

THE IMPORTANT TEENAGE LEARNING PERIOD

Karen Brumel, psychotherapist on the staff of Alegent Health Psychiatric Associates Center for Mental Health, spoke to club members about the development of youth. Alegent Health Psychiatric Associates is a network of psychiatrists, nurse practitioners, psychologists and mental health and chemical dependency therapists working at two in-patient and six out-patient clinics throughout the Omaha/Council Bluffs metropolitan area. Brumel explained that around age 12 the brain begins rapid development of the part that supervises the control of a person's impulsive behaviors. This development continues for about ten years, and it is important for parents to recognize. Brumel noted parents are more geared toward knowing how to avoid and correct mistakes, but children have to learn this. Also, it is important for parents to set limits and boundaries in the home. Children need parents and mentors. They have friends. Brumel suggested that creating responsibility is important to youth development. A good way is through volunteering.