



Reducing Anxiety in the Classroom

Including Best Practices for Students with Mental Health Disabilities

Presented by Jessica Minahan, M.Ed., BCBA

Workshop Highlights

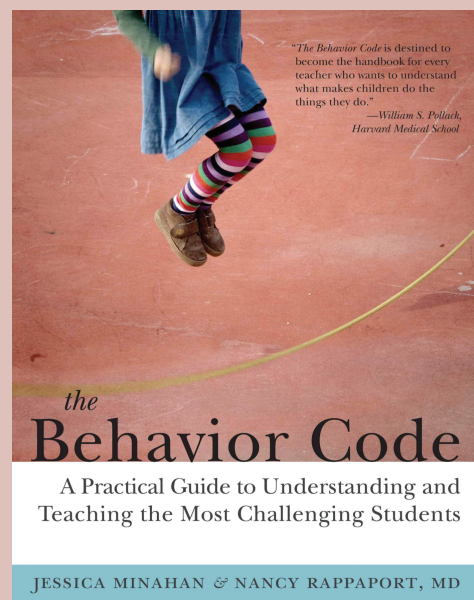
In Sacramento County, students of all ages are struggling with anxiety. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school.

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, self-monitoring, and alternative responses.

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 and increasing self-regulation, work engagement, and self-monitoring.

Audience

Administrators, teachers, counselors, hearing and placement officers—any educators who want to increase their ability to manage behavior!



Register at scoe.gosignmeup.com (Type "3512" in the Search box.)

Date and Time

March 27, 2017

9:00 a.m. to 2:00 p.m.

Location

Sacramento County Office of Education

Mather Room

10474 Mather Boulevard, Mather, CA 95655

Cost

\$125 per person

(includes continental breakfast and lunch)

Contact

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Sacramento
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About the Presenter

Jessica Minahan, M.Ed., BCBA, is a licensed and board certified behavior analyst and special educator, as well as a consultant to schools 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 co-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).