

1 in 3 students have anxiety.*

Can your staff recognize signs of problematic anxiety including absenteeism, inconsistent test scores, missing coursework?



Do your teachers and staff know proven strategies to defuse mild to moderate anxiety and help kids succeed ?

UCLA's Center for Child Anxiety Resilience Education & Support (CARES) offers decades of experience identifying and productively responding to anxiety in kids and teens. We provide, research-driven trainings customized to meet the needs of K-12 schools.

Bring science-backed anxiety prevention & management training to your school community. **Contact us to get started on your customized training plan** info@carescenter.ucla.edu.

Learning Objectives for K-12 Teachers, Staff, and Administrators

- 🍏 Recognize unexpected ways anxiety shows up for students.
- 🍏 Understand how anxiety impacts learning and academic performance.
- 🍏 Respond to anxiety-driven behaviors efficiently and effectively.
- 🍏 Address mild to moderate anxiety with simple, brief classroom exercises.
- 🍏 Use our free templates to share your valuable observations with colleagues and caregivers.

Sample Training Plan for K-12 Anxiety Prevention, Identification & Response

- 💡 Tiers 1 & 2 prevention strategies to reduce anxiety's interference with attendance and performance.
- 💡 1.5 hour self-guided online training for teachers & staff.
- 💡 Two live Professional Development webinars led by CARES experts.
- 💡 Access to online printable tools that can be used 1:1, classroom-wide, or school-wide.
- 💡 Resources to share with caregivers and colleagues.

Specialized Trainings are also available for School-Based Clinicians & Nursing Staff

- ✍️ Specialized Tiers 1, 2 & 3 Trainings available.

All trainings are tailored to meet the needs of your staff and your community.

Ask about our **Each One Teach One** sharing option to support other schools in your community.

* National Comorbidity Survey at Harvard Medical School