October 5, 2017

Dear DCS Parents and Community,

Thank you for a wonderful start to the school year. As a community school district, we value offering opportunities to everyone in our community. One example is a series of parent education workshops we’ve been scheduling.

Our topics currently scheduled are:
- Technology and the Impact on Mental Health
- Parenting with Love and Logic
- Strategies to Improve Academic Achievement

We are working on additional workshops and topics throughout the year. Information will be available for future workshops in our weekly events list email.

Please see the following page for more information on each session.

Thank you for your commitment Dexter kids and Go Dreads!!!

Sincerely,

Christopher Timmis, Ed.D.
Superintendent
A growing body of research from a variety of disciplines indicates that the widespread use of digital technology – including computers, the internet, video games, and smart phones – has a measurable, negative impact on the development and adaptation of the human brain, resulting in significant changes in our sleep, mood, concentration, memory and learning, as well as behaviors such as risk-taking and aggression. This effect appears to be more pronounced for the younger generation of so-called “digital natives”: those who have been using digital technology and social media during their critical stages of neurological development. This is a presentation that we suggest parents rearrange their schedules to attend. All parents are strongly encouraged to attend this important presentation.

Dr. Scott Becker is the Director of Counseling Services at Michigan State University. He received his Ph.D. in clinical psychology from Miami University in Oxford, Ohio in 1995 following his doctoral internship at the University of Notre Dame. Over the past twenty-two years he has worked at a number of universities, including Xavier University, the University of Oregon, and the University of Rochester. Dr. Becker contributed the psychological commentary to the biography, The Life and Ideas of James Hillman, and he is the editor of the forthcoming book, Inhuman Relations, Volume 7 of the Uniform Edition of Hillman's writings. Dr. Becker's clinical and academic interests include archetypal psychology, trauma, grief and loss, and multiculturalism. Over the past four years he and his partner, Aislinn Sapp, have developed an integrative model that addresses the negative impact of digital technology on psychological and neurological development. He has presented this work at MSU; in national and regional webinars, conferences, and workshops; and in lectures and publications at the Dallas Institute of Humanities and Culture.

Aislinn Sapp, MA, LLP, has her Master's degree in clinical psychology and completed her doctoral coursework and doctoral internship at the University of Rochester, where she later served as a staff therapist in the University Counseling Center. Ms. Sapp has worked at MSU for the past 8 years and currently serves as the Conduct and Retention Specialist in the Office of the Vice President for Student Affairs and Services. In her clinical work, she specializes in the treatment of complex trauma and PTSD, and she has research and assessment specialties in child and adolescent development and motivational theory.