



MASSACHUSETTS
GENERAL HOSPITAL
HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

BRAIN
HEALTH
INITIATIVE



**ACADEMY FOR
BRAIN HEALTH**
AND PERFORMANCE

BRAIN HEALTH SCHOLAR



Brain Health Initiative Brain Health Scholar Description

This volunteer position is open to high school (16 years or older) student leaders who participate in a youth program, attend a school or a school within a school district that are collaborating with the Brain Health Initiative. An authorized representative of a district/school/youth program will nominate identified student leader(s). The qualified candidate(s) should have interest in science, medicine and/or health and well-being. The position is anticipated to require about 20 hours of work throughout the fall of 2020. Brain Health Scholars have the right to refuse the nomination and may withdraw from participation at any time during the project.

The Scholar will work with the Brain Health Initiative in its effort to promote and protect brain health, fight brain illness, and improve performance for all ages throughout the Suncoast region. Specifically, the Scholar will help carry out the research agenda for the *BHI Community Brain Health Prioritization Survey* in the cities of Sarasota and Bradenton, Florida to better understand the brain health and well-being concerns, values, and attitudes of both youth and adults from the Sarasota/Lakewood Ranch/Bradenton area. This will be accomplished through a survey of issues in each community that leaders and citizens find to be important. Brain Health Scholars will receive a certificate of participation documenting their service hours contributing to this unique opportunity to assist on a community-wide research study conducted by the Brain Health Initiative and Massachusetts General Hospital, a Harvard Medical School Teaching Hospital.

The Brain Health Scholar will work remotely, so must have reliable access to the internet. Their duties include, but are not limited to, the following:

- Complete confidentiality agreement.
- Attend a virtual presentation on the scientific process of how the Brain Health Initiative is creating a community-based survey.
- Attend a presentation about the informed consent process.
- Complete the BHI youth stakeholder prioritization survey. In doing so, the research assistant will contribute a youth perspective on the brain health risk and protective factors in Sarasota and/or Bradenton, Florida, share his/her perspective of how the COVID-19 pandemic has affected the community, and help to shape the research that is conducted in the community.
- Assist in creating communications for youth related to the survey.
- Assist in identifying/recruiting youth leaders to complete the final BHI survey.
- Attend project meetings virtually.
- Manage and respond to project related email.

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference.

Nomination and Nominee Application Process

The following describes the process for nominating and applying for the Brain Health Scholar positions for the Brain Health Initiative *Community Brain Health Stakeholder Prioritization Survey* project that will be conducted Summer, 2020.

The following pages include:

- 1) The *BHI Community Brain Health Stakeholder Prioritization Survey* Introduction
- 2) Sample Nomination form
- 3) Sample Research Assistant Application form
- 4) Sample Informed Parent Consent form

Nominator

Go to this [link](#) and enter password **BHSNomination** to access.

The nominator will review the [BHI Brain Health Community Stakeholder Prioritization Survey narrative](#) and respond to the brief [online questionnaire](#). The questionnaire is a requirement to be completed by a representative of all nominating school districts, schools, or youth organizations.

If there is a student(s) they wish to nominate for the BHI Brain Health Scholar program, the nominator will complete a brief [online nomination form](#) for each youth leader they choose to nominate and advise the nominee that they have been nominated.

Nominee

The BHI will contact the student that has been nominated for the position. The nominee will be sent a [link](#) and they will use the password **BHSApplication** to access. The nomination page includes a description of the position to make sure it is of interest to them, that they understand the expectations, and are able to meet them.

Next, they will complete an online Application form.

Finally, the nominee will have their parent(s)/guardian read the Brain Health Scholar position description, sign the Informed Parent Consent form, and send the signed consent form to Kim Miele (kmiele@brainhealthinitiative.org/).

BHI Brain Health Community Stakeholder Prioritization Survey (Adult and Youth)
Sarasota and Bradenton, FL
Research Project Introduction

Brain health is about all of us, and brain illness is about most of us. No matter our age, gender, race, or ethnicity, no matter our socio-economic status or where we live, no home goes untouched. Brain health affects many aspects of personal and community well-being and performance. At the personal level, optimal brain health prevents and reduces the impact of neurological, neurodevelopmental, neuropsychological, neurodegenerative and psychiatric diseases across the lifespan, such as autism, depression, addictions, Parkinson's, dementia and stroke. A healthy brain promotes the ability to concentrate, remember, communicate, learn, experience and express emotions, regulate behavior, and engage effectively with the outer world through all primary life domains (e.g., relationships, learning, work and play). At the community level, brain health is associated with higher education goals, higher productivity, creativity, career achievement and personal success, lower drug use and incidence of crime, and better physical health, and overall well-being leading to less burden on the education, law enforcement, judicial systems, health care systems and society in general.

The Brain Health Initiative (BHI), in collaboration with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, is working to create brain healthy communities — cultures that proudly promote and protect brain health and fight brain illness across the lifespan through education/awareness/programming, science, innovation, and action. The team of scientists and clinicians at BHI focus on brain health promotion, prevention, early identification, evidence-based intervention and performance optimization. Building a healthy and highly productive brain and cultivating brain reserve begins with understanding the related needs, strengths, priorities and concerns that increase brain health protective factors and decrease risk factors across the community and at the individual level.

In order to begin this process, the BHI, in part through generous support from the Charles and Margery Barancik Foundation, will conduct two *BHI Brain Health Community Stakeholder Prioritization Surveys* in the cities of Sarasota and Bradenton, FL. Our past research indicates that the input from community members, including student leaders below the age of 20, provides valuable perspective for positive community growth. Therefore, we have developed two surveys, one for adults and one for youth (ages 14-19).

These surveys, and their results, will achieve several goals that will benefit the citizens and leaders of Sarasota and Bradenton. Most importantly, the surveys will provide an opportunity for Sarasota/Bradenton citizens and leaders to help shape the direction of the future brain health of their community and region by raising awareness of related attitudes, priorities and concerns, and by informing BHI's research, programming, clinical trials and action. By participating in the surveys, Sarasota and Bradenton citizens and leaders will also share ownership of this opportunity to increase brain health outcomes at the individual and community level.

Survey participants will contribute by providing their:

- perception of attitudes toward brain health and illness in the Sarasota and Bradenton areas;
- thoughts and concerns, as well as their priorities, about their community's health and well-being;
- physical, mental, social and emotional health and well-being experience secondary to COVID-19 pandemic individually and on the Sarasota and Bradenton communities.



Brain Health Initiative Brain Health Scholar Nomination Form

Please complete this form to nominate a student for the BHI Brain Health Scholar position. By completing this short form for each student you choose to nominate, you are acknowledging that you have read the description of the project narrative and the position to which you are recommending the young person.

Name of Nominator:

Position or Title:

School/Organization:

Address:

City:

Zip code:

Phone contact:

Email contact:

Name of Nominee:

In one paragraph or less, why do you nominate this student to participate as a Brain Health Scholar to the Brain Health Initiative?

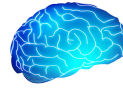
Signature

Date



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Brain Health Initiative Brain Health Scholar Application

Full Name:

Address:

City:

Zip code:

Best way to contact you (please provide phone number or email address):

Phone:

Email:

School you attend (grade you are in):

Please provide a brief (no longer than 2 paragraph) statement about your interest in the Youth Research Assistant position. Include any relevant experience you have and/or goals related to science, medicine, and/or health and well-being.

Parent Informed Consent Form

I, the undersigned, certify that I am the parent or legal guardian _____
(name of the child) and that I have the right to make decisions for my child that affect his/her
well-being.

I give permission for my child, _____ to participate as a Brain Health Scholar for
the project, *Community Brain Health Stakeholder Prioritization Survey*. I have read the
description of the position and understand the expectations for my child's participation. I
understand that my child's right to withdraw from participating or refuse to participate will be
respected and that his/her responses and identity will be kept confidential.

I voluntarily consent for my child to participate.

I do not consent for my child to participate.

____ (please initial) I give permission for my child's photo, video, or any work they produce, to
be published on the BHI website and for use in community media or scientific publication.

Parent Signature

Date

Print Full Name

Phone/Email Contact

If parents are separated, or divorced and share joint custody, please provide additional signature:

Parent Signature

Date

Print Full Name

Phone/Email Contact

Please return this completed consent form to
Kim Miele via email: kmiele@brainhealthinitiative.org