Reducing Anxiety in Students
Presented by: Jessica Minahan, M.Ed., BCBA
Hosted by: UF Health/Jacksonville CARD, UF Health FDLRS -MDC

About the Presenter
Jessica Minahan, MEd, BCBA, is a licensed and board-certified behavior analyst, special educator, as well as a consultant to schools internationally (www.jessicaminahan.com). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public-school systems. She is the co-author of The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students (Harvard Education Press, 2012) and author of The Behavior Code Companion: Strategies, Tools, and Interventions

Training Description
Target Audience: (parents, teachers, and care providers of individuals with Autism Spectrum Disorders)
With up to one in three children struggling with anxiety in this country, overwhelmed adults require a new approach as well as a practical and easy-to-implement toolkit of strategies that work. Students with Autism are at greater risk than their typically developing peers for developing anxiety and anxiety disorders such as phobias, OCD, and social anxiety disorder. In the time of COVID19, and the subsequent societal changes, anxiety has become ever-present in students of all ages. Through the use of case studies, humorous stories, and examples of everyday challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in students. Virtual classroom and traditional classroom examples will be shared.

Training Objectives
Participants will be able to:
- List common antecedents for students with anxiety.
- Identify why common teacher practices and interventions may not always work for students with anxiety-related behavior.
- List strategies for reducing negative thinking toward writing.

Date:
Part 1: June 1, 2020
Part 2: June 2, 2020
1:00 pm – 3:00 pm EDT
**This is a 2-part training. Participants should attend both sessions.

Location:
Online via Zoom

Registration Deadline:
May 30, 2020
Limited to first 300 participants

Register Online:

Registration is mandatory.

For more information contact:
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Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.

Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.
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