Outline for Coordinated School Health Institute, March 2021

**Supporting Brain Health**

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Brain Links, a program of the TN Disability Coalition

1. Overview of Brain Links, grant support, free resources for CSH/schools/families
2. How do you want to your brain/children’s brains to age
3. Thinks that negatively impact our brains
4. ACEs – how ACEs change the brain
5. Inflammation
6. Sedentary Lifestyle
7. Genetics
8. Toxins
9. Mental Health
10. Infections
11. Neuro-hormone deficiencies
12. Obesity
13. Diabetes
14. Poor Sleep
15. Lack of New Learning
16. Brain Injuries
17. SPECT scans – show how brain can be negatively impacted and how we can change it
18. Ways to positively impact the brain – examples and evidence
19. Resilience
20. Gratitude
21. Preserve mental health
22. Purpose and joy
23. Be social
24. Learn/Build cognitive reserve
25. Exercise, exercise and memory
26. Nutrition, esp. nutrition to preserve and support the brain, avoid dementia and stroke
27. Toxins
28. Sleep
29. How to make changes in our lives and lives of our children