Social Media <3

Twitter Hashtags

#UYWI
#conversefringe
#25yearsofimpact

Instagram

@conversationsonthefringe
The Brain
How It Works

cortex

limbic system

brain stem
The Brain

- The Brain Stem - Automatic/Reflex (breathing, heart rate, etc.)
- The Limbic System - Reward, Emotions, Memory
- Cerebral Cortex - Think, Plan, Problem Solve, Make Decisions
# Triune Brain Theory

<table>
<thead>
<tr>
<th>Lizard Brain</th>
<th>Mammal Brain</th>
<th>Human Brain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain stem &amp; cerebelum</td>
<td>Limbic System</td>
<td>Neocortex</td>
</tr>
<tr>
<td>Fight or flight</td>
<td>Emotions, memories, habits</td>
<td>Language, abstract thought, imagination, consciousness</td>
</tr>
<tr>
<td>Autopilot</td>
<td>Decisions</td>
<td>Reasons, rationalizes</td>
</tr>
</tbody>
</table>

The Triune Brain in Evolution, Paul MacLean, 1960

#UYWI
Judgment last to develop

The area of the brain that controls "executive functions" — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:

5-year-old brain  Preteen brain  Teen brain  20-year-old brain

Dorsal lateral prefrontal cortex ("executive functions")

Front  Top view  Back

Red/yellow: Parts of brain less fully mature
Blue/purple: Parts of brain more fully mature

Sources: National Institute of Mental Health; Paul Thompson, Ph.D., UCLA Laboratory of Neuro Imaging

Thomas McKay | The Denver Post
Endorphines

Dopamine - Pleasure and Reward

Serotonin - Sense of Well-being

responsible for:

energy/motivation

pain control

affect control
Drugs and the Adolescent Brain
Type of Drugs

- Stimulants
- Depressants
- Sedative, Hypnotic, Anxiolytic
- Hallucinogenic
- Alcohol
- Club Drugs/Synthetics
- Inhalants
- Narcotics
Drugs and Your Brain

Brain’s Communication System on Drugs

Normal Communication
- Neurotransmitters
- Receptor
- Transmitting neurons
- Receiving neurons
- Normal flow of neuron transporters

Communication when drug is present
- Neurotransmitters
- Receptor
- Transmitting neurons
- Receiving neurons
- Transporters
- Drug blocks flow of neuron transporters
Opioids

Heroin and Pain Pills

- Heroin
- Codeine
- Fentanyl
- Vicodin/Norco
- Percocet
- Morphine
- Imodium
- Kratom
Alcohol

New Delivery Methods

4Loco
Saturated Candies
New Lean (codeine and Alcohol)
Booty Bumping
Eyeballing
Alcoholic Popsicles
Marijuana

Weed
Oil
Vape Pens/Juul
Edibles
Wax
Rx

ADHD Medication
Benzos
Sedatives
Cough Syrup
Anti-psychotics
Synthetics

- K2/Spice
- Bath Salt
- Research Chemicals
- Fentanyl Analogues
- MDMA
- Methamphetamines
Risk Factors for Substance Abuse

- Trauma
- Abuse
- Neglect
- Violence
- Toxic Gender Training
- Family System Dysfunction
- Pro-Criminal Peers
- Lack of Assets
- Moral Disengagement
- Academic Struggles/Learning Disabilities
Adolescent Response

Survival Mindset vs Thriving Mindset

World Beneath vs. Community Integration

Surrogate Family vs. Familial Belonging

Incongruent Identity vs. Congruent Identity

Moral Disengagement vs. Engaged Morality
Rat Park Studies

“The opposite of addiction is connection.”
6 Intrinsic Longings

The Longing to Belong
The Longing to Matter
The Longing to be Wanted
The Longing for Safe Spaces
The Longing to be Taken Seriously
The Longing to be Uniquely Ourselves

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What Can We Do?

• Observe Substance Abuse Awareness Campaigns/Days. Preach on substance abuse from the pulpit. Invite guest speakers from treatment agencies, as well as recovered alcoholics to give information and/or testimonies.

• Ask medical professionals from the community to explain and educate your congregation about alcohol use and substance poisoning in workshops, classes and church-sponsored seminars.

• Teach church leaders, especially those who work with children and youth, to recognize the symptoms of alcohol and substance abuse.

• Encourage women’s ministries and young couples’ class leaders in your church to address the issue.
What Can We Do?

• Research, check out and make a list of qualified health-care providers and drug/alcohol treatment centers in your area. Keep updated information available for emergencies and referrals.

• Work with community leaders and local agencies that offer treatment and help for substance abusers.

• Develop programs aimed at reducing risk of substance misuse and other high-risk behaviors.

• Invest financially in the treatment of individuals impacted by substance abuse.

• PRAY!
A Prayer for the Children
A PRAYER FOR CHILDREN

We pray for young people
Who put chocolate fingers everywhere,
  Who like to be tickled,
Who stomp in puddles and ruin their new pants,
Who ask for $20 before they leave with their friends,
  Who erase holes in math workbooks,
Who never put away their shoes.
A PRAYER FOR CHILDREN

And we pray for those
Who dodge bullets on their way home from school,
Who can’t bound down the street in new sneakers,
Who choose to carry a gun as their only means of security,
Who are born in places we wouldn’t be caught dead in,
Who are afraid to shop or drive because of the color of their skin,
For young bodies which are assaulted by those sworn to protect them,
Who live in an X-rated world.
A PRAYER FOR CHILDREN

We pray for young people
Who bring us sticky kisses and fistfuls of dandelions,
Who sleep with the cat and bury goldfish,
Who hug us in a hurry and forget their lunch money,
Who leave make-up all over the sink,
Who slurp their soup.
A PRAYER FOR CHILDREN

And we pray for those
Who never get dessert,
Who never had a safe blanket to drag behind them,
Who can’t find any bread to steal,
Who don’t have any rooms or lockers to clean up,
Whose pictures aren’t on anybody’s phones,
Whose monsters are real.
A PRAYER FOR CHILDREN

We pray for young people
Who spend all their money before Tuesday,
Who throw tantrums in the grocery store and pick at their food,
Who like ghost stories,
Who stay out past curfew while their parents wait for them,
Who get visits from the tooth fairy,
Who think they’re far too old to be hugged good-bye,
Who squirm in church and scream on the phone,
Whose tears we sometimes laugh at and whose smiles can make us cry.
A PRAYER FOR CHILDREN

And we pray for those
Whose nightmares come in the daytime,
Who will eat anything,
Who have never seen a dentist,
Who are never spoiled by anyone,
Who don’t have anyone they feel safe enough to come out to,
Who have called 9-1-1 for an overdosing parent,
Who go to bed hungry and cry themselves to sleep,
Who live and move, but have no being.
A PRAYER FOR CHILDREN

We pray for young people
Who want to be carried
And for those who must,
For those we never give up on
And for those who never get a second chance,
For those we smother,
And for those who will grab the hand of anybody kind enough to offer it.
We pray for young people.

Amen.
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