



Social Evolution: Policies and Practices Supporting Biological Health

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**Biological
Gifts**

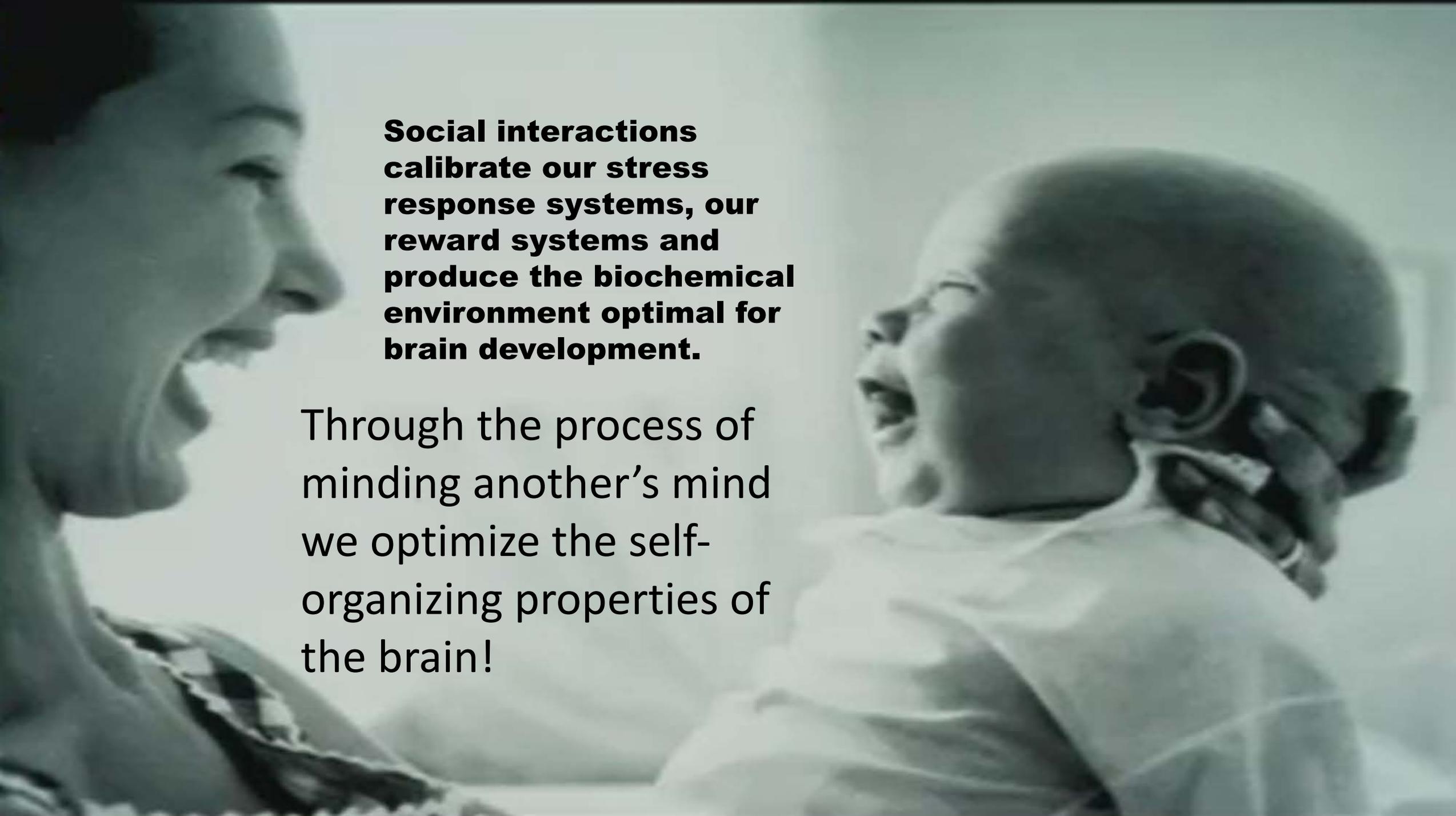












**Social interactions
calibrate our stress
response systems, our
reward systems and
produce the biochemical
environment optimal for
brain development.**

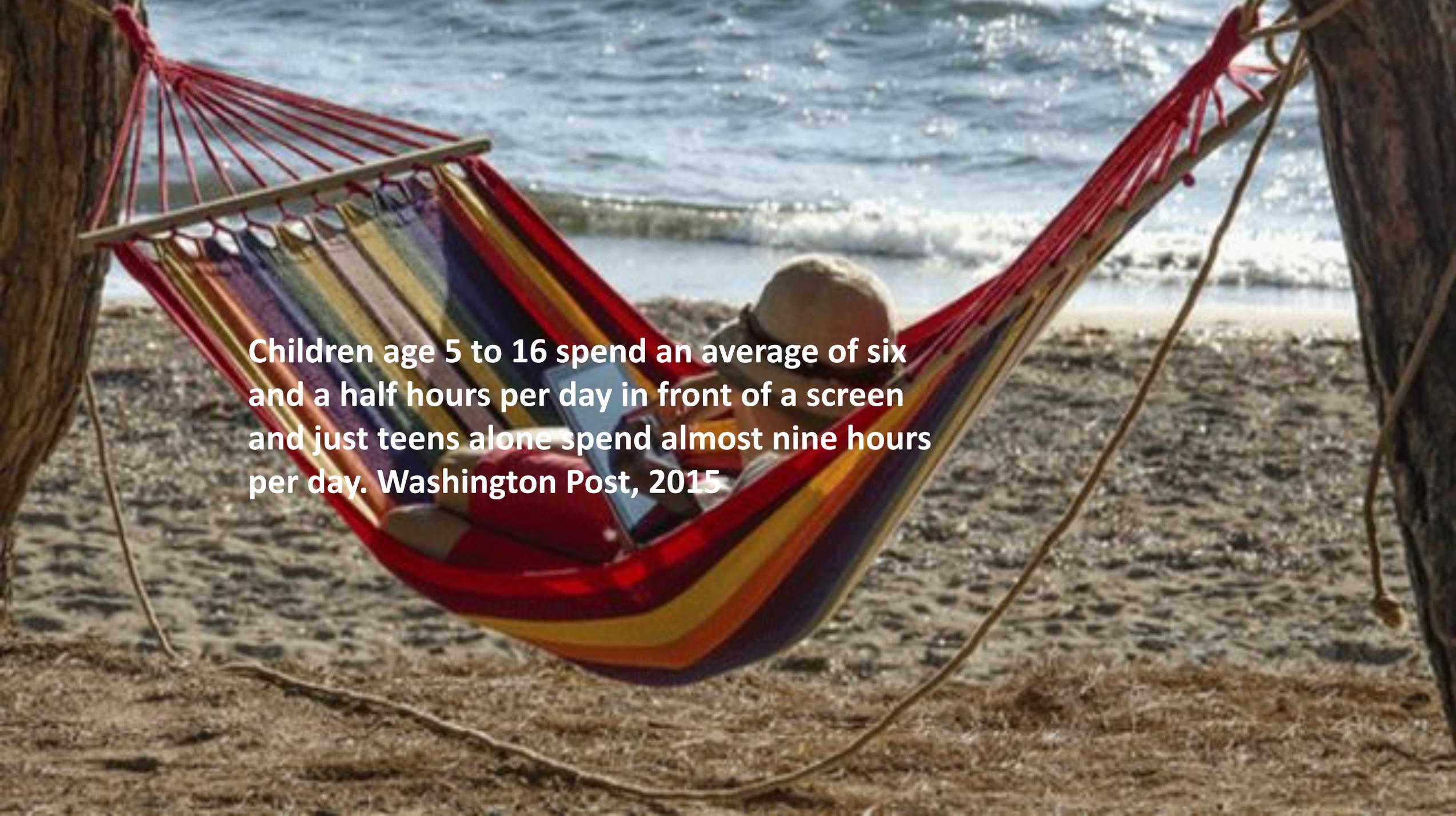
Through the process of
minding another's mind
we optimize the self-
organizing properties of
the brain!

**In 2016 6.6 million children were
growing up in single-parent
Families**

**28% of households now have just one
person, doubling the rate from 1960**

**The average household is 2.53 people
down from 3.3 50 years ago**



A person is lying in a colorful striped hammock on a sandy beach. The hammock is suspended between two trees. The person is wearing a hat and is looking at a smartphone. The background shows the ocean with waves breaking on the shore. The text is overlaid on the image in white, bold font.

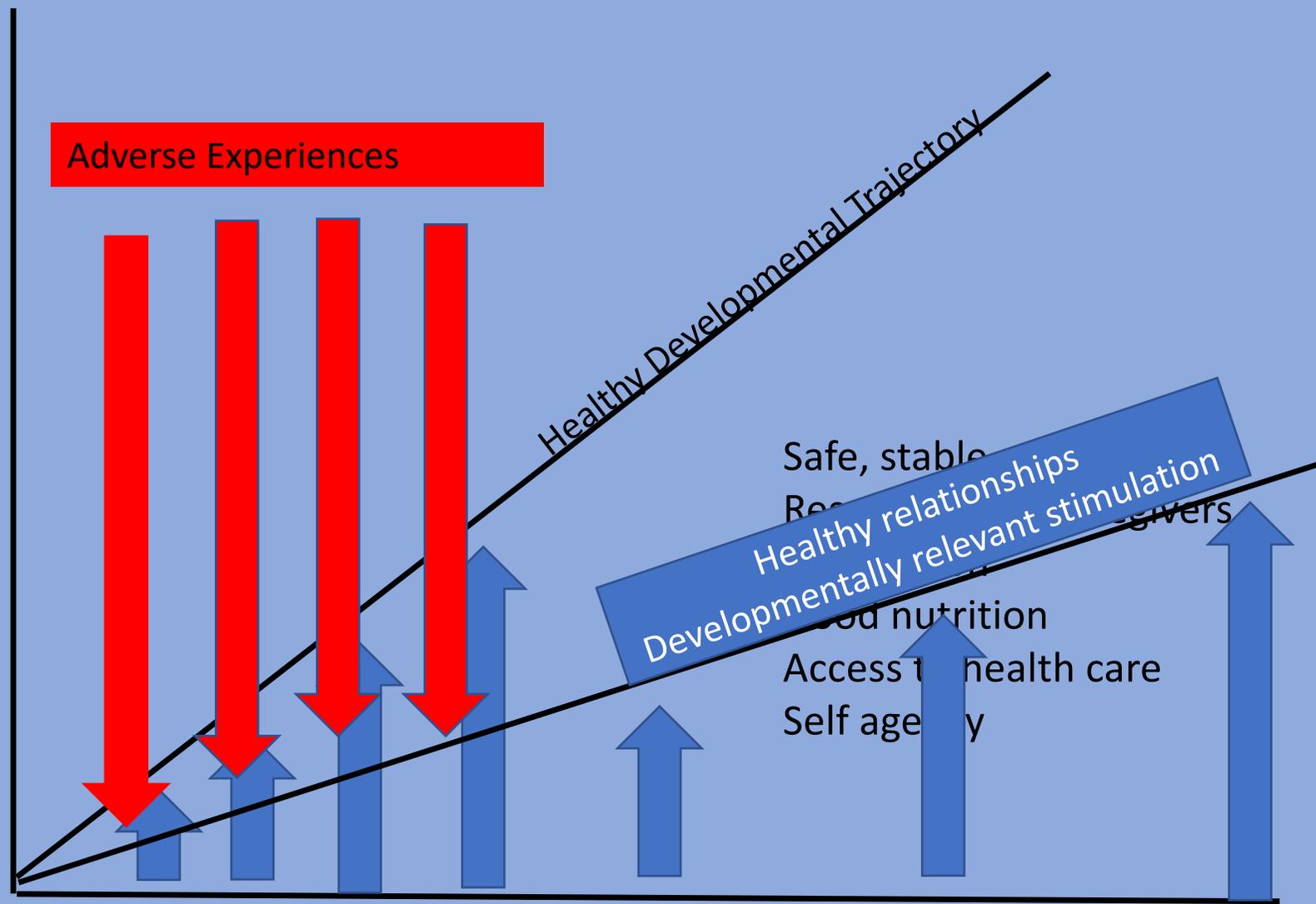
Children age 5 to 16 spend an average of six and a half hours per day in front of a screen and just teens alone spend almost nine hours per day. Washington Post, 2015



Highly logical feelings, Captain.

Teacher directed social emotional training
resulted in increased academic
performance (Payton et.al, 2008)

Schools have become more
cognitive focused and less
concerned with soft skills
(Social Emotional capacities)



Violence Prevention

Bullying

Human species
are social
creatures with
a biological
drive to
connect.

Fear/Anxiety
Social
Engagement
to
Defensive

**Substance
Abuse**

**Sexual
Harassment**

Special Education

**Suicide
Prevention**



Compassion

Open
Creative
Flexible

Socially
Engaged

Learn,
Explore,
Play, Grow

Holding own
and other's
points of view

Line of Conscious Choice

Closed

Defensive

Constricted

Committed to
being Right

Automatic
Rigid

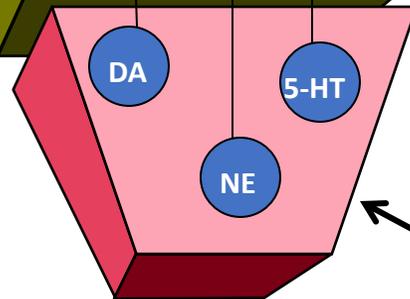
Blaming

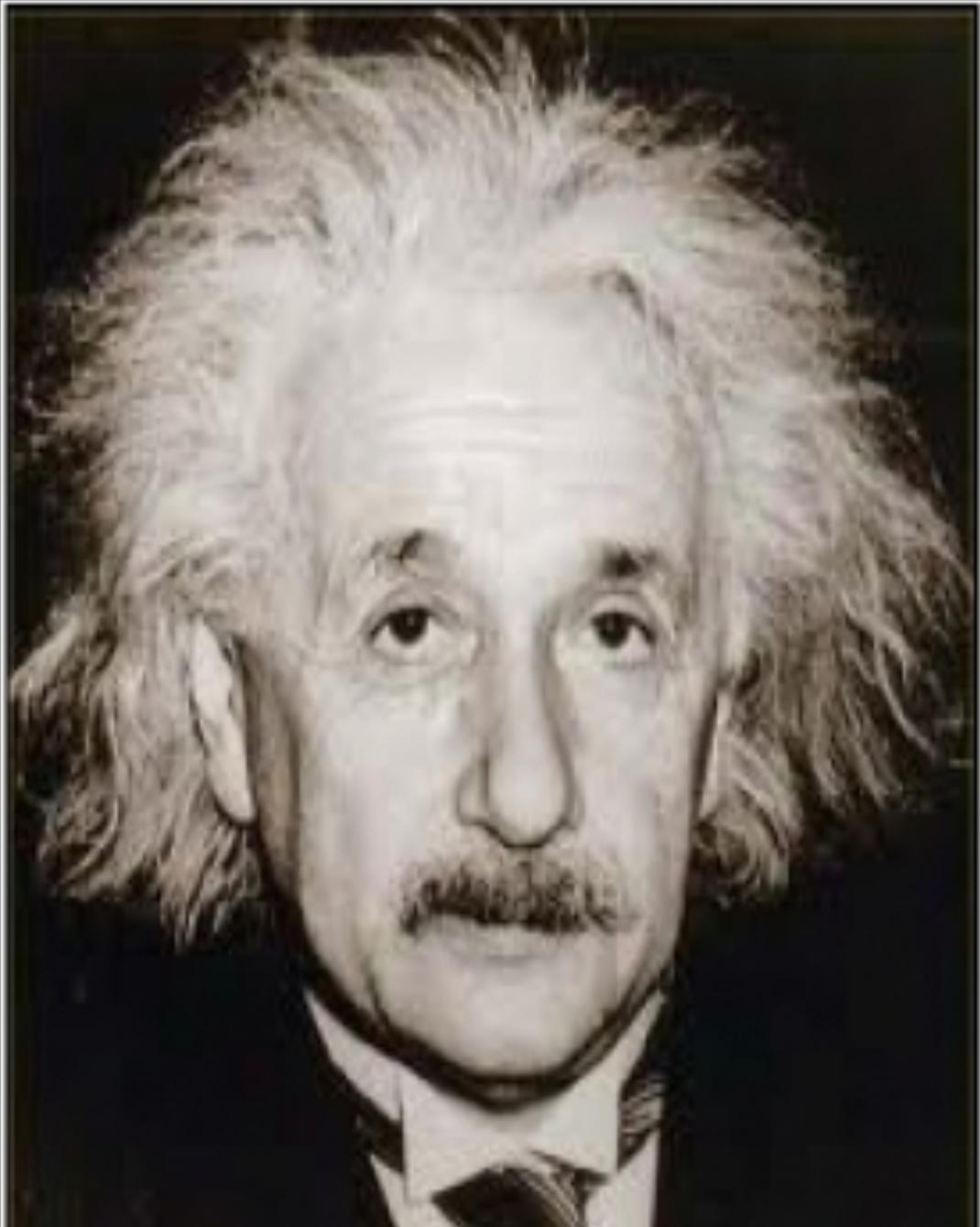
See Novelty
as a threat

Over-identification

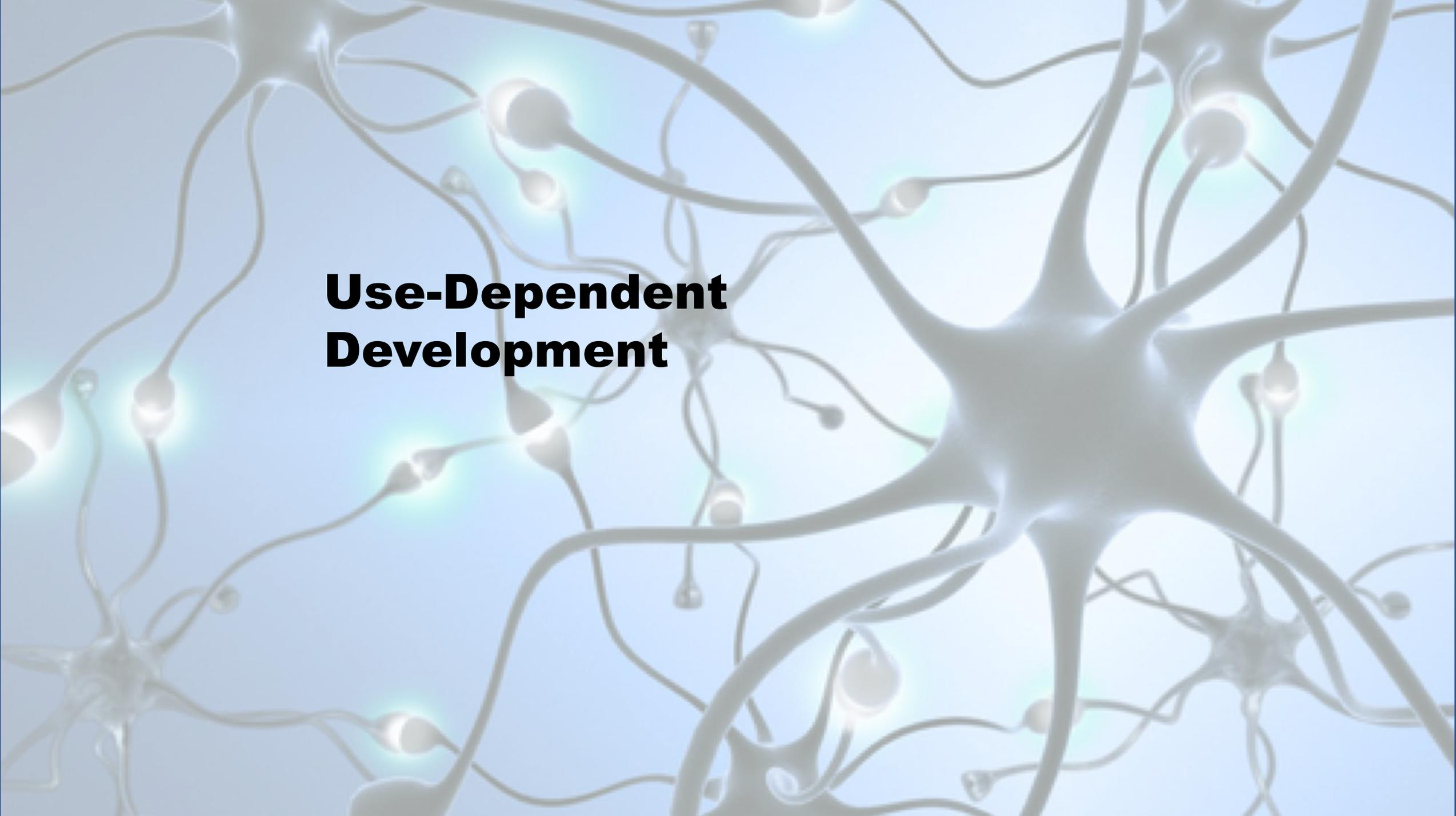
Focus on Compliance

Individual State and
Community Functioning



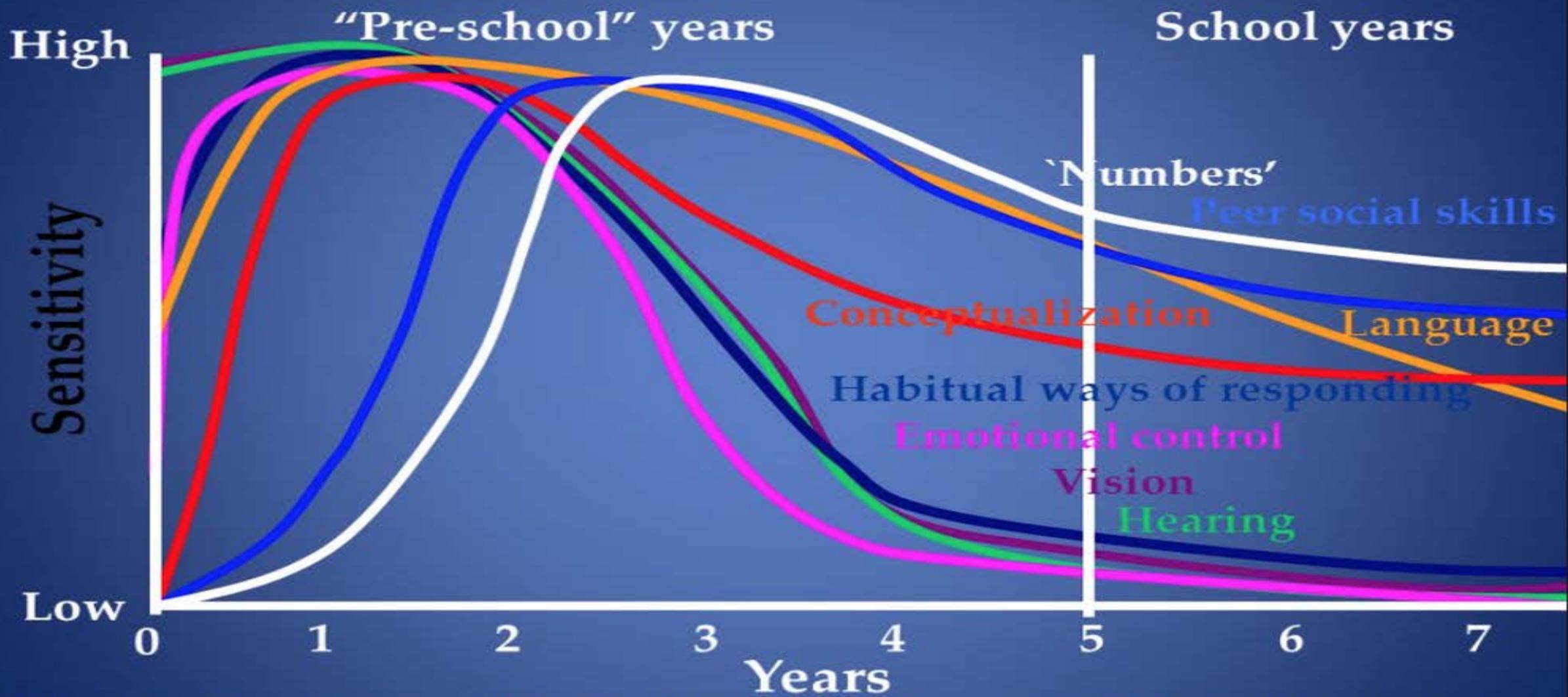


**“I Fear the Day That
Technology Will
Surpass Our Human
Interaction!”**

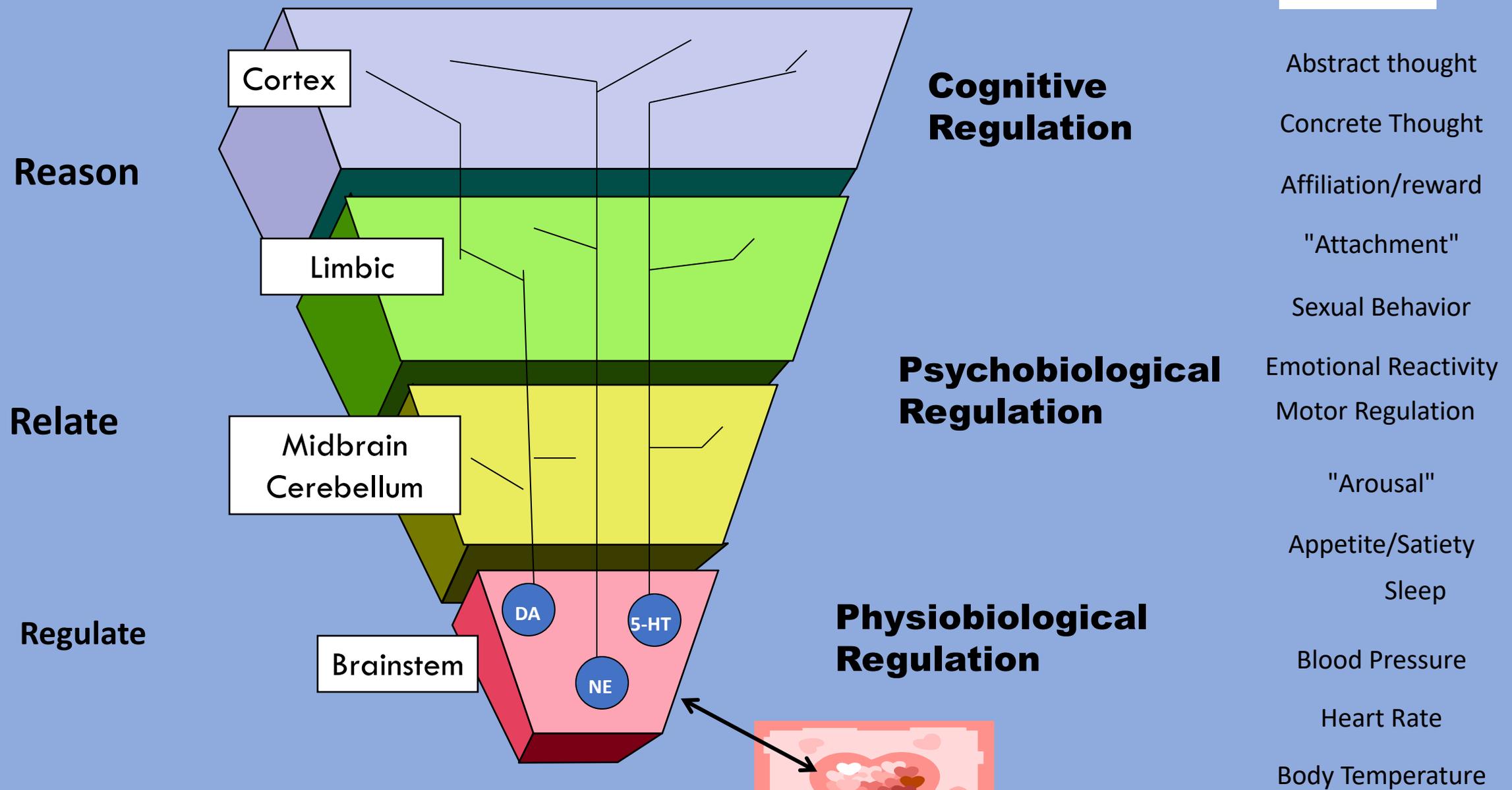
The background of the slide features a complex network of stylized neurons. The neurons are depicted with dark grey, multi-lobed cell bodies and thin, branching processes. Several of these processes terminate in small, glowing spherical nodes that emit a soft, cyan-colored light. The overall composition is dense and interconnected, set against a light blue gradient background.

Use-Dependent Development

'Sensitive periods' in early brain development



Graph developed by Council for Early Child Development (ref: Nash, 1997; *Early Years Study*, 1999; Shonkoff, 2000.)



FOR EVERY

\$1 SPENT



- Focus on high risk families
- Start at birth or before
- Integrated health care
- Support local community innovative solutions
- Focus on increasing therapeutic experiences not just therapy

THERE IS A SAVINGS OF

\$3 TO **\$17**

SOURCE: JAMES HECKMAN, BOB GRUNEWALD, AND ARTHUR REYNOLDS, "THE DOLLARS AND CENTS OF INVESTING EARLY: COST-BENEFIT ANALYSIS IN EARLY CARE AND EDUCATION," Zero to Three 26, no. 6 (2006).

“When we align our interventions with our biology we can get significant change. When the environment is disrespectful of our biology we contribute to the manifestation of symptoms.”

Dr Bruce Perry



Time for Reflection

How do we continue to increase our focus away from just treating problems toward facilitating health?

If negative experiences can change the brain and increase the risk for behavioral health problems what are the experiences we should be exposing our children to with enough repetition to increase the possibility for health and well-being?

How do align policies and practices in health care, education and community development with current understand of the relationship between social connectedness and physical health, academic performance, long term outcomes?

THE END