



PRESS RELEASE

For Immediate Release

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**Childhood Adversity Research Pioneer, Dr. Nadine Burke Harris, to Present at
Hanna Institute**

*Dr. Burke Harris to speak about her best-selling book, “The Deepest Well:
Healing the Long-Term Effects of Childhood Adversity”*

SONOMA, CA — February 20, 2018 — Hanna Institute, a leading provider of trauma-informed care training in Northern California, today announced that Dr. Nadine Burke Harris, founder and CEO of the Center for Youth Wellness, will present at the Institute’s March 8th Networking Breakfast on the campus of Hanna Boys Center. Dr. Burke Harris will speak about her first book, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, an Amazon best seller, *People Magazine* ‘Book of the Week.’ The event is free and open to the public.

In “The Deepest Well”, Dr. Burke Harris takes readers along on a journey of discovery, from national research labs to her pediatric practice in San Francisco. The book represents important hope for preventing lifelong illness for individuals suffering from the effects of Adverse Childhood Experiences (ACEs) and those who care about them. Research from Dr. Burke Harris indicates that ACEs deeply impact the human body, changing *biological* systems with effects that can last a lifetime.

“In order to effectively prevent and treat serious health conditions like heart disease, cancer, diabetes, and asthma, we need to understand what is causing them,” said Dr. Burke Harris. “And the

science around toxic stress is telling us that for many people it starts in childhood. While I believe that it is critical that pediatricians understand and screen for ACEs in a primary care setting, enough kids had been sent to my clinic by teachers requesting a diagnosis of ADHD and medications that I knew that the doctor's office wasn't the only place that needed fundamental understanding of toxic stress."

"We are fortunate to have Dr. Burke Harris visiting our campus to talk about her book and research on the power of childhood adversity," said Brian Farragher, CEO of Hanna Boys Center. "This discussion could not come at a better time for our community and our nation as we continue to deal with both private challenges and high profile events that will have lasting impacts on our children. We invite everyone who has an interest in the health of our children to attend."

Additional details about the event are available at <https://www.hannacenter.org/event/hanna-institute-networking/>. For questions or more information, contact Leslie Petersen at lpetersen@hannacenter.org or 707.933.2555.

Author Bio

Nadine Burke Harris (born 1975, Vancouver, Canada) is an American pediatrician known for linking adverse childhood experiences and toxic stress with harmful effects to health later on in life. She is an advisory council member for Hillary Rodham Clinton's Clinton Foundation's Too Small to Fail campaign and the Founder and chief executive officer of the Center for Youth Wellness in San Francisco. Hailed as a pioneer in the treatment of toxic stress.

About Hanna Institute at Hanna Boys Center

The Hanna Institute is a leading provider of trauma-informed care training in Sonoma County and Northern California, raising awareness for child trauma and early adversity while promoting the resilience and recovery of children and adults. Hanna Institute supports parents and child-serving

systems with resources that build resilience and hope. The institute also partners with leading trauma-informed care leaders such as International Trauma Center to provide training, events and outreach. For more information, visit www.hannainstitute.org.

About Hanna Boys Center

Since 1945, Hanna Boys Center has changed the lives of thousands of at-risk, motivated youth through faith, education and caring, helping them grow into productive members of society. Hanna exists to help at-risk teens overcome the effects of childhood adversity—to become responsible, productive adults and realize their highest potential. We do this by providing a nurturing and therapeutic residential environment, a tailored educational model, and trained, caring adults who help kids create positive, permanent change in their lives. www.hannacenter.org

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