



## **UNDERSTANDING ADOLESCENCE: BRAIN BIOLOGY, EMOTIONS, MENTAL HEALTH, AND ADDICTION**



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**12 Maggio 2025, Aula III  
10,00 – 12,00**

### **ABSTRACT**

Adolescence is a critical period of profound brain development, emotional growth, and vulnerability to mental health challenges. In this presentation, Dr. Silveri, a neuroscientist and therapist, will explore how the maturing brain shapes emotional experiences, decision-making, and risk-taking behaviors during the teenage years. She will highlight the biological underpinnings of common adolescent struggles, including anxiety, depression, and susceptibility to substance use and addiction. Drawing on cutting-edge neuroscience and clinical insights, Dr. Silveri will provide a roadmap for understanding the complex interplay between brain development and mental health. This presentation empowers audiences—parents, educators, clinicians, and teens themselves—with science-based strategies to support resilience, foster healthy emotional development, and mitigate risks during this transformative stage of life.