

A HALF-DAY professional development workshop designed For: Special Educators, Classroom Teachers, Counselors, Guidance Directors, Principals, Assistant Principals, Department Heads, Team Leaders, District Leaders, and Support Services Coordinators



Understanding and Teaching Students with Anxiety



**Featuring MSSAA Presenter
Jessica Minahan, M.Ed, BCBA**

Thursday, October 23, 2014
At the MSSAA Office, Franklin

Sign-In/Registration: 8:00 am to 8:30 am
Workshop: 8:30 am to 11:30pm
Fees: Member \$100/Non-Member \$135

3 PDPs Supporting Students

The National Institutes of Health (NIH) reports that one in four 13- to 18-year-olds has had an anxiety disorder in their lifetime. Without intervention, they're at risk for poor performance, diminished learning and social/behavior problems in school. However, traditional behavior plans often do not meet the needs of students with anxiety and may even exacerbate inappropriate behavior. Understanding the role anxiety plays in a student's behavior is crucial, as well as analyzing how their environment may unintentionally reinforce the negative behavior. An effective behavior plan must avoid reward and punishment-based consequences and focus instead on teaching the student to cope and to use alternative responses. Incorporating preventative strategies and self-monitoring systems, as part of an overall anxiety management approach to behavior intervention, can be effectively implemented in school-based settings.

Upon completion of the program participants will:

- Understand the impact of anxiety on a child's learning and behavior
- Describe why traditional behavior plans of reward and consequences often do not work for students with challenges such as anxiety-related and oppositional behavior.
- Learn effective interventions that are easy to implement in a busy classroom.

Jessica Minahan, MEd, BCBA, is a board-certified behavior analyst and special educator and Director of Behavioral Services at NESCA-Newton (MA) (Neuropsychology & Education Services for Children and Adolescents), as well as a school consultant to client's nationwide. She is also 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 a blogger for the Huffington Post. Since 2000 she has worked with students who exhibit challenging behavior in both their homes and public schools. She specializes in training staff and creating behavior intervention plans for students with mental health challenges. 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. (www.jessicaminahan.com)

MSSAA Workshop Registration Policies

Cancellation: Cancellations received up to 72 hours before the workshop will be honored. If you do not cancel and do not attend, you are responsible for full payment.

Inclement Weather: If the weather is uncertain, please check the website at www.mssaa.org after 6:15 a.m. on the morning of the workshop or call the MSSAA front desk at (508) 541-7997 for updates.

Confirmation: If you have not received an email confirming your acceptance within a few days of registering, please contact Cora Armenio at (508) 541-9835 or carmenio@mssaa.org. This printed email is proof of registration.

Group Discount: Schools or Districts sending in three or more registrations together via the same method (online, mail, or fax) qualify for a discount of \$20 per person per workshop.

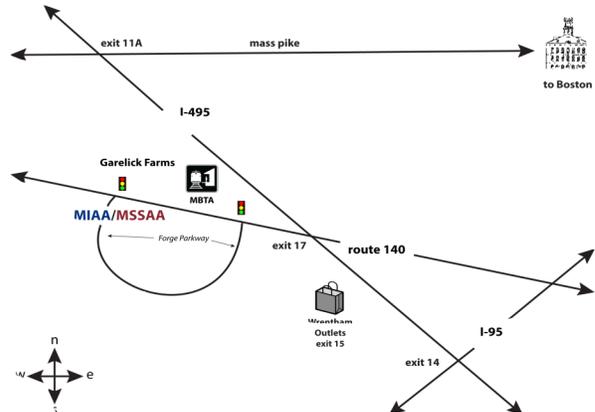
"Umbrella": Teachers may register at the member rate if their building principal is an MSSAA Member.

Early Bird Discount
10% Off
If we receive your registration
AT LEAST one month prior
to the workshop date



DIRECTIONS TO MSSAA

For written directions to our office please visit:
<http://www.mssaa.org/directions>



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Fees: Member \$100 Non-Member \$135

Name: _____

School: _____ Position: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone & Ext: _____

Cell Phone (for emergency/cancellation text updates): _____

Email (mandatory): _____

Program fee includes training, training materials and continental breakfast!

Total Registration Fee: \$ _____

Check or Purchase Order #: _____

Credit cards accepted on the day of the workshop: Visa, MasterCard

Return this form to: Cora Armenio MSSAA, 33 Forge Parkway, Franklin, MA 02038
or fax to: MSSAA, Attention: Cora Armenio (508) 541-9888

Register online at <http://mssaa.org/professionaldevelopment>

