Groton Dunstable SEPAC Presents



Effective Strategies for Students

with Anxiety Related Behavior

Jessica Minahan, M.Ed., BCBA

**Wednesday, November 16, 2016**

**6:00 P.M. – 8:00 P.M.**

**Groton Dunstable Regional Middle School PAC**

**344-346 Main Street**

**Groton, MA**

**Free admission courtesy of GD SEPAC. Donations welcome.**

**https://gdsepac.wordpress.com/**



**Presenter: Jessica Minahan, M.Ed., BCBA**

Jessica Minahan, M.Ed., BCBA is a board certified behavior analyst, special educator and international speaker and consultant. She is a blogger on the Huffington Post and the author of ***The Behavior Code*** with Nancy Rappaport, and ***The Behavior Code Companion*** (jessicaminahan.com)

About this Event

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 preventative 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 preventative strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses.