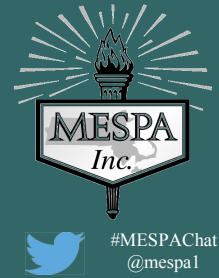


# Reaching the Classroom: Empowering Teachers to Understand and Teach Students with Anxiety-Related and Oppositional Behavior



For: Special Educators, Guidance Directors, Principals, Assistant Principals, Department Heads, Team Leaders, District Leaders, and Support Services Coordinators



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

Mental health challenges are prevalent among school-aged children in this country. An estimated 21% of American teenagers have struggled with a serious and debilitating mental health problem at some point during their school age years.

It should come as no surprise that overburdened teachers are overwhelmed with the change in the makeup of a given classroom today— as they heroically face this challenge with little to no training in mental health and behavioral principles. Administrators are often in the difficult position of mentoring a distressed teacher who is struggling to support a student with anxiety-related and oppositional behavior. It is optimal for administrators to be able to analyze how the environment may unintentionally reinforce the student's negative behavior and to know how to suggest practical and effective interventions that may allow students to gain competency and reduce inappropriate behavior. If administrators have these important skills, they may be able to avoid punitive measures or recommending a more restrictive setting by encouraging the teaching of underdeveloped skills to the struggling student and encouraging educators to respond in more effective ways. This workshop will translate clinical information into doable and easy-to-implement strategies, tools and interventions that can be implemented effectively by any elementary school teacher. Participants will also be able to communicate how best to understand the behavior of a student who has anxiety or who is oppositional which will help build capacity for this ever increasing population of students.

Upon completion of the program participants will:

- Understand the impact of anxiety on a child's learning and behavior
- Describe why common teacher practices and interventions may not work for students with challenges such as anxiety-related and oppositional behavior
- Learn effective interventions that are easy to implement in a busy class-

***Jessica Minahan, MEd, BCBA**, is a board certified behavior analyst and special educator, as well as a consultant to school's nationwide. Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is an adjunct professor at Boston University, a blogger on The Huffington Post, as well as 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 author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014). ([www.jessicaminahan.com](http://www.jessicaminahan.com))*

## 3.5 PROFESSIONAL DEVELOPMENT HOURS

PD CONTENT AREA:  
SAFE AND SUPPORTIVE LEARNING  
ENVIRONMENTS

**Monday, December 14, 2015**  
at the MESPA Education Center,  
Marlborough

Sign-in/Registration: 8:00 am to 8:30 am

Workshop: 8:30 am to 12:00 pm

Course: 16-426

Fees: Member \$150/per person

Non-Member \$225/per person

Team Rates\*: Member \$100/per person (team leader at \$150)

Non-Member \$200/per person (team leader at \$225)

\***TEAM RATE:** Applies when the principal (attending at member rate) brings one or more people from the same school (including central office personnel). Principals (elementary, middle, and secondary) are encouraged to attend with teams from their schools. A school team would include a principal or assistant principal as team leader with teacher(s) and or other central office personnel.



Massachusetts Elementary School Principals' Association, Inc. \* 28 Lord Road, Suite 125 \* Marlborough, MA 01752

Workshop Contact: *Victoria Ellison* Phone: (508)624-0500 Fax: (508)485-9965 E-mail: [vellison@mespa.org](mailto:vellison@mespa.org)



# General Registration Form

MESPA Education Center

Course # 16-426



#MESPAChat

@mespal

<p><b>BECOME A MEMBER</b></p> <p>If you are a principal or assistant principal and are not a MESPA/NAESP member, and wish to join at this time to receive the member rates, please enclose a separate check or purchase order for \$550 (active membership).</p> <p><input type="checkbox"/> MEMBERSHIP PAYMENT ENCLOSED</p> <p><b>Please make membership payments payable to MESPA.</b></p> <p><input type="checkbox"/> <i>Please send membership information.</i></p>	<p style="text-align: center;">All information must be included</p> <p>Name _____ <input type="checkbox"/> Member <input type="checkbox"/> Non-Member</p> <p>School _____ District _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone (School) _____ (Cell) _____</p> <p>Email _____</p>
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*(Please list team members here, use additional sheet if needed)*

Name (please print)	Email	Cost
1. _____	_____	\$ _____
2. _____	_____	\$ _____
3. _____	_____	\$ _____
4. _____	_____	\$ _____
<b>Total:</b>		\$ _____

<b>FEES:</b>								
Member	\$150	<p><b>*TEAM RATE:</b> Applies when the principal (attending at member rate) brings one or more people from the same school (including central office personnel). Principals (elementary, middle, and secondary) are encouraged to attend with teams from their schools. A school team would include a principal or assistant principal as team leader with teacher(s) and or other central office personnel.</p>						
Non-Member	\$225							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Team Rates*</td> <td style="width: 35%;">Member Team</td> <td style="width: 50%;">\$100</td> </tr> <tr> <td></td> <td>Non-Member Team</td> <td>\$200</td> </tr> </table>	Team Rates*	Member Team	\$100		Non-Member Team	\$200		
Team Rates*	Member Team	\$100						
	Non-Member Team	\$200						

<p>I will remit my payment in the amount of \$ _____</p> <p>By the following method: <input type="checkbox"/> Check # _____ <input type="checkbox"/> P.O.# _____</p> <p style="padding-left: 40px;"><input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover</p> <p><b>Required for Credit Card Payment:</b></p> <p>Card # _____ Verification Code: Last 3 digits in signature box _____</p> <p>Signature _____ Expiration Date ____/____/____</p> <p>Name on Card (please print) _____</p> <p>Billing Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Please make all workshop payments payable to:          MESPEF, 28 Lord Road, Suite 125, Marlborough, MA 01752          (Tax Exempt # 222-710946)</p>	<p><b>Fax or Mail Registration Forms to:</b></p> <p style="text-align: center;">MESPA          28 Lord Road, Suite 125,          Marlborough, MA 01752          Phone: 508-624-0500          Fax: 508-485-9965</p> <hr/> <p style="text-align: center;"><b>CANCELLATION POLICY</b></p> <p style="text-align: center;"><b>A fee of \$50 per-person will be assessed for cancellations made less than 48 hours prior to the start of the workshop. Registrants who fail to cancel will be assessed the full amount of the workshop.</b></p> <p style="text-align: center;">Inclement weather: Call 508-624-0500 x 555 for possible cancellation notices.</p>
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