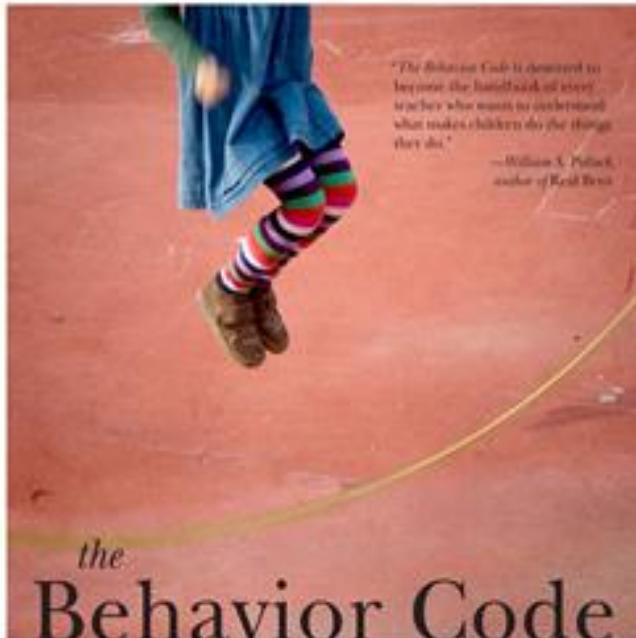


## COMMUNITY PRESENTATION

# Reducing Anxiety in Kids



A Practical Guide to Understanding and  
Teaching the Most Challenging Students

JESSICA MINAHAN & NANCY RAPPAPORT, MD

**September 13, 2018**

**6 pm -8 pm**

**Amherst Regional High School  
Library**

## Jessica Minahan, M.Ed., BCBA

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst and special educator and a consultant to schools nationwide ([www.jessicaminahan.com](http://www.jessicaminahan.com)). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is a blogger on The Huffington Post, as well as the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, with Nancy Rappaport (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).

## Presentation

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds has had an anxiety disorder in their lifetime. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies are key to successful intervention. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior methods and focus instead on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses.

Easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring will be discussed.