

## SESSION 5: SUPPORTING STUDENTS WITH INTERNALIZING BEHAVIOR PATTERNS

### WELCOME!

- Overview of Ci3T
- Internalizing behaviors: What do I need to know?
- Anxiety: General strategies
- Anxiety: Strategies to share with parents
- Wrapping up

### SESSION OBJECTIVES – PARTICIPANTS WILL BE ABLE TO...

1. Identify what internalizing behavior patterns look like in school-age youth.
2. Understand how internalizing behavior patterns are a mental health issue, behavioral challenge, and how they are associated with academic and social challenges.
3. Understand how to and use a systematic universal behavior screener to identify students with low, moderate, or high risk for internalizing behavior patterns.
4. Understand the major internalizing disorders of anxiety, depression, and social withdrawal (or other problems with peer relationships) that lead to social and academic challenges.
5. Identify effective, respectful, responsible strategies to support students with internalizing behavior patterns proactively across the tiers.
6. Identify tips for families to help manage anxiety and worry.
7. Teach (implement) one strategy to students to help manage anxiety in the classroom.

### BEHAVIOR ANALYTIC CONTENT FOR CONTINUING EDUCATION

- F-3 Identify and prioritize socially significant behavior-change goals
- F-4 Conduct assessments of relevant skill strengths and deficits
- G-20 Use self-management strategies
- H-9 Collaborate with others who support and/or provide services to clients