

## Practical Strategies for Reducing Anxiety and Managing Challenging Behavior in the Classroom

**Hosted by: UF Health Jacksonville – CARD & UF Health Jacksonville – FDLRS-MDC**

### About the Presenter

Jessica Minahan, Ph.D., BCBA, LABA, is a licensed and board-certified behavior analyst, author, special educator, and consultant to schools internationally. Since 2000 she has worked with students who struggle with mental health issues and challenging behavior in public school systems. She specializes in training staff and creating behavior intervention plans for students who demonstrate explosive and unsafe behavior. She also works with students with emotional and behavioral disabilities, anxiety disorders, trauma histories, and autism. 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 is 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 the author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014). She holds a Ph.D. in Education from Lesley University, a BS in Intensive Special Education from Boston University, and a dual master's degree in Special Education and Elementary Education from Wheelock College. She has a certificate of graduate study (CGS) in teaching children with autism from the University of Albany and received her BCBA training from Northeastern University in Boston.

### Training Description

With up to one in four children struggling with anxiety in this country, overwhelmed adults need a new approach as well as an effective and easy-to-implement toolkit of strategies that work. 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, accurate thinking, and self-monitoring in students.

### Target Audience:

Parents, Teachers, Related Service Providers, School Counselors, District ESE Specialists

### Training Objectives

Participants will be able to:

- Describe the relationship between anxiety and working memory
- Describe why traditional breaks might not be effective for students with anxiety or trauma histories
- Identify why common interventions may not always work for students with anxiety-related behavior
- Enumerate strategies for reducing negative thinking toward writing
- Enumerate strategies to promote initiation skills in students with work avoidance

### Date:

April 17th, 2024  
9:00 am – 4:00 pm

### Location:

Adam W. Herbert University Center  
12000 Alumni Drive  
Jacksonville, FL 32224

[Click for directions](#)

### Registration Deadline:

April 12th, 2024

**Scan QR code or click the link below to register:**



[Click to register](#)

### For more information contact:

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*Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.*



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.