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## LUNCHTIME LEARNING W/DR. SIMMONS APRIL 24TH AT NOON

Trauma and the Socialization of Youth of Color

Dr. Brandy is a licensed psychologist and ordained minister who is passionate about destigmatizing mental health and preaching the Word of God. She is a highly engaging speaker, teacher, and writer who has been sought out by numerous organizations as an expert who uses a unique psychological and spiritual approach to better understand and resolve everyday challenges. Most importantly, Dr. Brandy is a servant-leader who believes in living a full and purposeful life, and she wants to help others to do the same.

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DR. BRANDY PEOPLES

Individuals who have experienced trauma, regardless of their race, age, gender, or sexual orientation, often suffer from reflexive fear, anxiety, depression, and shame. Although trauma is unique to each person, traumatic experiences for developing youth can result in greater social, cognitive, and emotional effects. Even when these youths metabolize their pain, their levels of maturity often result in behavioral disorders that lead to disciplinary behaviors that cause legal encounters in their communities and disciplinary referral processes in their schools. These are children who may be found in case loads of social workers, juvenile courts, and professionals who work with youths. This informal, interview-styled presentation, provides key behavioral pointers that aid juvenile professionals in working with these youth.

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