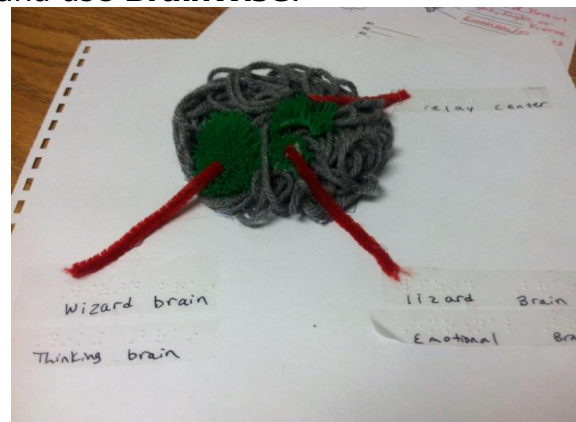
BRAINWISE TAUGHT TO SPECIAL NEEDS POPULATIONS

This month, I am sharing four stories that illustrate how **BrainWise®** is being taught to children and youth who are physically, developmentally and/or emotionally challenged.

Special Needs Students. School psychologist Karen Singley Blair works with youth at a public high school with more than 300 students who require Individual Education Plans (IEP) because they have a disability. A veteran **BrainWise** instructor, Karen has integrated the **10 Wise Ways** into her classes and counseling sessions for more than 15 years. Two of her amazing contributions include working with a vision teacher to create a tactile brain for teaching **BrainWise** to blind students, and developing a version of *Who Wants to be a Millionaire?* for special needs students. Using a [template](#) she found on the Internet, Karen and her staff customize questions using **BrainWise** concepts that fit the ability of their students. The students enjoy playing the game, and the questions are easily changed so the game is ongoing. Like **BrainWise Jeopardy!** featured in [last month's newsletter](#) Karen and her staff find that the game is a fun and powerful way to help students apply and use **BrainWise**.



The 10 Wise Ways Help Build Good Relationships



Tactile Brain for Blind Students

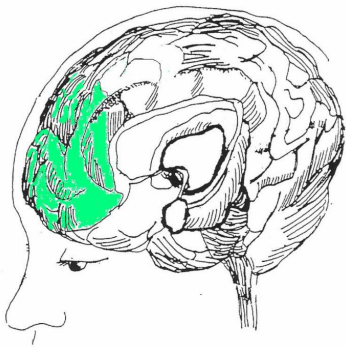
Teens with Physical Disabilities are chosen for their leadership potential to attend **Rotary Youth Leadership Awards (RYLA) Plus**, a week-long leadership camp modeled on the RYLA youth program created by Rotary International and offered throughout the world. The Rotary Club of Denver

Southeast sponsors [RYLA Plus](#), and holds it at the Easter Seals Camp in the Colorado mountains.

Karen Loeb, PhD, a Rotarian and professor at the University of Denver, started the camp to provide the RYLA experience to teens whose physical disabilities made it difficult for them to attend RYLA held in traditional settings. RYLA Plus teaches the same skills, including leadership, ethics, communication, conflict management, problem solving, self-esteem, and community and global citizenship. Karen and her staff present **BrainWise** at the beginning of the week, and integrate the **10 Wise Ways** into the camp's programs and activities throughout the week. (**BrainWise** has also been taught at Rotary District 5450's Young RYLA and RYLA camps.)



RYLA Plus - Future Leaders Learn BrainWise



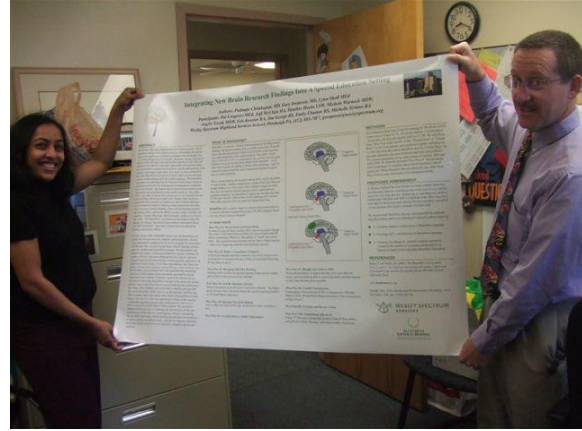
What Finding the Green Meant to David

Finding the Green. Before starting a private practice, veteran **BrainWise** instructor Pat Austin, LCSW, taught the program to high school students with special needs. The students attended a public high school, but their classes were held in a contained classroom. They shared the hallways, lunchroom and other facilities with the general student population. David, the son of schizophrenic parents, had been in Ms. Austin's class for years. She often wondered how much he was able to retain, and she found out after David had an incident in the hallway when

he thought flying clocks were coming to steal his brain. Frightened, he started shouting about the clocks. His classmate guided him through the crowded hallway to Mrs. Austin's office, where David fell on the floor in fetal position, hitting his forehead with his fist and saying, "I need to find the green, I need to find the green." When she said she did not know what he meant, his classmate said, "Yes you do! He wants to find his wizard brain!" In class, students colored the prefrontal cortex/wizard brain green, and David wanted to use his Wizard Brain to get rid of the flying clocks. Mrs. Austin called his therapist. Like his parents, David was diagnosed with schizophrenia and put on medication.

Inpatient and Outpatient Treatment Programs. Gary Swanson, MD, a psychiatrist who works with schools and treatment facilities treating children and youth with a variety of educational and behavioral health issues, introduced **BrainWise** to their programs. He said that the professionals on his staff readily recognized the way the program's concepts fit "our current understanding of the brain," and understood how the **10 Wise Ways** "can be integrated into different treatment interventions."

Dr. Swanson and his team shared how they used **BrainWise** with attendees at the Creative Brain Conference held in Washington, D.C.



Dr. Swanson and Creative Brain Conference Poster

BrainWise teaches executive functions, skills that help us manage our reaction to the problems life throws at us. Wizard Brain thinking, red flag warnings, and exiting your emotions elevator are easy-to-remember terms that explain complex concepts, much like the terms String Theory and Black Hole describe complicated scientific processes. It is important to remember that using the **10 Wise Ways** is key to their retention. We have found that games are a fun way for students to gain practice, and well-known games like *Jeopardy*, *Who Wants to be a Millionaire?* offer multiple ways to reinforce **BrainWise** concepts with participants of all ages and abilities.

We are excited to share these stories with you. Please contact us for copies of research and information on updated **BrainWise** CPR worksheets. Please contact me if you have any questions, and to tell me about *your BrainWise* stories!



Dr. Pat

On a lighter note -



Boys' reaction to bullying will melt your heart



The BrainWise Program

[Visit our website](#)

[Take a look at the BrainWise Blog](#)

STAY CONNECTED:

