

Question Report		
Recognizing Anxiety in Youth		
8/31/2020		
#	Question	Answer(s)
1	If a person doesn't want to take anxiety meds, is it ever warranted to agree that the student drops out of school, and takes the GED, providing they have a job and parental support?	This should be determined by the parent, student, and professionals
2	Across the nation, children will be attending schools. How will anxiety be presented at the present time under the pandemic during remote learning and physical attendance at schools?	It might still be too early to tell how anxiety will be presented this school year, but I believe we will be able to notice some of the symptoms discussed during the webinar: Decreased attendance, lower grades, difficulty concentrating, perfectionism, etc.
3	At what point would a school take action if a parent refuses to get professional help for the student?	Depending on your state, some states allow for students as young as 14 yrs old to receive a number of mental health sessions without parental consent.
4	What are some accommodations that could be beneficial for students for those going into the school to provide programs?	Build rapport with the student, meet in the same room everytime, be consistent with schedule. Develop a routine during your meetings, always start with 2-3 minutes of checking in, I like to do Glows & Grows (good things of the week, challenges of the week)
5	What if someone has gone through severe anxiety during youth. The person is now able to handle and cope with her condition with the professional help, has developed coping skills. But the memories of those times when the person had gone through severe anxiety and had traumatic time because of her anxiety and no body understood that nor did the person had access to any help. What should that person do. Feeling of regret is very intense. The person feels like because of that uncontrollable anxiety she has not done good in the crucial time of college/University. Please talk about that too.	Talk to a professional (therapist, psychologist, Social worker) find one that focuses on Trauma.
6	When a child is sexually harassed by another student and refuses to go to school and does not want to talk to his parents, What happens to his attendance at school?	If the student does not want to talk to his parents, encourage the student to talk to someone they trust at school. Help the student develop a plan to feel safe at school.
7	What can helping professionals do to reach the parents if the parents have anxiety?	In my experience, it has been helpful to invite the parents to some of our sessions (parent/child sessions) encourage them to practice mindfulness together and psychoeducate both youth and parent. It might take some time for the parent to come around.
8	Can you elaborate more on recommendations for teachers on how to address anxiety of students?	Some ways we can assist students who struggle in the classroom is by incorporating mindfulness/breathing techniques in the classroom, create a space where kids can express their anxiety (corner of the room with cozy chair, books, fidget toys)
9	Can you please give us book about anxiety for teenagers?	Anxiety Sucks: A Teen Survival Guide by Natasha Daniels (ages 7 & up); The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon (age 7& up); My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins and Katherine Martinez (ages 7 & up)