**Behavior and Anxiety**by   
Jessica Minahan, M.Ed, BCBA

**Monday, October 17, 2016  
Time: 9:30am-11:30am  
Where: Milestones Day School  
410 Totten Pond Rd, Waltham, MA 02451**

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds in the general population has had an anxiety disorder in their lifetime.  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.  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 focus on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses.

As a result of this workshop participants will be able to easily implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

**Bio:** Jessica Minahan, MEd, BCBA, is a board certified behavior analyst, special educator and consultant to school’s 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).

**We welcome all districts, parents, or interested educators to our event.  Our speaker series is free of charge and includes lunch for all attendees.**

**Please RSVP to rsvp@advancingmilestones.com**