



Eagle Council 51

Friday, 9/29/23

9:30 am

Speaker: Stacey, MD, Adriana – Dr. Adriana Stacey is a board-certified psychiatrist whose work is largely concentrated on teens and college students. She has a specific interest in how tablets, smartphones, and video games affect the mental health of children and adults.

Dr. Stacey's insights regarding technology use have been featured in the Washington Post and on the Today Show and CNN. Dr. Stacey has a Bachelor of Science in Biology from the University of Alabama and an M.D. from the University of Arkansas for Medical Sciences. She completed her psychiatry training at the University of Wisconsin.

In addition to her clinical work, Dr. Stacey is the medical advisor for ScreenStrong, a national nonprofit, and an instructor and high school coach at Ozark Catholic Academy in Tontitown, AR.

Dr. Stacey enjoys speaking to groups of kids/teens, parents, teachers, and healthcare providers. She lives in Fayetteville, Arkansas, with her husband and four children, ages 17, 13, 13 and 10.

Title: *Mental Health and Screens: The Power of the Dopamine Cycle*

Outline:

- Intro
- Social media screen stats
- What is social media
- The dopamine brain pathway
- Dopamine levels in the brain
- The social media medical problems
- How screen overuse changes young brains
- How to Improve Outcomes

Action Item: ScreenStrong Kids' Brains and Screens Student Course

Resources:

- ScreenStrong [Site](#)
- ScreenStrong Families [Podcast](#)
- ScreenStrong Families [private FB Group](#)
- ScreenStrong Course [promotion letter to schools](#)
- Course [Bundle Pricing](#)
- ScreenStrong [Overview](#)
- ScreenStrong Prevention Tips and Pathway [Guide](#)