



Anxiety, Academics & COVID-19



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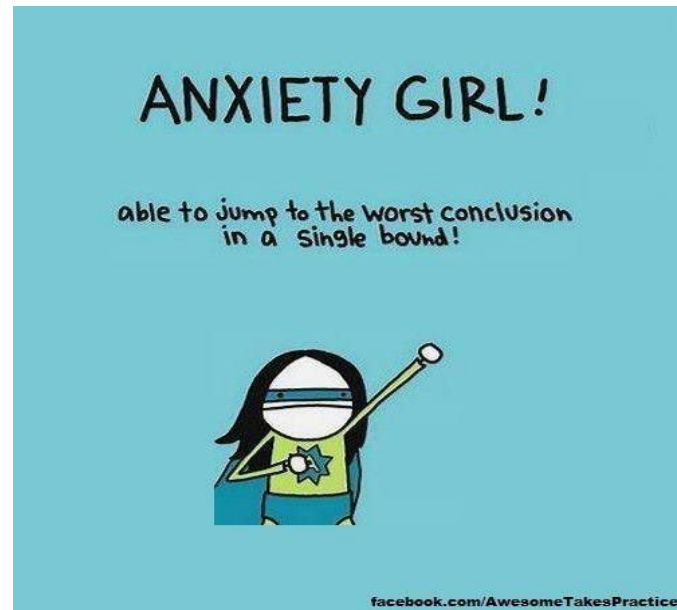
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Agenda


- COVID-19 Effects
- Types of Anxiety Disorders
- Behaviors Associated with Anxiety
- School Support Plans
- Accommodations
 - School & Home
- Treatment Options for Anxiety



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 Psychological &
Educational Consulting

Mental Health Check - In

In 1 word...

HOW ARE YOU FEELING?



DROP ONE WORD IN THE
CHAT BOX

COVID-19 Effects

- Over/Under Eating
- Trouble Sleeping
- Withdrawal
- Regression



Anxiety Disorders, *by name*

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Disorder

Post Traumatic Stress Disorder (PTSD)

Separation Anxiety Disorder

Social Anxiety Disorder

Tourette's Syndrome (aka Tic Disorder)

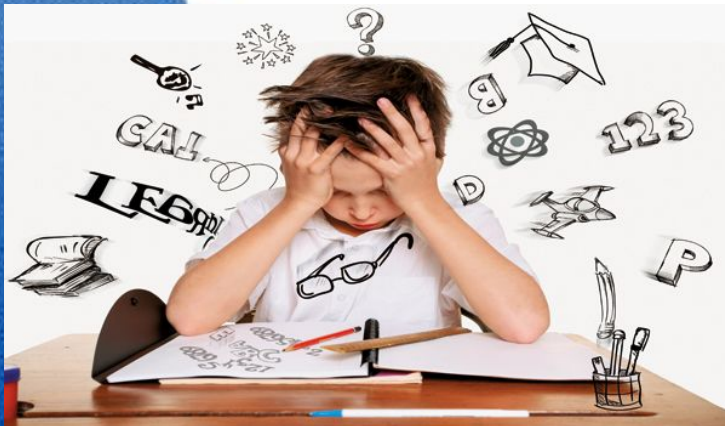
Selective Mutism

Specific Phobias



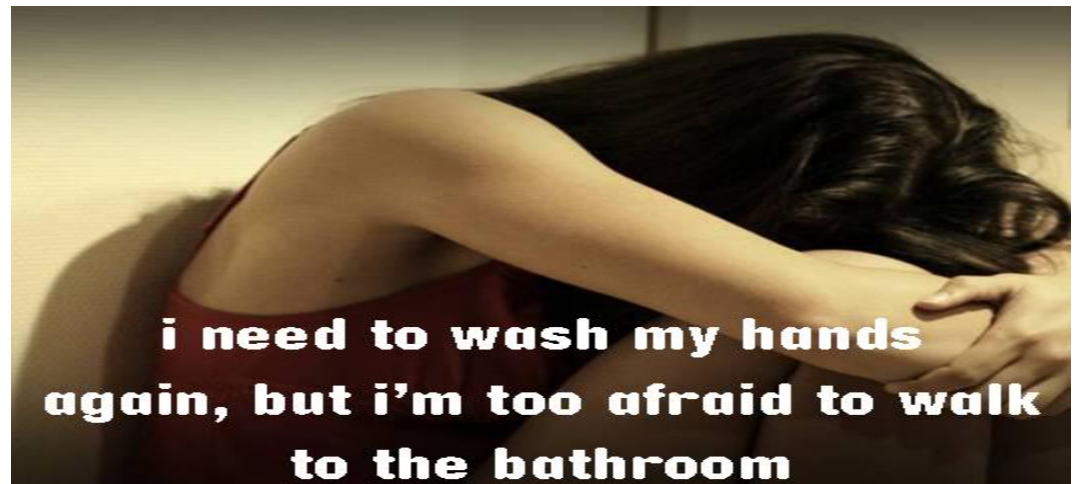
No Child Wakes Up and Decides To Be “Behavioral”

WAIT BUT WHY



Behaviors Associated with Anxiety

- agitation
- restlessness
- inattention, poor focus
- somatic symptoms – headaches, stomachaches
- avoidance
- tantrums
- crying



Behaviors Associated with Anxiety

- “I’m not going to school”
- Meltdowns about clothing, hair, shoes, socks
- Meltdowns about homework
- Difficulties with transitions from home to school, and between school and an activity/sport
- Difficulty settling down for bed
- Having high expectations for school work, homework and sports performance

When Should We Start to Worry?

When you notice a change....

- social to withdrawn
- unable to participate in classes
- not turning in assignments



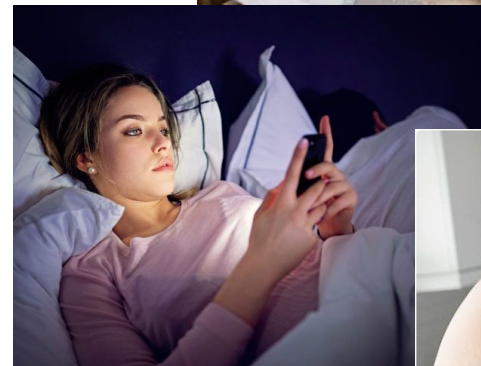
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When Should We Start to Worry?

When you notice a change....

- sleeping more
- sleeping less
- eating more
- eating less
- increased agitation
- increased tearfulness



Thoughts or Questions



Rule Ins and Outs

- ADHD
- Learning Disability



School Supports

I&RS Plan

- Accommodations



504 Accommodation Plan

- Diagnosis required
- Accommodations
- Statewide testing accommodations



Intervention and Referral Services

IEP

- Eligible under category of: Emotionally Disabled (ED) or Other Health Impaired (OHI)
- In need of a program to allow student to gain access to academics due to anxiety and possibly a SLD

Accommodations

Counseling

- Counselor support upon entering into school or virtually
- When virtual, schedule regular times to meet
- Assessing level of anxiety
- Checking in during day

General Accommodations, *continued*

- Modify amount of school work
 - Less work (complete fewer items)
 - Less homework (complete odd or even items)
 - Avoid calling on child in class
- Offer a break when child seems overwhelmed or scared
- Offer the child a safe place in the classroom or school building where can decompress

Accommodations, *continued*

- Allow student to volunteer a response
- Extended time on tests and quizzes
- Extended time on assignments to be completed during class
- Allow for student to take a test/quiz or complete a writing assignment in a quiet area of classroom or in a different room (when in school)



Accommodations, *continued*

- Allow for extensions on homework, without penalty

For students with comorbid ADHD or SLD:

- Schedule check-ins with student to review assignments due for the week, for each class
- Schedule check-ins to review class lessons
 - many students lose focus and are too embarrassed to ask for repetition of class lesson or assignment direction(s)

Accommodations, *continued*

- Do not penalize late assignments
- Provide copy of notes for class lessons (virtually or in class)
- At the mid-point and end of the marking period, assess which missed assignments you will exempt
- Check-in shortly after an assignment hasn't been completed or handed in

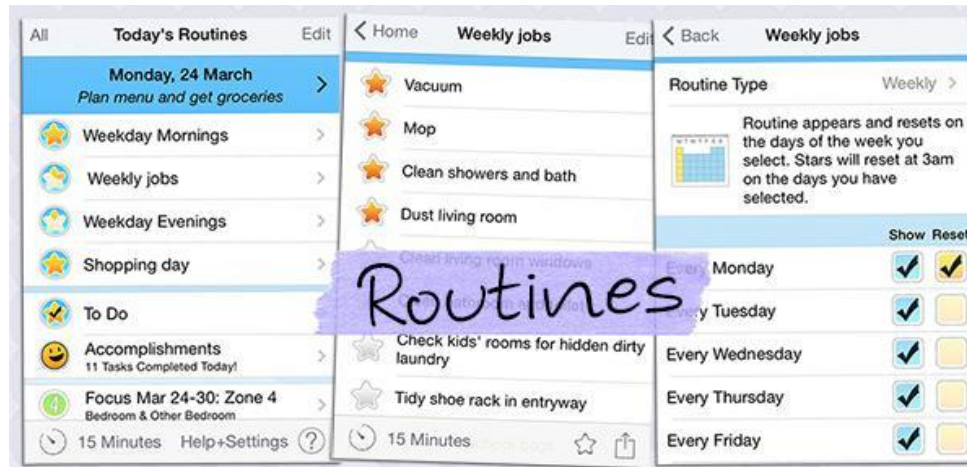
Accommodations, *continued*

- Break down multi-step tasks into simple steps that are delineated clearly
- Provide short-term deadlines for a multi-step or long-term project
- Provide a sample of the final product



Accommodations... at home

- Structure
- Re-establishing position as authority figure
- Routine
- Visual Schedules
- Short-term and long-term rewards



Treatment for Anxiety

- Medication Consultation, Psychiatrist – to decrease the experience of anxiety
- Cognitive Behavioral Therapy (CBT)
- Supplements to decrease anxiety naturally – magnesium, calcium, Omega 3 Fatty Acid, etc
- Physical Outlets
 - Meditation/Mindfulness
 - Karate
 - Gymnastics
 - Yoga

Questions & Discussions



We are here for you and your family.

Thank You.



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