## 1.27 The Silent Hope Robber – Defeating Tech Addiction in 2026 Links and Resources

[Certificate of attendance](https://www.canva.com/design/DAG_EJjq0EY/rHE7cbz1v_yOHH_TWANMRw/view?utm_content=DAG_EJjq0EY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

[Verizon Skill Forward Interest Form](https://airtable.com/appKBfuRQHYFF9ppv/pagraM0uA9cWyrkXK/form)

[Sign up for DomesticShelters.org emails](https://www.domesticshelters.org/signup)

[Nominate and learn more about the Purple Ribbon Awards](https://www.purpleribbonawards.org/)

Karianne Gwinn email: [skillforward@allianceforhope.com](mailto:skillforward@allianceforhope.com)

### Links/Resources

[TedTalk by Dr. Justin Romano](https://www.youtube.com/watch?v=2ldLwkj4dRc) - Mostly geared at phone usage with children and adolescents

[Podcast with Dr. Justin Romano](https://www.iheart.com/podcast/1323-the-internet-is-crack-231892590/episode/cell-phone-addiction-a-conversation-with-231892594/?utm_source=chatgpt.com)

[Dopamine Nation by Dr. Anna Lembke](https://www.amazon.com/dp/1524746746?ref=cm_sw_r_ffobk_cp_ud_dp_56YM5MWQE66HHQKH8R2Y&ref_=cm_sw_r_ffobk_cp_ud_dp_56YM5MWQE66HHQKH8R2Y&social_share=cm_sw_r_ffobk_cp_ud_dp_56YM5MWQE66HHQKH8R2Y&bestFormat=true)

[Finding Balance in the Age of Indulgence](https://www.youtube.com/watch?v=aEfkx3DsXjs)

[How to Beat Social Media Addiction with Dr. Andrew Huberman and Dr. Anna Lembke](https://www.youtube.com/watch?v=D34KyceGhPE)

[Changing Color Settings on Phone](https://www.youtube.com/watch?v=D34KyceGhPE)

[Mel Robbins Podcast with Dr. Anna Lembke](https://www.youtube.com/watch?v=E4rTyhYfZhE)

[Brick App](https://getbrick.app/?nbt=nb%3Aadwords%3Ag%3A22552392846%3A180368715820%3A752153818035&nb_adtype=&nb_kwd=find%20your%20bloom%20screen%20time%20app&nb_ti=aud-2419028132369:kwd-2425438451261&nb_mi=&nb_pc=&nb_pi=&nb_ppi=&nb_placement=&nb_li_ms=&nb_lp_ms=&nb_fii=&nb_ap=&nb_mt=b&gad_source=1&gad_campaignid=22552392846&gbraid=0AAAAA-Z25K2kyNNupxIiK6br_TtidZk3K&gclid=Cj0KCQiA4eHLBhCzARIsAJ2NZoIzfa_QusULgvt4aP5-oOD0Pf0fXiptTlK5LfWz3rnqsBGYlyV0QRwaApqLEALw_wcB)

[How to Make Change Happen When it Matters the Most Webinar with Ross Loofbourrow](https://www.domesticshelters.org/videos/how-to-make-change-happen-when-it-matters-the-most)

Netflix Documentary: The Social Dilemma