

# Reducing Anxiety and Defiant Behavior in the Classroom

**Who:** Teachers, coaches, school-based, and district-based administrators

**What:** One-day training with Jessica Minahan

**Where:** Professional Development Center  
Monroe 2-Orleans BOCES  
3599 Big Ridge Road  
Spencerport, NY 14559

**Date:** November 12, 2019

**Time:** 8:30 a.m. – 3:30 p.m.

**How:** \$175/person [Register online](#) (by November 5, 2019)



The National Institutes of Health (NIH) reports that **one in four thirteen to 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. With up to one in four children struggling with anxiety in this country, overwhelmed adults are in need of a new approach as well as an effective and easy-to-implement toolkit of strategies that work.

Through the use of case studies, humorous stories, and examples of common 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.

Jessica Minahan, MEd, BCBA, is a licensed and board-certified behavior analyst, special educator, doctoral student, as well as a consultant to schools internationally ([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 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 for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).

Monroe 2-Orleans BOCES  
3599 Big Ridge Road  
Spencerport, NY 14559  
(585) 352-2704  
[profdev@monroe2boces.org](mailto:profdev@monroe2boces.org)

