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PLENARY ABSTRACT

JAMES HUDZIAK

Building Healthy Brains Through Promoting Healthy Families

Our brains are the home of our emotions, beliefs, and behaviors. All of us, at one time or another, have experienced emotional and behavioral problems. These emotional, behavioral problems precede and lead to general medical problems and most of society's struggles. Emotional, behavioral, and the majority of general medical problems occur in the face of stress experienced across life but particularly in childhood. Adult psychiatric and general medical problems are very difficult to treat.

Preventing these adverse environments in childhood leads to decreased adult psychiatric and general medical problems. To achieve better general medical health for a society we first have to promote better emotional behavioral health, and should do so by focusing on children and families in our communities. It is time to move fully into a mode of health promotion and illness prevention for all children and all families. It is time to build healthy brains through promoting healthy families.