

# Welcome!

Please review the Zoom features for today's 90 min webinar.

Materials from this series can be found here:

<https://bit.ly/AnxietyinSchools>

## TTC

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration

# Thank you for joining us today!

You will not be on video during today's session

### Managing Anxiety & the Return to School

A WEBINAR SERIES

#### Select a Speaker

✓ Speakers (Realtek(R) Audio)  
Same as System

Test Speaker & Microphone...

Leave Computer Audio

Audio Settings...

Audio Settings

Click Here to adjust your audio settings



Chat



Raise Hand



Q&A

Click here to leave the session

Leave

Click here to maximize your session view

Enter Full Screen

#### Question and Answer

All questions (1)

My questions (1)

You 07:35 AM

This is a test question!

You can switch between questions you've asked and those asked by others using these buttons.

You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.

Type your question here...

#### Zoom Webinar Chat

The chat feature will allow you to talk with other people in today's webinar.

The To field will tell you who will receive your message. Be mindful of who you are chatting to.

To: All panelists

Your text can only be seen by panelists



Northwest (HHS Region 10)

MHTTC

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# Managing Anxiety & the Return to School Webinar Series

## Part 3: Answering Your Questions



*Presented by:*

***Kendra Read, PhD, Seattle Children's and University of Washington***

***Jennifer Blossom, PhD, University of Maine at Farmington***

***Cesalie Stepney, PhD, Seattle Children's***

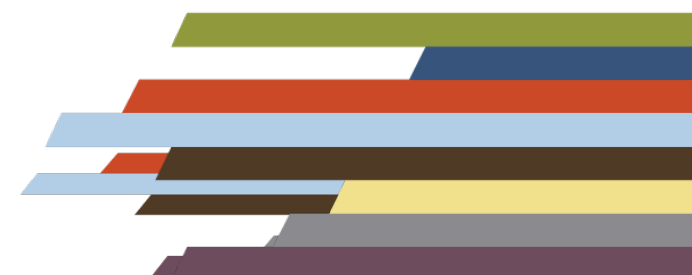
*Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*

# A few reminders before we begin...

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and videos are off.
- Have a question for the presenters? Use the Q&A
- Have a comment or resource for all attendees? Use the Chat.
- We will leave a few minutes at the end to make sure you have all the links and resources you need and to allow time for an evaluation.
- Certificates of attendance and Washington in-service forms are available after completing the evaluation.

**Please Note:**  
**Session recording and slide deck will be posted on our event page as soon as possible**

<https://bit.ly/AnxietyinSchools>

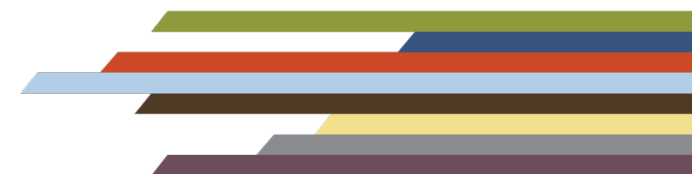


# Land Acknowledgement

The University of Washington SMART Center and Northwest MHTTC acknowledge that we learn, live, and work on the ancestral lands of the Coast Salish people who walked here before us, and those who still walk here.

The University of Maine at Farmington (UMF) are on Wabanaki land which includes the Penobscot, Passamaquoddy, Maliseet, and Micmac peoples.

We are grateful to respectfully live and work on these lands with the people who call this home.



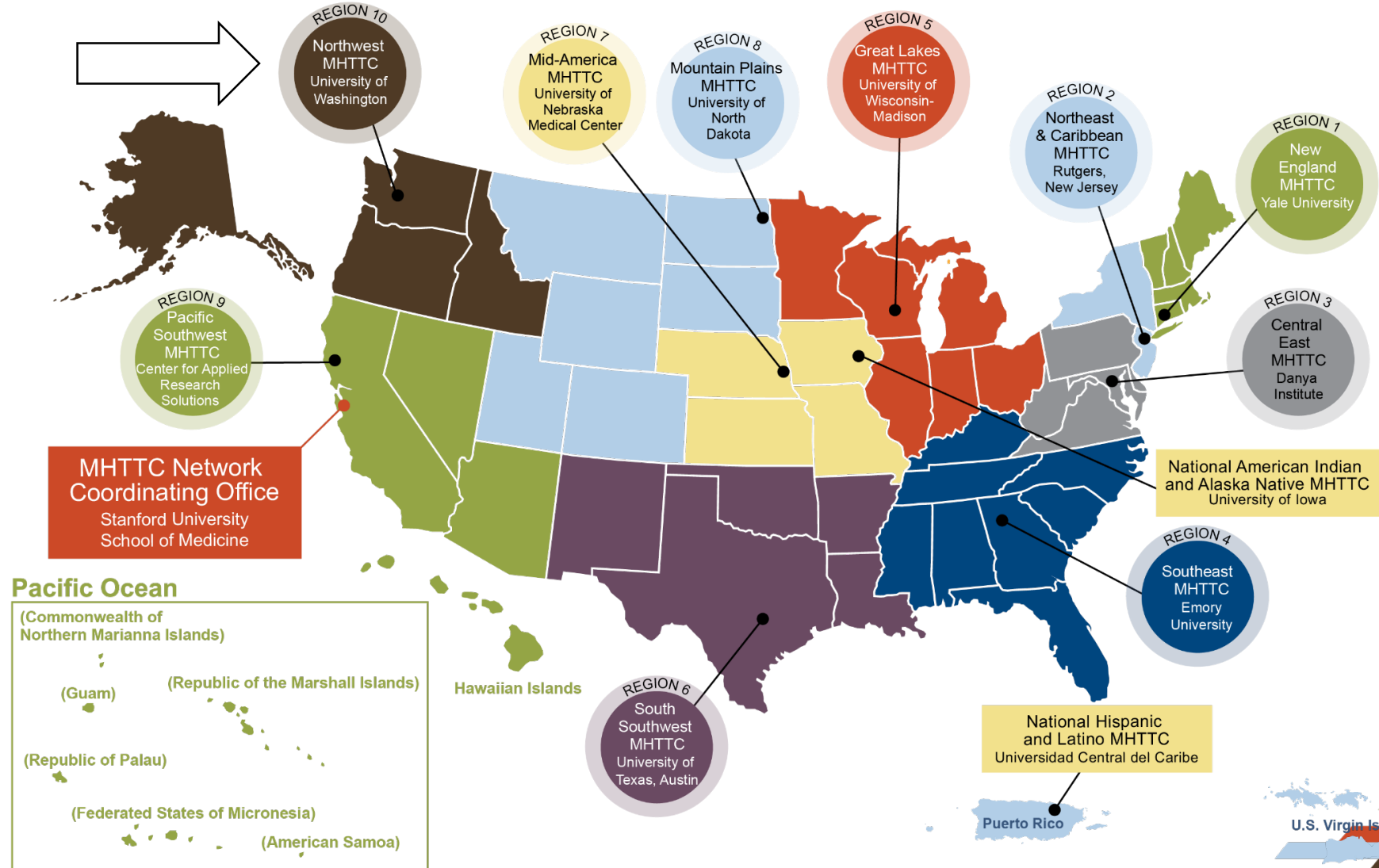
# Mental Health Technology Transfer Center (MHTTC) Network



MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



Visit the MHTTC website at <https://mhttcnetwork.org/>



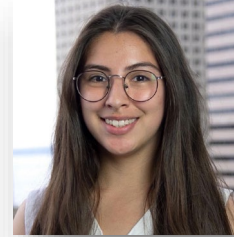
# Northwest MHTTC School Mental Health Team



Kelcey Schmitz, MEd



Megan Lucy, BA



Nathaly Florez, BA



Eric Bruns, PhD



## Our goals:

Provide direct training and TA on the implementation of mental health services in schools

Build infrastructure and create learning communities

Support educational leaders to promote mental health for ALL



<https://bit.ly/NWSMH>



[nwsmh@uw.edu](mailto:nwsmh@uw.edu)



<https://bit.ly/NWSMHsignup>

## Follow us on social media!



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Northwest MHTTC



**SMART**  
School Mental Health Assessment  
Research & Training Center





Northwest (HHS Region 10)

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## **Managing Anxiety & the Return to School Webinar Series**

### ***Part 1: Identifying Anxiety and What to Do About It***



*Presented by:*

*Kendra Read, PhD, Seattle Children's and University of Washington  
Jennifer Blossom, PhD, University of Maine, Farmington*



Northwest (HHS Region 10)

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## **Managing Anxiety & the Return to School Webinar Series**

### **Part 2: Managing Anxiety During COVID**



*Presented by:*

*Kendra Read, PhD, Seattle Children's and University of  
Washington  
Jennifer Blossom, PhD, University of Maine, Farmington*

**Join us for Part 3:**  
An Interactive Q&A  
December 9, 2020  
1:00 pm – 2:30 pm  
Pacific Time

**Part 1 & 2 Recordings and Material:**  
**<https://bit.ly/AnxietyinSchools>**

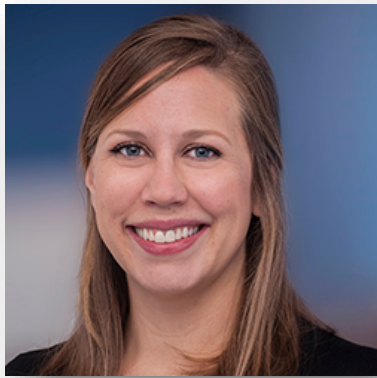
**Today: Part 3 Answering your Questions**  
**Coming Soon (late Spring): Managing Anxiety in Schools Tool-kit and Webinar**

# What topics did you want to know more about?

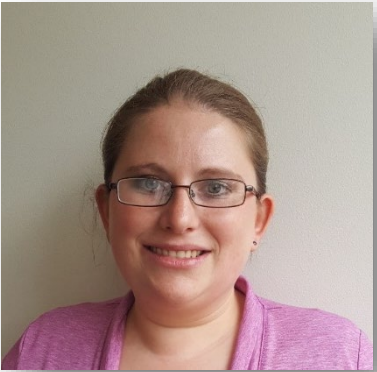


- Approach vs. Avoidance
- BIPOC, LGBTQ+, Autism Populations
- General Anxiety & Treatment
- Pandemic
- Distance Learning
- Student Engagement
- 504 Plans
- Additional Resources & Recommendations





**Kendra Read, PhD** is a clinical psychologist, the Director of the Mood & Anxiety Program and Director of Anxiety Programs at Seattle Children's. She is also the Director of Psychotherapy Training through the University of Washington School of Medicine Child Psychiatry Fellowship. She received her PhD in clinical psychology from Temple University in Philadelphia, PA under the mentorship of Philip Kendall, Ph.D., completed her internship in pediatric psychology at Nemours/A. I. duPont Hospital for Children, and her postdoctoral fellowship at the Stanford University School of Medicine in the Psychiatry and Behavioral Sciences Department. Dr. Read specializes in the treatment of youth with anxiety disorders and OCD from a cognitive behavioral therapy perspective. Her research interests include understanding factors that contribute to treatment outcome, and the dissemination and implementation of CBT for anxiety disorders.



**Jennifer Blossom, PhD** is a Clinical Child Psychologist with expertise in assessment and intervention for youth with anxiety, depression, and suicidality. Currently, Dr. Blossom is an Assistant Professor in the Division of Psychology and Human Development at the University of Maine at Farmington (UMF), teaching at both the undergraduate and graduate levels. Before joining UMF, Dr. Blossom completed a two-year postdoctoral fellowship at Seattle Children's/University of Washington where she conducted research and provided clinical services within the Mood and Anxiety Program and Crisis Care Clinic. Dr. Blossom maintains an active research program related to service delivery, efficiency, and access for youth with internalizing problems, with particular emphasis on expanding behavioral interventions within integrated healthcare settings.



**Cesalie Stepney, PhD** is a clinical psychologist at Seattle Children's with roles in the departments of Psychiatry and Behavioral Medicine and Adolescent and Young Adult Medicine. In the psychiatry department, Dr. Stepney is the director of the Anxiety Training Clinic for first year psychiatry fellows and a provider in the anxiety clinic and Dialectical Behavioral Therapy program. In her work in adolescent medicine, she works on the integrated care and gender clinic teams. Dr. Stepney specializes in the evaluation and treatment of anxiety disorders and OCD, depression, and emotion dysregulation. She also has a strong interest in working with BIPOC populations and gender diverse youth. Dr. Stepney received her PhD in clinical psychology from Rutgers, The State University of Jersey. She completed her internship at the Yale School of Medicine and her postdoctoral fellowship at the University of Washington in the Leadership in Adolescent Health (LEAH) program. Prior to pursuing her PhD, she also received a Master's of Education in Risk and Prevention from the Harvard Graduate School of Education.



# **Managing Anxiety & the Return To School: Answering Your Questions**

Cesalie Stepney, PhD

Jennifer B. Blossom, PhD

Kendra Read, PhD

12/09/2020

# Disclosures

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We do not have any conflicts of interest, nor will we be discussing any off-label product use

This presentation has no commercial support or sponsorship, nor is it co-sponsored





# Key Points from Part 1

- **APPROACH:** Find manageable steps to help kids work towards **FACING** their fear vs. avoiding
- **AVOID** offering excessive reassurance, distractions, or accommodations that promote avoidance
- **NOT HARMFUL BUT NOT HELPFUL:** relaxation strategies, journaling, etc. Not tied to outcome, sends conflicting message about harm of somatic experience of anxiety



# Key Points from Part 2

- COVID is affecting communities of color disproportionately (safety, resource impact, illness, mental health)
- Primary MH impacts include low mood due to isolation, anxiety due to uncertainty
- Consider small steps of approach when the situation is something that is 1) not objectively dangerous and 2) is a situation that the child should learn to cope with







# Questions?



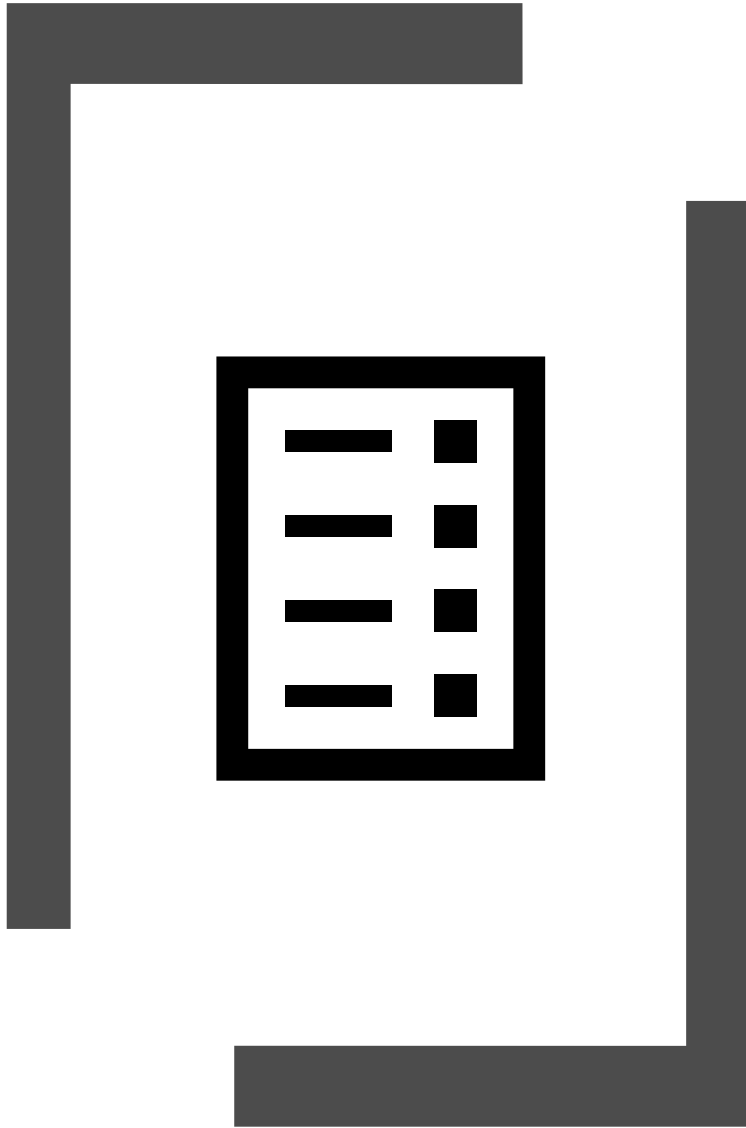


# Managing Anxiety and the Return to Schools Tool-Kit & Webinar Coming in late Spring 2021

We want to hear from you what would be most useful!

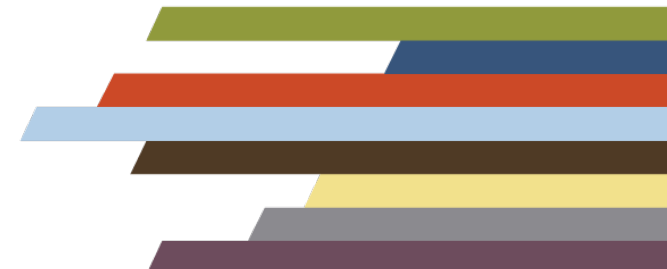
- Format
- Look and feel
- Length
- Key focus areas

All registrants for any session from the series will get a survey link to provide input on the design of these materials and will also receive an email when the tool-kit release webinar will be held.



# Event Survey

- Required by our funder
- Used to inform, refine, & enhance future events/activities
- Helps communicate the need for this type of support
- Voluntary and anonymous



# Thank you!

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Learn More About Our Upcoming Events Here:

<https://mhttcnetwork.org/centers/northwest-mhttc/school-mental-health>

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Take  care

