

COMMUNITY PRESENTATION

Reducing Anxiety in Kids

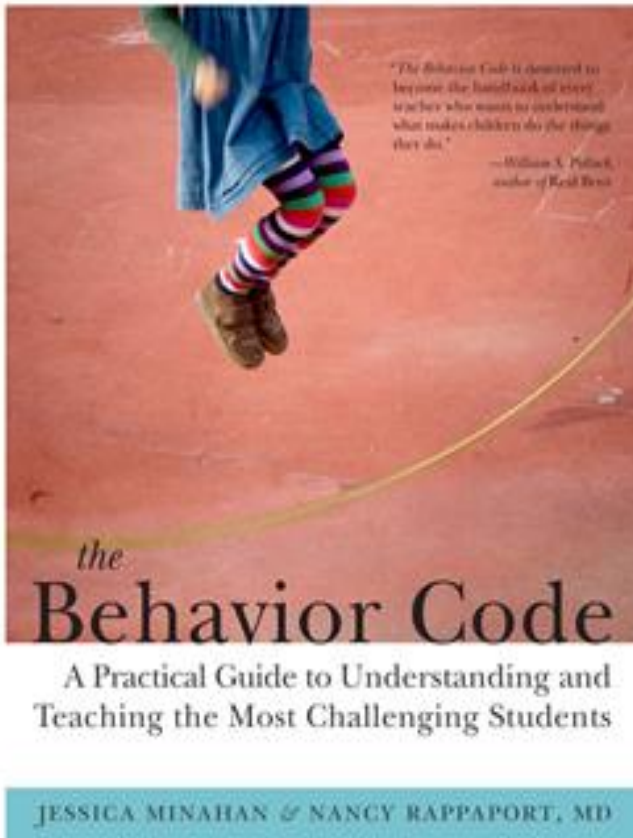
Jessica Minahan, M.Ed., BCBA

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst and special educator and a consultant to schools nationwide (www.jessicaminahan.com). 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.



September 13, 2018

6 pm -8 pm

**Amherst Regional High School
Library**