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| Abington SEPAC EVENT  October 4th  STRATEGIES FOR REDUCING ANXIETY IN CHILDREN About This Event The National Institutes of Health (NIH) reports that one in  four 13-18-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 methods 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.  **\*Books will be available for purchase\*** | Presenter: Jessica Minahan, M.Ed, BCBA[Related image](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi9pqz_p-jcAhULd98KHWzNBnMQjRx6BAgBEAU&url=https://www.asah.org/asah-39th-annual-conference/&psig=AOvVaw05JcrRnY2c3vqD3ZfdkKJs&ust=1534190591102940)Board Certified Behavior Analyst, Special Educator and a Consultant to Schools Nationwide────Jessica Minahan is a blogger on the Huffington post and author of The Behavior Code with Nancy Rappaport, and The Behavior Code Companion ([www.jessicaminahan.com](http://www.jessicaminahan.com))────Thursday, October 4th at 7:00 PM────Abington Middle/High School AuditoriumProudly sponsored by: Abington SEPAC |