



JESSICA MINAHAN, M.Ed., BCBA

STRATEGIES FOR STUDENTS WITH ANXIETY (K-12)

The National Institutes of Health (NIH) reports that one in four 13- to 18-year-olds has had an anxiety disorder in his or her 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 is key to successful intervention. Effective behavior plans for these students must avoid the reward- and punishment-based consequences from traditional behavior plans 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.

Biography: Jessica Minahan, M.Ed., BCBA, is a board certified behavior analyst, special educator, and 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, 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).

WHEN: 7-9 p.m. on Wednesday, December 14

**WHERE: RJ Grey Junior High Auditorium,
16 Charter Road, Acton**

This event is free and open to the public.

Questions? abspedpac@gmail.com



*Hosted by the Acton-Boxborough Special Education Parent Advisory Council,
ABRSD Student Services, and the ABRSD Family Learning Series*