The Center for Translational Neuroscience (CTN) at the University of Oregon has the mission of:

**translating discoveries** in basic neuroscience, psychology, and related disciplines to **improve well-being** and **promote resilience** and mitigate the effects of early adverse experiences on **physical and emotional health**.
The more you know

CTN Scientists are Tweeting!

Be part of the conversation! @UO_CTN

CTN Houses

- Research projects
- Science communication initiatives
- Professional development
- Intervention program development, implementation, and evaluation activities
$19,741,005
FUNDED RESEARCH

77% State & Federal Funding

National Institute on Drug Abuse • National Institute of Child Health and Human Development • National Cancer Institute • National Institute on Mental Health • US Department of Education

23% Philanthropy

The LEGO Foundation • The Bezos Family Foundation • The Susan Thompson Buffett Foundation • The Hemera Foundation • The Robin Hood Foundation • The Episcopal Health Foundation • The Pritzker Children’s Initiative • The Overdeck Family Foundation • The Valhalla Charitable Foundation • Omidyar Network • Heising-Simons Foundation • Anglicare Victoria

LIFETIME STATS

5 YEARS IN EXISTENCE

$29,592,327 FUNDED RESEARCH

40+ SCIENTISTS TRAINED
Assistant Professor Kate Mills studies how kids’ brains develop the skills to navigate our complex social worlds.

What do you most enjoy about your work?

Collaborating on research about brain development! I get to work with brilliant researchers and advocate for young people.

Amplifying the voices of young people in discussions that are typically closed off to them (e.g. scientific literature) is one small way I can change larger social structures to benefit young people.

What impact do you hope your work has?

I am interested in how we learn to navigate our social environment as we develop. I want to help people be more accurate and positive in how they think about adolescents.

Collaborations with young people are an essential part of my work. For example, I’ve been involved with an acting group putting on a play about the developing brain, and I work with high schoolers on science projects, integrating their perspective into research.
connects basic neuroscience methods with evidence-based prevention and intervention programs.
Using cell phones to prevent suicide

The Mobile Assessment for the Prediction of Suicide project uses smartphones to predict suicidal thoughts & behaviors in adolescents. Researchers hope these tools will save lives by preventing suicide.

Nick Allen | Center for Digital Mental Health

Personality & Health

CTN collaborator Sara J. Weston studies the role of personality in health outcomes. Currently, she is investigating the personality profiles of adults with diabetes, the role of social media in the diabetic community, and the relationship of personality to BMI among adolescents.

Sara J. Weston | Personality Is Everywhere Lab

Healthy Eating

The Healthy Eating Study works with individuals who are overweight/obese for 13 months to help manage food cravings. By the end of the study they will have scanned 249 brains for 747 hours.

Elliot Berkman | Social & Affective Neuroscience Lab
Helping Parents Helps Kids

We find that the vast majority of parents struggling with child abuse care deeply about their children and want things to improve, but they feel at a loss for what to/how to change. This program produces real and lasting changes in parents’ warmth and effective discipline practices, leading to lower future risk for child abuse in families.

Elizabeth Skowron

Preventing mental illness

The DBT for Moms project helps moms with Borderline Personality Disorder learn skills to better manage their emotions. Researchers hope to learn how helping moms could improve their kids’ emotional lives and prevent mental illness later in life.

Maureen Zalewski | Science and Treatment of Affect Regulation Team

Reducing Risk of Child Abuse

Researchers in the Coaching Adaptive Parenting Strategies project work with families who have a history of child maltreatment to understand how improving parenting skills impacts physical and mental health.

Elizabeth Skowron | Family Biobehavioral Health Lab

Helping Parents See Their Strengths

Filming Interactions to Nurture Development is a video coaching program that helps kids’ development by strengthening positive interactions between caregivers and children. This program emphasizes caregivers’ strengths and capabilities and is being used in homeless shelters, pediatrician offices, and childcare centers internationally.

Phil Fisher | Stress Neurobiology And Prevention Lab
Dr. Fisher’s research focuses on early childhood interventions in marginalized communities and on translating scientific knowledge regarding healthy development under conditions of adversity for use in social policy and programs.

Dr. Berkman’s lab studies the motivational and cognitive factors that contribute to success and failure at health goals such as cigarette smoking cessation and dieting.

Dr. Pfeifer is interested in how adolescent choices and well-being can be understood by studying brain function of affect, motivation, regulation, identity, self-evaluation, and social perception.
Dr. Allen’s research group aims to understand how children and adolescents are affected by the environments in which they grow up. His Center for Digital Mental Health uses mobile and wearable devices and social media to unobtrusively track and analyze behavior in order to detect mental health needs and provide adaptive, personalized interventions exactly when users need them.

Dr. Mills’ lab investigates the intertwined social, biological, and cognitive processes that underlie the development of social navigational skills. A main goal of her work is to examine how a child’s social environment affects the development of cognitive and behavioral strategies.

Dr. Elizabeth Skowron’s research focuses on the contributions of neurobiology and environment to the development of self-regulation and school readiness in at-risk children. Her research also focuses on understanding the neurobiology of parenting at risk and mechanisms of change in interventions that are effective for supporting positive, healthy parenting and reducing child maltreatment.

Dr. Zalewski is interested in risk factors that predict the development of emotion regulation in children. She examines the development of emotion regulation in children whose parents struggle with psychopathology.
Visit us at ctn.uoregon.edu to learn more about our work.