



**SAVE THE DATE**  
**Maine Association for Infant**  
**Mental Health**  
**25<sup>TH</sup> ANNUAL CONFERENCE**

***Creating New, Healthy Links:  
Breaking the Generational Chain of Addiction***

**MAY 11, 2012**  
**Hilton Garden Inn**  
**Auburn, Maine**

**FEATURING**  
**GABOR MATÈ, M.D.**

Dr. Matè is a physician and best-selling author from Vancouver, British Columbia. He has published four books, which have been translated into nearly twenty languages on five continents. Dr Matè has also written numerous articles and was a regular medical columnist for the *Vancouver Sun* and *Globe and Mail*.

From his book: *In The Realm of Hungry Ghosts: Close Encounters With Addiction*:

- ◆ "Brain development in the uterus and during childhood is the single most important biological factor in determining whether or not a person will be predisposed to substance dependence and to addictive behaviors of any sort . . ."
- ◆ "We cannot reduce human beings to their neurochemistry: and even if we could, people's brain physiology doesn't develop separately from their life events and their emotions."
- ◆ "Children who have not received the attentive presence of their parents are at greater risk for seeking chemical satisfaction from external sources later in life."
- ◆ "Early stress establishes a lower set point for a child's internal stress system: such a person becomes stressed more easily than normal throughout her life . . . Addiction is a deeply ingrained response to stress, an attempt to cope with it through self-soothing. Maladaptive in the long term, it is highly effective in the short term."

For more information about Dr. Matè, you may visit his website: <http://drgabormate.com/>. You may also be interested in seeing Dr. Matè on numerous YouTube videos.

For a registration brochure or more information, contact Debbie Nugent Johnston, Executive Coordinator at 207-375-8184 or e-mail [DebraNJ@aol.com](mailto:DebraNJ@aol.com). We are interested in having information and/or displays from conference participants who work with programs that support substance affected families. Please let Debbie know if you would like to bring information or have a display.