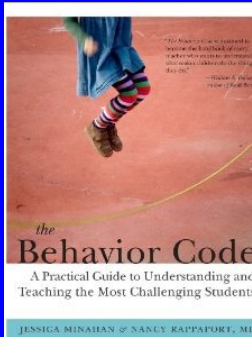




Jessica Minahan,
M.Ed, BCBA



ACCEPTING THE CHALLENGE: EFFECTIVE STRATEGIES FOR STUDENTS WITH ANXIETY- RELATED BEHAVIORS

Dates: Wednesday, June 29, 2016, 8:30 AM - 3:30 PM

Location: **Abigail Adams Function Room at the Boston Tavern**
58 E. Grove Street, Middleboro, MA 02346

Cost: **READS Member Districts* - \$125 per person**
Non-Member Districts- \$145 per person
A copy of Dr. Minahan's book, *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, light refreshments and lunch will be provided.

Target Audience: **Counselors, Psychologists, Social Workers, Educators & Administrators**

Credit Hours: **6 PDPs**
Category: **Human Growth & Development**

ASL Interpreters will be available. Please email Michelle Holden miholden@readscollab.org to request access to an Interpreter.

Instructor: **Jessica Minahan, M.Ed, BCBA (www.jessicaminahan.com).**

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst, special educator, and a consultant to schools nationwide. Jessica has over seventeen years of experience supporting students who struggle with mental health issues and challenging behavior in public school systems. Her particular interest is to serve these students by combining behavioral interventions with a comprehensive knowledge of best practices for those with complex mental health profiles and learning needs. She's a blogger on The Huffington Post, 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).

Course Description:

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 plans and focus instead on the use of preventive strategies and on explicitly teaching coping skills and alternative responses. This workshop will translate clinical information into doable and easy-to-implement strategies, tools and interventions, for reducing anxiety while increasing self-regulation, executive functioning, and self-monitoring.

READS Member Districts:

Abington, Acushnet, Berkley, Bridgewater-Raynham Regional, Bristol-Plymouth Regional, Carver, Dighton-Rehoboth Regional, East Bridgewater, Freetown-Lakeville Regional, Marion, Mattapoisett, Middleborough, Norton, Rochester, Somerset, Somerset-Berkley Regional, Taunton, West Bridgewater

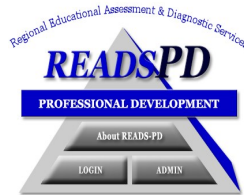
REGISTRATION INFORMATION

Accepting the Challenge Wednesday, June 29, 2016

- **REGISTRANTS FROM DISTRICTS PARTICIPATING IN SCRO COURSE SHARING** - Please visit your own school district's PD site to register. To find out if you fall under this category cut and paste the following link into your computer's browser:
https://app.smartedu.net/smartereditor/files/smarterpd/files/SCRO_DISTRICTS_ONLINE.pdf

ALL OTHERS - REGISTER ONLINE AT WWW.READSCOLLAB.ORG

- **READS COLLABORATIVE EMPLOYEES** - Click on [READSPD](#) and log on using your established user ID and password. Please contact Michelle Holden if you forgot your user ID and/or password.
- **REGISTRANTS FROM MEMBER DISTRICTS WHO DO NOT PARTICIPATE IN SCRO COURSE SHARING AND ALL NON-MEMBERS** - You will need to create a READS Collaborative PD account and establish a username and password to enter the site and register for offerings. Log on to www.readscollab.org; Click on [READSPD](#); Click the red "IF YOU DO NOT HAVE A USERNAME AND PASSWORD" link beneath the triangle graphic, and follow prompts to create an account.



If you have any questions or need assistance signing in to [READSPD](#) or creating an account please feel free to contact Michelle Holden
508 947-3634, Ext 103 or email: miHolden@readscollab.org

PRE-REGISTRATION IS REQUIRED AND MUST BE RECEIVED NO LESS THAN 7 DAYS PRIOR TO THE FIRST DAY OF CLASS. If you must cancel, a full refund will be issued provided that notification of the cancellation is received no less than 1 week in advance of the workshop. At the completion of the workshop participants will be instructed to complete an evaluation. PDP's and CEU's will be awarded upon verification of attendance and completion of the evaluation. READS reserves the right to cancel workshops that are undersubscribed. **Seating is limited. Please apply early! Participants will be enrolled in the order in which their registrations are received. Your seat is not confirmed until payment is received.**

Please Note: READS DOES NOT ACCEPT CREDIT CARDS

Please mail checks & purchase orders to:

READS Collaborative
Professional Development Program
105 East Grove Street
Middleborough, MA 02346

Purchase orders may also be faxed to (508) 946-1088

Statement of Satisfaction: If any participant is dissatisfied with the content of the workshop, course or seminar, please contact Michelle Holden. All complaints will be addressed within 14 days and a refund of fees may be considered.