WEBVTT

00:00:00.000 --> 00:00:02.224 I get to introduce our first

00:00:02.224 --> 00:00:03.425 speaker, who's Wendy Silverman,

00:00:03.425 --> 00:00:05.887 and I think it was a great coup

00:00:05.887 --> 00:00:07.735 for us to get her here today.

00:00:07.740 --> 00:00:11.022 She's a leading expert in pediatric

00:00:11.022 --> 00:00:14.271 anxiety and a professor in the

00:00:14.271 --> 00:00:17.898 Child Study Center. And I'm not a

00:00:17.900 --> 00:00:20.380 big fan of long introductions,

00:00:20.380 --> 00:00:25.492 but I I would just say that in terms of her

00:00:25.492 --> 00:00:29.620 clinic and clinical practice in anxiety,

00:00:29.620 --> 00:00:31.624 she's where I would send my

00:00:31.624 --> 00:00:33.604 daughter if she were to have

00:00:33.604 --> 00:00:36.144 such issues and and I think it's a

00:00:36.144 --> 00:00:37.854 great service that you provide.

NOTE Confidence: 0.896520055555556

00:00:37.860 --> 00:00:39.440 Thank you for talking today.

NOTE Confidence: 0.903323936666667

00:00:40.340 --> 00:00:42.678 OK, thank you Michael. Let me first

NOTE Confidence: 0.903323936666667

00:00:42.678 --> 00:00:45.649 share my screen before I get going.

NOTE Confidence: 0.7837762925

00:00:58.130 --> 00:00:59.650 OK. Is that good?

NOTE Confidence: 0.8768815

00:01:02.020 --> 00:01:03.215 Looks good. OK.

NOTE Confidence: 0.8768815

00:01:03.215 --> 00:01:05.255 Thank you that that took about a 30

NOTE Confidence: 0.8768815

00:01:05.255 --> 00:01:07.456 minute practice yesterday with Katie.

NOTE Confidence: 0.8768815

00:01:07.460 --> 00:01:11.108 So thank you and thank you again

NOTE Confidence: 0.8768815

00:01:11.108 --> 00:01:13.310 for sharing your Saturday with us

NOTE Confidence: 0.8768815

00:01:13.387 --> 00:01:15.827 and thank you all of you and thanks

NOTE Confidence: 0.8768815

00:01:15.827 --> 00:01:18.507 Mike and Angie and the rest of the

NOTE Confidence: 0.8768815

00:01:18.507 --> 00:01:21.097 team for putting today this I think

NOTE Confidence: 0.8768815

00:01:21.097 --> 00:01:24.030 conference and one thing I've

NOTE Confidence: 0.8768815

00:01:24.125 --> 00:01:26.997 I always say you know they say

NOTE Confidence: 0.8768815

00:01:26.997 --> 00:01:29.238 that what is it that copying is

NOTE Confidence: 0.8768815

00:01:29.238 --> 00:01:31.519 the highest form of flattery so

NOTE Confidence: 0.8768815

00:01:31.520 --> 00:01:34.408 I want to mention that Mike has been

NOTE Confidence: 0.8768815

00:01:34.408 --> 00:01:37.334 a speaker at least two times at

NOTE Confidence: 0.8768815

00:01:37.334 --> 00:01:39.930 the anxiety conference that we have,

NOTE Confidence: 0.8768815

00:01:39.930 --> 00:01:41.770 this year it's going to be the

NOTE Confidence: 0.8768815

00:01:41.770 --> 00:01:42.649 first Thursday in May.

NOTE Confidence: 0.8768815

00:01:42.650 --> 00:01:44.547 And I'm just really thrilled that Mike

NOTE Confidence: 0.8768815

00:01:44.547 --> 00:01:46.144 is doing this and I'm participating

NOTE Confidence: 0.8768815

00:01:46.144 --> 00:01:48.447 in his and I think it's a really nice

NOTE Confidence: 0.8768815

00:01:48.447 --> 00:01:50.366 synergy and I just think it's shows

NOTE Confidence: 0.8768815

00:01:50.366 --> 00:01:52.578 I think something that you know I

NOTE Confidence: 0.8768815

00:01:52.578 --> 00:01:54.789 was really touched by Mike's story.

NOTE Confidence: 0.8768815

00:01:54.790 --> 00:01:57.198 I understood from his story why he.

NOTE Confidence: 0.909695724

00:01:59.350 --> 00:02:00.470 You know, it was helpful.

NOTE Confidence: 0.909695724

00:02:00.470 --> 00:02:03.436 And I think what Mike and I share, frankly,

NOTE Confidence: 0.909695724

3

00:02:03.436 --> 00:02:06.044 I know this is true of almost everybody.

NOTE Confidence: 0.909695724

00:02:06.050 --> 00:02:07.618 But I think Mike and I and the

NOTE Confidence: 0.909695724

00:02:07.618 --> 00:02:09.198 rest of his team, you know,

NOTE Confidence: 0.909695724

00:02:09.198 --> 00:02:10.868 really resonate to our how

NOTE Confidence: 0.909695724

00:02:10.868 --> 00:02:12.968 much we care about the kids.

NOTE Confidence: 0.909695724

00:02:12.970 --> 00:02:14.769 And I've been doing this now for,

NOTE Confidence: 0.909695724

00:02:14.770 --> 00:02:17.306 you know, for as long as you know,

NOTE Confidence: 0.909695724

00:02:17.310 --> 00:02:18.410 for such a long time.

NOTE Confidence: 0.909695724

00:02:18.410 --> 00:02:21.970 But it still is such a sad thing

NOTE Confidence: 0.909695724

00:02:21.970 --> 00:02:24.049 when I think about how we've made

NOTE Confidence: 0.909695724

00:02:24.049 --> 00:02:26.005 so much progress but yet there's

NOTE Confidence: 0.909695724

00:02:26.005 --> 00:02:28.003 still so many children who are

NOTE Confidence: 0.909695724

00:02:28.003 --> 00:02:29.708 suffering in the COVID pandemic

NOTE Confidence: 0.909695724

00:02:29.710 --> 00:02:30.998 just made that worse.

NOTE Confidence: 0.909695724

00:02:30.998 --> 00:02:32.608 And when it comes to

NOTE Confidence: 0.909695724

00:02:32.608 --> 00:02:34.319 school attendance problems,

NOTE Confidence: 0.909695724

00:02:34.320 --> 00:02:37.998 it also has worsened the situation.

NOTE Confidence: 0.909695724

00:02:38.000 --> 00:02:39.750 So what I'm going to be doing

NOTE Confidence: 0.909695724

00:02:39.750 --> 00:02:41.748 today in the time that I have

NOTE Confidence: 0.909695724

00:02:41.748 --> 00:02:43.233 is speak about this problem,

NOTE Confidence: 0.909695724

00:02:43.240 --> 00:02:44.472 this really big problem.

NOTE Confidence: 0.909695724

00:02:44.472 --> 00:02:46.012 And I'm speaking about it,

NOTE Confidence: 0.909695724

00:02:46.020 --> 00:02:47.544 as you will see,

NOTE Confidence: 0.909695724

00:02:47.544 --> 00:02:49.449 because it is something that

NOTE Confidence: 0.909695724

00:02:49.449 --> 00:02:51.974 intersects so much with anxiety and

NOTE Confidence: 0.909695724

00:02:51.974 --> 00:02:54.049 depression and other conditions.

NOTE Confidence: 0.909695724

00:02:54.050 --> 00:02:57.306 And so I would note that I do

NOTE Confidence: 0.909695724

00:02:57.306 --> 00:02:58.968 receive royalties from the

NOTE Confidence: 0.909695724

00:02:58.968 --> 00:03:01.048 interview schedule that I'm,

NOTE Confidence: 0.909695724

00:03:01.050 --> 00:03:03.090 that I've developed the Anxiety

NOTE Confidence: 0.909695724

00:03:03.090 --> 00:03:04.314 Disorders interview schedule.

NOTE Confidence: 0.922308686

00:03:07.150 --> 00:03:08.820 But this is what we

NOTE Confidence: 0.922308686

00:03:08.820 --> 00:03:10.220 don't want right now.

NOTE Confidence: 0.922308686

00:03:10.220 --> 00:03:12.320 Of course this is a slide

NOTE Confidence: 0.922308686

00:03:12.320 --> 00:03:13.920 before COVID when we actually

NOTE Confidence: 0.922308686

00:03:13.920 --> 00:03:15.520 were always in the chairs,

NOTE Confidence: 0.922308686

00:03:15.520 --> 00:03:17.328 but I think that we are now back

NOTE Confidence: 0.922308686

00:03:17.328 --> 00:03:19.199 in the chairs and so I think at

NOTE Confidence: 0.922308686

00:03:19.199 --> 00:03:21.210 the end of the day we would like

NOTE Confidence: 0.922308686

00:03:21.210 --> 00:03:23.286 to have as few empty chairs as

NOTE Confidence: 0.922308686

00:03:23.286 --> 00:03:25.816 possible rather than the opposite.

NOTE Confidence: 0.930778083333333

00:03:28.140 --> 00:03:29.820 And I just want to say,

NOTE Confidence: 0.930778083333333

00:03:29.820 --> 00:03:33.148 you know when it comes if you one

NOTE Confidence: 0.930778083333333

00:03:33.148 --> 00:03:35.834 looks at the research, because it

NOTE Confidence: 0.930778083333333

00:03:35.834 --> 00:03:37.690 is a little bit all over the place,

NOTE Confidence: 0.930778083333333

00:03:37.690 --> 00:03:40.682 but when I talk about what we know

NOTE Confidence: 0.930778083333333

00:03:40.682 --> 00:03:42.260 and everything, I'm I'm not going to.

NOTE Confidence: 0.930778083333333

00:03:42.260 --> 00:03:45.324 This is not a a big science talk,

NOTE Confidence: 0.930778083333333

00:03:45.330 --> 00:03:47.786 but I am speaking based on the science.

NOTE Confidence: 0.930778083333333

00:03:47.790 --> 00:03:49.650 It's informed by the science.

NOTE Confidence: 0.930778083333333

00:03:49.650 --> 00:03:51.230 And typically in the literature,

NOTE Confidence: 0.930778083333333

00:03:51.230 --> 00:03:53.729 when people are looking at these children,

NOTE Confidence: 0.930778083333333

00:03:53.730 --> 00:03:56.530 we usually mean kids who are missing 10

NOTE Confidence: 0.930778083333333

00:03:56.530 --> 00:04:00.597 to 20% or more of school days and that

NOTE Confidence: 0.930778083333333

00:04:00.597 --> 00:04:04.068 that translates to about 18 to 36 days,

NOTE Confidence: 0.930778083333333

00:04:04.070 --> 00:04:05.074 which is not little.

NOTE Confidence: 0.930778083333333

00:04:05.074 --> 00:04:06.567 I mean, think about yourself.

NOTE Confidence: 0.930778083333333

00:04:06.567 --> 00:04:09.250 If you missed that many days at work,

NOTE Confidence: 0.930778083333333

00:04:09.250 --> 00:04:11.147 I think your boss would be a

NOTE Confidence: 0.930778083333333

00:04:11.147 --> 00:04:12.416 little bit unhappy with you.

NOTE Confidence: 0.930778083333333

00:04:12.416 --> 00:04:15.290 And this is true as well, of children.

NOTE Confidence: 0.930778083333333

00:04:15.290 --> 00:04:19.170 Umm. Not surprisingly.

NOTE Confidence: 0.930778083333333

00:04:19.170 --> 00:04:20.154 It's true.

NOTE Confidence: 0.930778083333333

00:04:20.154 --> 00:04:23.106 This is true of all most

NOTE Confidence: 0.930778083333333

00:04:23.106 --> 00:04:26.018 problems that we have.

NOTE Confidence: 0.930778083333333

00:04:26.020 --> 00:04:27.862 And certainly was true even

NOTE Confidence: 0.930778083333333

00:04:27.862 --> 00:04:30.021 whether or not who's going to get

NOTE Confidence: 0.930778083333333

00:04:30.021 --> 00:04:32.044 COVID and and it is highest among

NOTE Confidence: 0.930778083333333

00:04:32.106 --> 00:04:33.984 there are disparities and you can

NOTE Confidence: 0.930778083333333

00:04:33.984 --> 00:04:36.287 see here just from the top down

NOTE Confidence: 0.930778083333333

00:04:36.287 --> 00:04:38.381 who, where it's highest among

NOTE Confidence: 0.930778083333333

00:04:38.381 --> 00:04:40.736 the minority students of color

NOTE Confidence: 0.930778083333333

00:04:40.736 --> 00:04:43.190 and you could see that there.

NOTE Confidence: 0.892122341

00:04:46.250 --> 00:04:48.914 Now there is a strong mental

NOTE Confidence: 0.892122341

00:04:48.914 --> 00:04:50.690 health component to this,

NOTE Confidence: 0.892122341

00:04:50.690 --> 00:04:52.895 which we're going to be emphasizing today.

NOTE Confidence: 0.892122341

00:04:52.900 --> 00:04:54.478 But I also want to say,

NOTE Confidence: 0.892122341

00:04:54.480 --> 00:04:56.456 and this is a quote from a child,

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NOTE Confidence: 0.892122341

00:04:56.460 --> 00:04:58.420 because I know we shouldn't say good,

NOTE Confidence: 0.892122341

00:04:58.420 --> 00:04:59.616 I know we should say well,

NOTE Confidence: 0.892122341

00:04:59.616 --> 00:05:01.513 right, I don't, but, but,

NOTE Confidence: 0.892122341

00:05:01.513 --> 00:05:03.871 but how many children are waking

NOTE Confidence: 0.892122341

00:05:03.871 --> 00:05:05.876 up saying I don't feel good?

NOTE Confidence: 0.892122341

00:05:05.876 --> 00:05:08.859 Do I have to go to school today?

NOTE Confidence: 0.892122341

00:05:08.860 --> 00:05:09.840 Can I stay home?

NOTE Confidence: 0.892122341

00:05:09.840 --> 00:05:11.328 I don't feel good, Mommy.

NOTE Confidence: 0.892122341

00:05:11.328 --> 00:05:12.852 My stomach hurts.

NOTE Confidence: 0.892122341

00:05:12.852 --> 00:05:14.376 My stomach hurts.

NOTE Confidence: 0.892122341

00:05:14.380 --> 00:05:18.690 And this is a big and this is a very high

NOTE Confidence: 0.840600961538462

00:05:21.450 --> 00:05:22.686 co-occurring problem

NOTE Confidence: 0.840600961538462

00:05:22.686 --> 00:05:25.887 and some studies the rates have been as

NOTE Confidence: 0.840600961538462

00:05:25.887 --> 00:05:27.775 high as 25% when people have looked

NOTE Confidence: 0.840600961538462

00:05:27.775 --> 00:05:29.850 at the rates of somatic complaints.

NOTE Confidence: 0.840600961538462

00:05:29.850 --> 00:05:32.580 Now mind you, these are not fake

00:05:32.580 --> 00:05:33.316 somatic problems.

00:05:33.316 --> 00:05:35.156 Children actually do have these.

00:05:37.420 --> 00:05:38.960 These are not made believe.

00:05:38.960 --> 00:05:41.240 Sometimes they could be ways to get out,

00:05:41.240 --> 00:05:42.503 but many times,

00:05:42.503 --> 00:05:44.187 because anxiety and depression

00:05:44.187 --> 00:05:46.829 are related to somatic complaints,

00:05:46.830 --> 00:05:49.596 they all kind of intersect altogether.

00:05:49.600 --> 00:05:51.270 So I want to make it clear I'm not, these

00:05:51.316 --> 00:05:52.780 kids are not necessarily faking it,

00:05:52.780 --> 00:05:55.618 but certainly having mental health disorders

00:05:55.618 --> 00:05:58.239 exacerbates somatic complaints and vice versa.

00:05:58.240 --> 00:06:00.424 And then if you're not feeling well,

00:06:00.430 --> 00:06:02.810 you don't want to go to school.

00:06:02.810 --> 00:06:03.142 You can't.

NOTE Confidence: 0.845446068

00:06:03.142 --> 00:06:04.470 And I shouldn't say you don't want to,

NOTE Confidence: 0.845446068

00:06:04.470 --> 00:06:06.810 you feel like you're unable to go to school.

NOTE Confidence: 0.82492054

00:06:11.380 --> 00:06:14.089 Now this is a study from a decade

NOTE Confidence: 0.82492054

00:06:14.089 --> 00:06:16.810 ago that I was involved with when

NOTE Confidence: 0.82492054

00:06:16.810 --> 00:06:20.670 and this is a sample from Norway.

NOTE Confidence: 0.866268234

00:06:22.880 --> 00:06:25.420 But the findings are generalizable,

NOTE Confidence: 0.866268234

00:06:25.420 --> 00:06:27.526 I know based on my own

NOTE Confidence: 0.866268234

00:06:27.526 --> 00:06:29.590 other work in United States.

NOTE Confidence: 0.866268234

00:06:29.590 --> 00:06:31.612 And what's and, and it's important

NOTE Confidence: 0.866268234

00:06:31.612 --> 00:06:34.049 to note that these are adolescents.

NOTE Confidence: 0.866268234

00:06:34.050 --> 00:06:35.748 And it's also important to note,

NOTE Confidence: 0.866268234

00:06:35.750 --> 00:06:37.958 That these rates were

NOTE Confidence: 0.866268234

00:06:37.958 --> 00:06:40.066 as high as that mental health

NOTE Confidence: 0.866268234

00:06:40.066 --> 00:06:43.158 conditions are as high as 90% in

NOTE Confidence: 0.866268234

00:06:43.158 --> 00:06:46.728 kids with school absentee problems.

NOTE Confidence: 0.866268234

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00:06:46.730 --> 00:06:50.960 And what I want you to see is that.

NOTE Confidence: 0.866268234

00:06:50.960 --> 00:06:55.352 OK, what I want you to see is that.

NOTE Confidence: 0.866268234

00:06:55.360 --> 00:06:57.739 I'm sorry, just.

NOTE Confidence: 0.866268234

00:06:57.740 --> 00:06:58.965 I'm sorry, I have to go back.

NOTE Confidence: 0.853076517142857

00:07:01.230 --> 00:07:04.082 What I want you to see is, I'm sorry,

NOTE Confidence: 0.853076517142857

00:07:04.082 --> 00:07:08.390 I'm kind of covering up my slide with

NOTE Confidence: 0.853076517142857

00:07:08.390 --> 00:07:10.614 with you guys but it's OK right now,

NOTE Confidence: 0.853076517142857

00:07:10.620 --> 00:07:13.180 I'm good. But you can see though is

NOTE Confidence: 0.853076517142857

00:07:13.180 --> 00:07:16.187 if you compare the absent in this blue,

NOTE Confidence: 0.853076517142857

00:07:16.190 --> 00:07:18.410 the not absent is green.

NOTE Confidence: 0.853076517142857

00:07:18.410 --> 00:07:20.816 Clearly the blue is highest, OK.

NOTE Confidence: 0.853076517142857

00:07:20.816 --> 00:07:23.520 And most of these,

NOTE Confidence: 0.853076517142857

00:07:23.520 --> 00:07:25.486 I'm I'm not sure off the top of my head which

NOTE Confidence: 0.853076517142857

00:07:25.486 --> 00:07:27.036 of these are statistically significant,

NOTE Confidence: 0.853076517142857

00:07:27.040 --> 00:07:30.720 but I think most of them are significant.

NOTE Confidence: 0.853076517142857

00:07:30.720 --> 00:07:32.268 And, more importantly,

00:07:32.268 --> 00:07:36.958 is what you see in the adolescents is that

00:07:36.958 --> 00:07:40.416 depression is the highest and followed by

00:07:40.420 --> 00:07:42.820 some other problems like ADHD,

00:07:42.820 --> 00:07:44.790 but also specifically our talk

00:07:44.790 --> 00:07:46.760 is you see generalized anxiety,

00:07:46.760 --> 00:07:47.562 social, panic.

00:07:47.562 --> 00:07:51.340 And I think what I want to emphasize is #1,

00:07:51.340 --> 00:07:54.028 how much higher the mental health

00:07:54.028 --> 00:07:55.820 conditions are with adolescents

00:07:55.894 --> 00:07:58.239 who are having school absenteeism.

00:07:58.240 --> 00:08:00.280 But also these are adolescents.

00:08:00.280 --> 00:08:02.032 And something I want you guys

00:08:02.032 --> 00:08:03.851 to understand is that because I

00:08:03.851 --> 00:08:05.633 know today we're supposed to be

00:08:05.633 --> 00:08:07.378 focusing a bit on adolescence,

00:08:07.380 --> 00:08:10.040 anxiety is a gateway problem.

NOTE Confidence: 0.853076517142857

00:08:10.040 --> 00:08:11.393 It's a gateway

NOTE Confidence: 0.853076517142857

00:08:11.393 --> 00:08:14.099 disorder, it's not carved in stone.

NOTE Confidence: 0.853076517142857

00:08:14.100 --> 00:08:14.835 I mean, don't.

NOTE Confidence: 0.853076517142857

00:08:14.835 --> 00:08:15.570 It's not like,

NOTE Confidence: 0.853076517142857

00:08:15.570 --> 00:08:18.097 but it typically is the case that

NOTE Confidence: 0.853076517142857

00:08:18.097 --> 00:08:19.674 anxiety is preceding depression

NOTE Confidence: 0.853076517142857

00:08:19.674 --> 00:08:21.809 and there is some developmental

NOTE Confidence: 0.853076517142857

00:08:21.809 --> 00:08:24.730 trajectory in what we see with anxiety.

NOTE Confidence: 0.853076517142857

00:08:24.730 --> 00:08:25.043 So,

NOTE Confidence: 0.853076517142857

00:08:25.043 --> 00:08:25.669 for example,

NOTE Confidence: 0.853076517142857

00:08:25.669 --> 00:08:28.313 it's not surprising to me at all that

NOTE Confidence: 0.853076517142857

00:08:28.313 --> 00:08:30.647 separation anxiety is among the lowest

NOTE Confidence: 0.853076517142857

00:08:30.647 --> 00:08:33.289 here because these are adolescents.

NOTE Confidence: 0.853076517142857

00:08:33.290 --> 00:08:36.290 If these were a sample of younger children,

NOTE Confidence: 0.853076517142857

00:08:36.290 --> 00:08:37.244 believe me,

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NOTE Confidence: 0.853076517142857

00:08:37.244 --> 00:08:39.152 separation anxiety would be

NOTE Confidence: 0.853076517142857

00:08:39.152 --> 00:08:41.060 higher than the generalized.

NOTE Confidence: 0.853076517142857

00:08:41.060 --> 00:08:44.294 What happens as children get older,

NOTE Confidence: 0.853076517142857

00:08:44.300 --> 00:08:48.170 they typically go from separation anxiety

NOTE Confidence: 0.853076517142857

00:08:48.170 --> 00:08:51.490 then it goes exactly what you see here,

NOTE Confidence: 0.853076517142857

00:08:51.490 --> 00:08:53.590 the social anxiety

NOTE Confidence: 0.853076517142857

00:08:53.590 --> 00:08:55.690 to generalized anxiety,

NOTE Confidence: 0.853076517142857

00:08:55.690 --> 00:08:57.286 panic is usually a bit higher.

NOTE Confidence: 0.853076517142857

00:08:57.290 --> 00:08:59.327 I'm surprised it's not higher but still.

NOTE Confidence: 0.853076517142857

00:08:59.330 --> 00:09:03.130 And then you then have a depressive disorder.

NOTE Confidence: 0.853076517142857

00:09:03.130 --> 00:09:05.839 So this really mirrors what we see

NOTE Confidence: 0.853076517142857

00:09:05.839 --> 00:09:07.710 in school attendance problems,

NOTE Confidence: 0.853076517142857

00:09:07.710 --> 00:09:09.395 which means typically it's typically

NOTE Confidence: 0.853076517142857

00:09:09.395 --> 00:09:11.843 going to get worse and worse because

NOTE Confidence: 0.853076517142857

00:09:11.843 --> 00:09:14.286 you're going to have more co-occurring

NOTE Confidence: 0.853076517142857

00:09:14.286 --> 00:09:16.210 problems and depression is you know

NOTE Confidence: 0.853076517142857

00:09:16.210 --> 00:09:18.350 it's I personally prefer to treat

NOTE Confidence: 0.853076517142857

00:09:18.350 --> 00:09:20.210 anxiety before I get before it

NOTE Confidence: 0.853076517142857

00:09:20.210 --> 00:09:22.260 turns into a depressive disorder.

NOTE Confidence: 0.853076517142857

00:09:22.260 --> 00:09:24.780 So I think that's a very.

NOTE Confidence: 0.853076517142857

00:09:24.780 --> 00:09:26.688 I like that study that I was involved with.

NOTE Confidence: 0.853076517142857

00:09:26.690 --> 00:09:28.608 I think it it really shed light

NOTE Confidence: 0.853076517142857

00:09:28.608 --> 00:09:29.972 on some important developmental

NOTE Confidence: 0.853076517142857

00:09:29.972 --> 00:09:31.896 issues with with adolescents.

NOTE Confidence: 0.898418137647059

00:09:34.300 --> 00:09:38.010 Now you might ask hm if this is such a problem

NOTE Confidence: 0.898418137647059

00:09:38.099 --> 00:09:41.375 if it's really if it's real important,

NOTE Confidence: 0.898418137647059

00:09:41.380 --> 00:09:43.588 if it's real important, how come these kids

NOTE Confidence: 0.898418137647059

00:09:43.588 --> 00:09:45.816 are not getting help? And there was

NOTE Confidence: 0.898418137647059

00:09:45.816 --> 00:09:48.325 actually a and and there there was actually

NOTE Confidence: 0.898418137647059

00:09:48.325 --> 00:09:50.377 a study and what's really interesting

NOTE Confidence: 0.898418137647059

00:09:50.380 --> 00:09:52.466 is why parents were reluctant

NOTE Confidence: 0.898418137647059

00:09:52.466 --> 00:09:54.876 to get help and look at that stigma.

NOTE Confidence: 0.898418137647059

00:09:54.880 --> 00:09:57.096 OK this is from seven years ago. Stigma

NOTE Confidence: 0.898418137647059

00:09:57.096 --> 00:09:59.408 like and and and it's it's kind of like

NOTE Confidence: 0.898418137647059

00:09:59.408 --> 00:10:01.783 as we said we expect kids to go to

NOTE Confidence: 0.898418137647059

00:10:01.783 --> 00:10:03.627 school so for parents to bring their.

NOTE Confidence: 0.898418137647059

00:10:03.627 --> 00:10:05.181 To bring their child to the

NOTE Confidence: 0.898418137647059

00:10:05.181 --> 00:10:06.267 attention of someone, hey,

NOTE Confidence: 0.898418137647059

00:10:06.267 --> 00:10:07.689 my child doesn't want to go

NOTE Confidence: 0.898418137647059

00:10:07.689 --> 00:10:08.850 go to school.

NOTE Confidence: 0.898418137647059

00:10:08.850 --> 00:10:10.035 They they're feeling shame and

NOTE Confidence: 0.898418137647059

00:10:10.035 --> 00:10:11.486 makes them feel like they don't

NOTE Confidence: 0.898418137647059

00:10:11.486 --> 00:10:12.824 know how to manage their child.

NOTE Confidence: 0.898418137647059

00:10:12.830 --> 00:10:15.399 So stigma is actually one of the

NOTE Confidence: 0.898418137647059

00:10:15.399 --> 00:10:17.560 biggest barriers to why parents do

NOTE Confidence: 0.898418137647059

00:10:17.560 --> 00:10:20.070 not seek help and then also lack

NOTE Confidence: 0.898418137647059

00:10:20.070 --> 00:10:22.350 of school resources is up there.

NOTE Confidence: 0.898418137647059

00:10:22.350 --> 00:10:25.899 There also is a belief which frankly

NOTE Confidence: 0.898418137647059

00:10:25.899 --> 00:10:28.510 it's not completely farfetched.

NOTE Confidence: 0.898418137647059

00:10:28.510 --> 00:10:32.326 That, that, that that it may not help and,

NOTE Confidence: 0.898418137647059

00:10:32.330 --> 00:10:34.814 and and and one of the main themes of

NOTE Confidence: 0.898418137647059

00:10:34.814 --> 00:10:37.517 today for me today is that we still do

NOTE Confidence: 0.898418137647059

00:10:37.517 --> 00:10:39.590 need improved and better treatments.

NOTE Confidence: 0.898418137647059

00:10:39.590 --> 00:10:41.510 And then there's also that idea

NOTE Confidence: 0.898418137647059

00:10:41.510 --> 00:10:43.190 that on one hand help,

NOTE Confidence: 0.898418137647059

00:10:43.190 --> 00:10:44.792 it will be ineffective and the

NOTE Confidence: 0.898418137647059

00:10:44.792 --> 00:10:46.470 other hand it's temporary.

NOTE Confidence: 0.898418137647059

00:10:46.470 --> 00:10:48.902 Although I can let you know for sure

NOTE Confidence: 0.898418137647059

00:10:48.902 --> 00:10:51.370 that sure if you get a child younger,

NOTE Confidence: 0.898418137647059

00:10:51.370 --> 00:10:54.226 an acute case of school absenteeism,

NOTE Confidence: 0.898418137647059

00:10:54.230 --> 00:10:56.840 the chances of them getting back

NOTE Confidence: 0.898418137647059

00:10:56.840 --> 00:10:59.180 to school is significantly higher

NOTE Confidence: 0.898418137647059

00:10:59.180 --> 00:10:59.878 than in adolescence,

NOTE Confidence: 0.898418137647059

00:10:59.878 --> 00:11:01.972 and this is something that's been

NOTE Confidence: 0.898418137647059

00:11:01.972 --> 00:11:04.197 documented for like 1/2 a century already,

NOTE Confidence: 0.898418137647059

00:11:04.200 --> 00:11:05.790 that the older kids are

NOTE Confidence: 0.898418137647059

00:11:05.790 --> 00:11:07.512 more difficult and challenging

NOTE Confidence: 0.898418137647059

00:11:07.512 --> 00:11:10.052 to get them back, what we call chronic,

NOTE Confidence: 0.898418137647059

00:11:10.052 --> 00:11:11.904 you know, the chronic

NOTE Confidence: 0.898418137647059

00:11:11.904 --> 00:11:15.537 absenteeism that's been happening for for,

NOTE Confidence: 0.898418137647059

00:11:15.537 --> 00:11:17.756 you know, throughout childhood.

NOTE Confidence: 0.896770754444445

00:11:20.570 --> 00:11:23.297 Now this is also kind of cool I think.

NOTE Confidence: 0.896770754444445

00:11:23.300 --> 00:11:25.652 So I wanted to share this with you

NOTE Confidence: 0.896770754444445

00:11:25.652 --> 00:11:28.520 because usually the first thing that

NOTE Confidence: 0.896770754444445

00:11:28.520 --> 00:11:31.090 happens is once it's recognized

NOTE Confidence: 0.896770754444445

00:11:31.090 --> 00:11:33.250 that there is a problem,

NOTE Confidence: 0.896770754444445

00:11:33.250 --> 00:11:35.194 typically what happens a lot is

NOTE Confidence: 0.896770754444445

00:11:35.194 --> 00:11:37.370 schools when they do get involved,

NOTE Confidence: 0.896770754444445

00:11:37.370 --> 00:11:40.492 they do some type of accommodation

NOTE Confidence: 0.896770754444445

00:11:40.492 --> 00:11:42.560 and we actually just published

NOTE Confidence: 0.896770754444445

00:11:42.560 --> 00:11:44.750 this article and we publish this

NOTE Confidence: 0.896770754444445

00:11:44.750 --> 00:11:46.469 article because it was actually,

NOTE Confidence: 0.896770754444445

00:11:46.470 --> 00:11:48.046 it was peer reviewed,

NOTE Confidence: 0.896770754444445

00:11:48.046 --> 00:11:51.730 but it was part of a I think it's

NOTE Confidence: 0.896770754444445

00:11:51.730 --> 00:11:53.170 yeah European Journal because

NOTE Confidence: 0.896770754444445

00:11:53.170 --> 00:11:55.378 it was part of a special issue

NOTE Confidence: 0.896770754444445

00:11:55.378 --> 00:11:57.842 that and you could see the Spanish

NOTE Confidence: 0.896770754444445

00:11:57.842 --> 00:11:59.548 headquarters of Spanish at the in

NOTE Confidence: 0.896770754444445

00:11:59.548 --> 00:12:01.364 the title because it was it was

NOTE Confidence: 0.896770754444445

00:12:01.364 --> 00:12:03.420 as I said it was invited by some

NOTE Confidence: 0.896770754444445

00:12:03.488 --> 00:12:05.700 people I know who are running this

NOTE Confidence: 0.896770754444445

00:12:05.700 --> 00:12:08.275 journal and I thought and since it's

NOTE Confidence: 0.896770754444445

00:12:08.275 --> 00:12:10.220 international #1 there is

00:12:10.220 --> 00:12:13.472 an international, a side point, there is

00:12:13.472 --> 00:12:15.839 now an international organization to

00:12:15.839 --> 00:12:18.137 help kids with with this problem.

00:12:18.140 --> 00:12:19.640 I actually because I've been

00:12:19.640 --> 00:12:21.800 doing this work for a long time

00:12:21.800 --> 00:12:23.100 with my work on anxiety,

00:12:23.100 --> 00:12:25.788 I actually was one of the founders

00:12:25.788 --> 00:12:27.453 of this international organization

00:12:27.453 --> 00:12:30.526 and so part of these articles

00:12:30.526 --> 00:12:32.918 appeared related to this organization.

00:12:32.920 --> 00:12:35.656 I just wanted to explain like why is

00:12:35.656 --> 00:12:39.089 this Spanish in that article so, but anyway.

00:12:39.089 --> 00:12:41.222 Back to the study,

00:12:41.222 --> 00:12:44.234 because it was a school and

00:12:44.234 --> 00:12:45.238 education journal.

00:12:45.240 --> 00:12:46.969 We meet, we looked, we don't have,

NOTE Confidence: 0.896770754444445

00:12:46.970 --> 00:12:49.375 we didn't have the

NOTE Confidence: 0.896770754444445

00:12:49.375 --> 00:12:51.780 anxiety program that I run.

NOTE Confidence: 0.896770754444445

00:12:51.780 --> 00:12:52.272 We

NOTE Confidence: 0.896770754444445

00:12:52.272 --> 00:12:56.700 had a sample of over 500 kids and over

NOTE Confidence: 0.896770754444445

00:12:56.824 --> 00:13:00.928 3/4 were in kindergarten through 6th grade.

NOTE Confidence: 0.896770754444445

00:13:00.930 --> 00:13:03.170 And this is the problem with the study,

NOTE Confidence: 0.896770754444445

00:13:03.170 --> 00:13:04.466 but it still is I think,

NOTE Confidence: 0.896770754444445

00:13:04.470 --> 00:13:05.274 really revealing.

NOTE Confidence: 0.896770754444445

00:13:05.274 --> 00:13:08.088 So we looked at kids who had

NOTE Confidence: 0.896770754444445

00:13:08.088 --> 00:13:10.049 either a presence or an absence

NOTE Confidence: 0.896770754444445

00:13:10.049 --> 00:13:12.090 of an IEP or 504 plan.

NOTE Confidence: 0.896770754444445

00:13:12.090 --> 00:13:14.050 We didn't have anything more than that.

NOTE Confidence: 0.896770754444445

00:13:14.050 --> 00:13:15.290 And this is a limitation,

NOTE Confidence: 0.896770754444445

00:13:15.290 --> 00:13:16.590 but still bear with me.

NOTE Confidence: 0.896770754444445

00:13:16.590 --> 00:13:18.750 Look at what we found and then we have.

NOTE Confidence: 0.896770754444445

00:13:18.750 --> 00:13:21.945 And so this is this is clinic anxious kids,

NOTE Confidence: 0.896770754444445

00:13:21.950 --> 00:13:23.606 not kids who came for school

NOTE Confidence: 0.896770754444445

00:13:23.610 --> 00:13:24.044 refusal.

NOTE Confidence: 0.896770754444445

00:13:24.044 --> 00:13:26.648 It's just kids clinic anxious and

NOTE Confidence: 0.896770754444445

00:13:26.648 --> 00:13:29.739 we just look to look to see who had

NOTE Confidence: 0.896770754444445

00:13:29.739 --> 00:13:32.164 this IEP or 504 and who didn't.

NOTE Confidence: 0.896770754444445

00:13:32.164 --> 00:13:34.090 We always give these measures and

NOTE Confidence: 0.896770754444445

00:13:34.160 --> 00:13:36.308 we looked specifically at the social

NOTE Confidence: 0.896770754444445

00:13:36.308 --> 00:13:38.409 anxiety subscale of major

NOTE Confidence: 0.896770754444445

00:13:38.409 --> 00:13:40.227 anxiety measure and we also looked

NOTE Confidence: 0.896770754444445

00:13:40.227 --> 00:13:43.255 at the school subscale of a major

NOTE Confidence: 0.896770754444445

00:13:43.255 --> 00:13:46.312 scale called the Child Anxiety Impact

NOTE Confidence: 0.896770754444445

00:13:46.312 --> 00:13:49.067 and what was really interesting

NOTE Confidence: 0.896770754444445

00:13:49.070 --> 00:13:52.398 is that we found that the presence of

NOTE Confidence: 0.896770754444445

00:13:52.398 --> 00:13:55.678 the plan was significantly greater.

NOTE Confidence: 0.810810885555555

00:13:57.870 --> 00:14:00.210 Was associated with significantly greater

NOTE Confidence: 0.810810885555555

00:14:00.210 --> 00:14:02.082 anxiety related school impairment.

NOTE Confidence: 0.810810885555555

00:14:02.090 --> 00:14:05.090 That is if you had a plan among our kids,

NOTE Confidence: 0.810810885555555

00:14:05.090 --> 00:14:08.499 you had higher anxiety impairment using

NOTE Confidence: 0.810810885555555

00:14:08.499 --> 00:14:11.510 that impairment scale that I talked about.

NOTE Confidence: 0.810810885555555

00:14:11.510 --> 00:14:13.388 And if you had the plan,

NOTE Confidence: 0.810810885555555

00:14:13.390 --> 00:14:17.814 it did not reduce the influence of

NOTE Confidence: 0.810810885555555

00:14:17.814 --> 00:14:22.049 social anxiety on anxiety related impairment.

NOTE Confidence: 0.810810885555555

00:14:22.050 --> 00:14:24.516 So it was great anxiety impairment

NOTE Confidence: 0.810810885555555

00:14:24.516 --> 00:14:27.290 and it didn't reduce the influence.

NOTE Confidence: 0.810810885555555

00:14:27.290 --> 00:14:29.971 So what the implications for us is

NOTE Confidence: 0.810810885555555

00:14:29.971 --> 00:14:32.895 that at least when people are putting

NOTE Confidence: 0.810810885555555

00:14:32.895 --> 00:14:35.994 in these that it suggests and it's

NOTE Confidence: 0.810810885555555

00:14:35.994 --> 00:14:38.389 just a suggestion that perhaps

NOTE Confidence: 0.810810885555555

00:14:38.390 --> 00:14:41.078 because school based

NOTE Confidence: 0.810810885555555

00:14:41.078 --> 00:14:42.870 accommodations for socially anxious

NOTE Confidence: 0.810810885555555

00:14:42.943 --> 00:14:45.247 kids were not helpful in terms

NOTE Confidence: 0.810810885555555

00:14:45.247 --> 00:14:46.783 of reducing their impairment.

NOTE Confidence: 0.810810885555555

00:14:46.790 --> 00:14:49.376 It also didn't reduce the impairment

NOTE Confidence: 0.810810885555555

00:14:49.376 --> 00:14:52.640 of social anxiety on school

NOTE Confidence: 0.810810885555555

00:14:52.640 --> 00:14:53.610 related activities.

NOTE Confidence: 0.810810885555555

00:14:53.610 --> 00:14:55.554 Now I have to emphasize there are only

NOTE Confidence: 0.810810885555555

00:14:55.554 --> 00:14:57.430 about two or three other studies that

NOTE Confidence: 0.810810885555555

00:14:57.430 --> 00:14:59.460 have ever looked at least that I know

NOTE Confidence: 0.810810885555555

00:14:59.460 --> 00:15:01.372 of at least that weeks when we searched.

NOTE Confidence: 0.810810885555555

00:15:01.372 --> 00:15:03.904 And so the couple of other

NOTE Confidence: 0.810810885555555

00:15:03.904 --> 00:15:05.170 studies are consistent.

NOTE Confidence: 0.810810885555555

00:15:05.170 --> 00:15:07.347 Now again this is a limited study.

NOTE Confidence: 0.810810885555555

00:15:07.350 --> 00:15:09.978 We didn't do a close accommodation.

NOTE Confidence: 0.810810885555555

00:15:09.980 --> 00:15:12.584 But I can tell you just because

NOTE Confidence: 0.810810885555555

00:15:12.584 --> 00:15:15.159 we run an anxiety clinic,

NOTE Confidence: 0.810810885555555

00:15:15.160 --> 00:15:17.496 most of the kids who come to our

NOTE Confidence: 0.810810885555555

00:15:17.496 --> 00:15:19.459 anxiety clinic and have these plans,

NOTE Confidence: 0.810810885555555

00:15:19.460 --> 00:15:21.795 it typically is related to

NOTE Confidence: 0.810810885555555

00:15:21.795 --> 00:15:23.196 the anxiety problem.

NOTE Confidence: 0.810810885555555

00:15:23.200 --> 00:15:23.840 So again,

NOTE Confidence: 0.810810885555555

00:15:23.840 --> 00:15:25.760 we didn't systematically look at it,

NOTE Confidence: 0.810810885555555

00:15:25.760 --> 00:15:28.505 but I know from talking to many of these

NOTE Confidence: 0.810810885555555

00:15:28.505 --> 00:15:30.420 families, it could be things like,

NOTE Confidence: 0.810810885555555

00:15:30.420 --> 00:15:32.065 OK, they don't want to give it,

NOTE Confidence: 0.810810885555555

00:15:32.070 --> 00:15:33.792 it's hard for them to give

NOTE Confidence: 0.810810885555555

00:15:33.792 --> 00:15:34.653 a verbal presentation.

NOTE Confidence: 0.810810885555555

00:15:34.660 --> 00:15:36.662 So they don't need to do a

NOTE Confidence: 0.810810885555555

00:15:36.662 --> 00:15:37.520 verbal presentation presentation.

NOTE Confidence: 0.810810885555555

00:15:37.520 --> 00:15:40.268 They can do a written presentation.

NOTE Confidence: 0.810810885555555

00:15:40.270 --> 00:15:41.062 On certain days,

NOTE Confidence: 0.810810885555555

00:15:41.062 --> 00:15:43.608 if they want to come later to skip a

NOTE Confidence: 0.810810885555555

00:15:43.608 --> 00:15:45.504 certain subject that's hard for them,

NOTE Confidence: 0.810810885555555

00:15:45.510 --> 00:15:47.230 that could be an accommodation.

NOTE Confidence: 0.810810885555555

00:15:47.230 --> 00:15:48.116 So again,

NOTE Confidence: 0.810810885555555

00:15:48.116 --> 00:15:49.002 these accommodations,

NOTE Confidence: 0.810810885555555

00:15:49.002 --> 00:15:50.774 they're extremely well intended

NOTE Confidence: 0.810810885555555

00:15:50.774 --> 00:15:53.369 and we participate a lot in them.

NOTE Confidence: 0.810810885555555

00:15:53.370 --> 00:15:55.204 But I think there's a lot more

NOTE Confidence: 0.810810885555555

00:15:55.204 --> 00:15:57.330 that needs to be done to determine

NOTE Confidence: 0.810810885555555

00:15:57.330 --> 00:15:59.802 whether or not they're helping and

NOTE Confidence: 0.810810885555555

00:15:59.802 --> 00:16:03.974 benefiting the way we hope they are.

NOTE Confidence: 0.810810885555555

00:16:03.980 --> 00:16:05.428 Now you might ask,

NOTE Confidence: 0.810810885555555

00:16:05.428 --> 00:16:07.238 why wouldn't they help though?

NOTE Confidence: 0.810810885555555

00:16:07.240 --> 00:16:07.884 I mean,

NOTE Confidence: 0.810810885555555

00:16:07.884 --> 00:16:09.172 you just said descriptively

NOTE Confidence: 0.810810885555555

00:16:09.172 --> 00:16:10.138 they're not helping.

NOTE Confidence: 0.810810885555555

00:16:10.140 --> 00:16:11.538 But what could be the reason?

NOTE Confidence: 0.810810885555555

00:16:11.540 --> 00:16:12.908 I mean, they're well-intentioned.

NOTE Confidence: 0.810810885555555

00:16:12.908 --> 00:16:15.986 What could be so bad if a child has

NOTE Confidence: 0.810810885555555

00:16:15.986 --> 00:16:17.596 social anxiety and it's really,

NOTE Confidence: 0.810810885555555

00:16:17.600 --> 00:16:18.002 really,

NOTE Confidence: 0.810810885555555

00:16:18.002 --> 00:16:21.218 really hard to get them to do a

NOTE Confidence: 0.810810885555555

00:16:21.218 --> 00:16:23.287 presentation in school and if the

NOTE Confidence: 0.810810885555555

00:16:23.287 --> 00:16:26.188 only way to get them to go to school

NOTE Confidence: 0.810810885555555

00:16:26.190 --> 00:16:28.318 is to say you don't need to do

NOTE Confidence: 0.810810885555555

00:16:28.318 --> 00:16:29.760 the verbal presentation,

NOTE Confidence: 0.810810885555555

00:16:29.760 --> 00:16:31.720 you can just write a written report.

NOTE Confidence: 0.810810885555555

00:16:31.720 --> 00:16:33.660 What is wrong with that?

NOTE Confidence: 0.810810885555555

00:16:33.660 --> 00:16:36.040 And true they are coming to school

NOTE Confidence: 0.810810885555555

00:16:36.040 --> 00:16:38.472 but what I am suggesting,

NOTE Confidence: 0.810810885555555

00:16:38.472 --> 00:16:41.990 it's not helping their anxiety.

NOTE Confidence: 0.810810885555555

00:16:41.990 --> 00:16:45.950 But I want to say a little bit more now

NOTE Confidence: 0.810810885555555

00:16:46.061 --> 00:16:48.770 about the importance of understanding

NOTE Confidence: 0.810810885555555

00:16:48.770 --> 00:16:53.912 that one size does not fit all when it

NOTE Confidence: 0.810810885555555

00:16:53.912 --> 00:16:57.392 comes to anxiety school attendance problems.

NOTE Confidence: 0.810810885555555

00:16:57.400 --> 00:16:59.997 And so although the CBT kind of

NOTE Confidence: 0.810810885555555

00:16:59.997 --> 00:17:02.699 approach is the strongest evidence,

NOTE Confidence: 0.810810885555555

00:17:02.700 --> 00:17:04.470 frankly.

NOTE Confidence: 0.810810885555555

00:17:04.470 --> 00:17:04.914 CBT,

NOTE Confidence: 0.810810885555555

00:17:04.914 --> 00:17:07.134 it's not helping everybody

NOTE Confidence: 0.810810885555555

00:17:07.134 --> 00:17:10.427 and even with anxiety

NOTE Confidence: 0.810810885555555

00:17:10.427 --> 00:17:11.849 you have about

NOTE Confidence: 0.881089374814815

00:17:11.850 --> 00:17:14.562 40% of kids who are not benefiting from

NOTE Confidence: 0.881089374814815

00:17:14.562 --> 00:17:17.630 CBT and they and they do need more and so

NOTE Confidence: 0.881089374814815

00:17:17.630 --> 00:17:20.808 but it certainly is the best that we have,

NOTE Confidence: 0.881089374814815

00:17:20.810 --> 00:17:23.818 but we need more and so I

NOTE Confidence: 0.881089374814815

00:17:23.818 --> 00:17:26.678 I want to just emphasize

NOTE Confidence: 0.881089374814815

00:17:26.680 --> 00:17:29.920 when it comes to school attendance

NOTE Confidence: 0.881089374814815

00:17:29.920 --> 00:17:32.230 because I think sometimes people

NOTE Confidence: 0.881089374814815

00:17:32.230 --> 00:17:35.120 are too quick to do a, a straight,

NOTE Confidence: 0.881089374814815

00:17:35.120 --> 00:17:36.877 if they're going to do an evidence

NOTE Confidence: 0.881089374814815

00:17:36.877 --> 00:17:38.527 based thing and they know CBT

NOTE Confidence: 0.881089374814815

00:17:38.527 --> 00:17:39.937 is the strongest evidence base,

NOTE Confidence: 0.881089374814815

00:17:39.940 --> 00:17:42.411 they're very quick to then set up

NOTE Confidence: 0.881089374814815

00:17:42.411 --> 00:17:44.600 a hierarchy that I talked about.

NOTE Confidence: 0.881089374814815

00:17:44.600 --> 00:17:47.036 OK, Saturday go to the school

NOTE Confidence: 0.881089374814815

00:17:47.036 --> 00:17:48.660 and nobody is there.

NOTE Confidence: 0.881089374814815

00:17:48.660 --> 00:17:51.820 And then like let's gradually,

NOTE Confidence: 0.881089374814815

00:17:51.820 --> 00:17:53.988 you know in the morning let's

NOTE Confidence: 0.881089374814815

00:17:53.988 --> 00:17:56.474 pack our bag and then the next

NOTE Confidence: 0.881089374814815

00:17:56.474 --> 00:17:58.383 morning let's walk through the school

NOTE Confidence: 0.881089374814815

00:17:58.383 --> 00:18:00.743 stop and then the next morning and you

NOTE Confidence: 0.881089374814815

00:18:00.750 --> 00:18:02.676 know and then we'll have mom there with you.

00:18:02.680 --> 00:18:03.748 I mean you know the whole

00:18:03.750 --> 00:18:05.480 shebang.

00:18:05.480 --> 00:18:08.315 And you know, so it's kind of like a one

00:18:08.315 --> 00:18:11.269 size fits all hierarchy to some extent.

00:18:11.270 --> 00:18:14.189 But I think what's important is that

00:18:14.190 --> 00:18:16.955 each child is different and this is

00:18:16.955 --> 00:18:21.940 a model from many years ago that

00:18:21.940 --> 00:18:24.040 that I developed with a graduate

00:18:24.040 --> 00:18:26.439 student who's now a distinguished professor,

00:18:26.440 --> 00:18:27.212 Chris Kearney.

00:18:27.212 --> 00:18:29.528 And some of you have followed

00:18:29.528 --> 00:18:30.300 this literature.

00:18:30.300 --> 00:18:31.614 I'll show you one of his

00:18:31.614 --> 00:18:32.820 books in a slide soon.

00:18:32.820 --> 00:18:33.340 But Chris,

00:18:33.340 --> 00:18:35.160 when he was a graduate student,

NOTE Confidence: 0.881089374814815

00:18:35.160 --> 00:18:36.681 and this is my, he was one of my

NOTE Confidence: 0.881089374814815

00:18:36.681 --> 00:18:37.719 first graduate students.

NOTE Confidence: 0.881089374814815

00:18:37.720 --> 00:18:39.320 This is when I was at SUNY Albany,

NOTE Confidence: 0.881089374814815

00:18:39.320 --> 00:18:41.539 and I was there in the 1980s,

NOTE Confidence: 0.881089374814815

00:18:41.540 --> 00:18:44.700 and we developed a functional

NOTE Confidence: 0.881089374814815

00:18:44.700 --> 00:18:47.160 model of school avoidance,

NOTE Confidence: 0.881089374814815

00:18:47.160 --> 00:18:51.080 and we talked about how kids may

NOTE Confidence: 0.881089374814815

00:18:51.080 --> 00:18:52.830 be staying home

NOTE Confidence: 0.881089374814815

00:18:52.830 --> 00:18:54.962 to approach positive experiences.

NOTE Confidence: 0.881089374814815

00:18:54.962 --> 00:18:59.412 Or they may be staying away from school

NOTE Confidence: 0.881089374814815

00:18:59.412 --> 00:19:02.886 to avoid negative experiences and events.

NOTE Confidence: 0.881089374814815

00:19:02.890 --> 00:19:05.538 So for example and this is you know

NOTE Confidence: 0.881089374814815

00:19:05.538 --> 00:19:08.742 for those of you who are understand

NOTE Confidence: 0.881089374814815

00:19:08.742 --> 00:19:11.207 functional analysis of behavior analysis,

NOTE Confidence: 0.881089374814815

00:19:11.210 --> 00:19:14.354 it's coming from a functional or

00:19:14.354 --> 00:19:15.926 behavior analytic perspective.

00:19:15.930 --> 00:19:18.722 And so in fact Chris and I developed

00:19:18.722 --> 00:19:20.915 something called the the School Refusal

00:19:20.915 --> 00:19:23.508 Assessment Scale and Chris, as I said

00:19:23.508 --> 00:19:25.453 is now a distinguished professor

00:19:25.453 --> 00:19:28.090 and he has moved much more than I have.

00:19:28.090 --> 00:19:29.908 I've kind of focused, continue to

00:19:29.908 --> 00:19:31.688 focus more on anxiety because just

00:19:31.688 --> 00:19:33.473 recently I just saw he had a

00:19:33.480 --> 00:19:36.856 an editorial in the in the main child

00:19:36.856 --> 00:19:39.548 psychiatry journal and he's and I

00:19:39.548 --> 00:19:42.354 recommend his work a great deal but anyway.

00:19:42.354 --> 00:19:45.133 But back to the more basic model

00:19:45.140 --> 00:19:46.898 function due to approach. So what

00:19:46.898 --> 00:19:48.390 happens when they stay home?

00:19:48.390 --> 00:19:49.704 Well remember I showed you the

NOTE Confidence: 0.881089374814815

00:19:49.704 --> 00:19:50.580 child staying in bed?

NOTE Confidence: 0.881089374814815

00:19:50.580 --> 00:19:53.035 Well the child stays home

NOTE Confidence: 0.881089374814815

00:19:53.035 --> 00:19:56.120 with mom and moms and dads.

NOTE Confidence: 0.881089374814815

00:19:56.120 --> 00:19:57.788 I don't want to just focus

NOTE Confidence: 0.881089374814815

00:19:57.788 --> 00:19:59.500 talk about moms dads and moms.

NOTE Confidence: 0.881089374814815

00:19:59.500 --> 00:20:00.334 They mean well.

NOTE Confidence: 0.881089374814815

00:20:00.334 --> 00:20:02.280 But I have everything I'm saying to

NOTE Confidence: 0.881089374814815

00:20:02.342 --> 00:20:04.198 you now I'm not making up and

NOTE Confidence: 0.881089374814815

00:20:04.200 --> 00:20:07.424 this is not at all about blaming anybody.

NOTE Confidence: 0.881089374814815

00:20:07.430 --> 00:20:10.049 It is hard to have a child not going

NOTE Confidence: 0.881089374814815

00:20:10.049 --> 00:20:12.608 to school and it's hard for us

NOTE Confidence: 0.881089374814815

00:20:12.608 --> 00:20:15.267 not to know what to do with these,

NOTE Confidence: 0.895373773333333

00:20:15.270 --> 00:20:19.922 with our children and sometimes we, you know,

NOTE Confidence: 0.895373773333333

00:20:19.922 --> 00:20:22.290 kind of fall into some routines and it.

NOTE Confidence: 0.895373773333333

00:20:22.290 --> 00:20:24.490 And as I said, it's the protection trap.

34

00:20:24.490 --> 00:20:27.010 So I've seen children who get to spend time

00:20:27.010 --> 00:20:29.494 with their parents by being able to go to

00:20:29.494 --> 00:20:31.966 work with their parents, or I've seen kids.

00:20:31.966 --> 00:20:33.286 The thing about the pizza,

00:20:33.290 --> 00:20:34.590 I didn't make that up.

00:20:34.590 --> 00:20:36.048 When the parents went to work,

00:20:36.050 --> 00:20:36.788 they made sure,

00:20:36.788 --> 00:20:38.264 they made sure that pizza was

00:20:38.264 --> 00:20:39.301 being delivered. Again,

00:20:39.301 --> 00:20:40.927 I am not making this up.

00:20:40.930 --> 00:20:43.670 They get to stay home and do what they want

00:20:43.670 --> 00:20:45.014 on their computer.

00:20:45.014 --> 00:20:46.806 Hey, if you're adolescent,

00:20:46.810 --> 00:20:49.226 who likes to get up at 6:30/7 AM?

00:20:49.226 --> 00:20:50.616 You get to sleep in.

00:20:50.620 --> 00:20:54.116 So there is that function of school with

NOTE Confidence: 0.895373773333333

00:20:54.116 --> 00:20:56.887 attendance problems and looking at the scale.

NOTE Confidence: 0.895373773333333

00:20:56.890 --> 00:20:58.874 But even if not looking at the scale,

NOTE Confidence: 0.895373773333333

00:20:58.880 --> 00:21:01.178 trying to understand what is the

NOTE Confidence: 0.895373773333333

00:21:01.178 --> 00:21:04.044 child doing when they are home is

NOTE Confidence: 0.895373773333333

00:21:04.044 --> 00:21:06.139 really important because it's that

NOTE Confidence: 0.895373773333333

00:21:06.139 --> 00:21:08.754 staying home that keeps that approach

NOTE Confidence: 0.895373773333333

00:21:08.754 --> 00:21:12.560 approach toward home strong.

NOTE Confidence: 0.895373773333333

00:21:12.560 --> 00:21:14.140 Similarly, and it's not either

NOTE Confidence: 0.895373773333333

00:21:14.140 --> 00:21:16.240 or by the way. It's not it.

NOTE Confidence: 0.895373773333333

00:21:16.240 --> 00:21:18.256 I said it's and/or. Some kids,

NOTE Confidence: 0.895373773333333

00:21:18.260 --> 00:21:20.390 the function is mainly approach,

NOTE Confidence: 0.895373773333333

00:21:20.390 --> 00:21:22.520 for some kids it's avoidance.

NOTE Confidence: 0.895373773333333

00:21:22.520 --> 00:21:23.558 And these things,

NOTE Confidence: 0.895373773333333

00:21:23.558 --> 00:21:26.714 these avoidances as you can see they kind of

NOTE Confidence: 0.895373773333333

00:21:26.714 --> 00:21:29.378 do map on, frankly, to our anxiety disorders.

36

NOTE Confidence: 0.895373773333333

00:21:29.380 --> 00:21:31.152 For the younger kids,

NOTE Confidence: 0.895373773333333

00:21:31.152 --> 00:21:32.038 I'm not,

NOTE Confidence: 0.895373773333333

00:21:32.040 --> 00:21:34.782 I'm avoiding going to school because

NOTE Confidence: 0.895373773333333

00:21:34.782 --> 00:21:38.620 if I go to school I'm away from my mom.

NOTE Confidence: 0.895373773333333

00:21:38.620 --> 00:21:41.956 I'm terrified about being away from my mom.

NOTE Confidence: 0.895373773333333

00:21:41.960 --> 00:21:44.978 I'm afraid to go to school.

NOTE Confidence: 0.895373773333333

00:21:44.980 --> 00:21:47.228 I don't want to go to school because

NOTE Confidence: 0.895373773333333

00:21:47.228 --> 00:21:49.387 I'm going to have to give be called

NOTE Confidence: 0.895373773333333

00:21:49.387 --> 00:21:51.698 on and I'm going to like maybe vomit.

NOTE Confidence: 0.895373773333333

00:21:51.700 --> 00:21:53.380 Now I've seen a lot of kids

NOTE Confidence: 0.895373773333333

00:21:53.380 --> 00:21:54.900 who come to our

NOTE Confidence: 0.895373773333333

00:21:54.900 --> 00:21:57.508 anxiety clinic and they have a big anxiety,

NOTE Confidence: 0.895373773333333

00:21:57.510 --> 00:21:59.680 big concern about and I actually,

NOTE Confidence: 0.895373773333333

00:21:59.680 --> 00:22:01.680 we actually, now it's coming back to me.

NOTE Confidence: 0.895373773333333

00:22:01.680 --> 00:22:03.828 Chris Kearney and I actually published

NOTE Confidence: 0.895373773333333

00:22:03.828 --> 00:22:07.046 in the 80s a case study of a child

NOTE Confidence: 0.895373773333333

00:22:07.046 --> 00:22:08.715 who had bowel movement concerns.

NOTE Confidence: 0.895373773333333

00:22:08.715 --> 00:22:10.485 I mean this child was convinced

NOTE Confidence: 0.895373773333333

00:22:10.485 --> 00:22:12.278 that if he went to school,

NOTE Confidence: 0.895373773333333

00:22:12.280 --> 00:22:14.494 he would have a bowel movement

NOTE Confidence: 0.895373773333333

00:22:14.494 --> 00:22:15.970 in the class.

NOTE Confidence: 0.895373773333333

00:22:15.970 --> 00:22:17.720 And then when we did more assessment

NOTE Confidence: 0.895373773333333

00:22:17.720 --> 00:22:19.510 it had to do of course with,

NOTE Confidence: 0.895373773333333

00:22:19.510 --> 00:22:21.064 well yes because when I have

NOTE Confidence: 0.895373773333333

00:22:21.064 --> 00:22:22.450 to be with other kids,

NOTE Confidence: 0.895373773333333

00:22:22.450 --> 00:22:25.061 my stomach really hurts and I can't

NOTE Confidence: 0.895373773333333

00:22:25.061 --> 00:22:27.394 control my stomach and I'm

NOTE Confidence: 0.895373773333333

00:22:27.394 --> 00:22:29.790 afraid I'm going to have an accident.

NOTE Confidence: 0.895373773333333

00:22:29.790 --> 00:22:30.554 So again,

NOTE Confidence: 0.895373773333333

00:22:30.554 --> 00:22:33.094 this is for some of them and

NOTE Confidence: 0.895373773333333

00:22:33.094 --> 00:22:34.070 then for some of them,

NOTE Confidence: 0.895373773333333

00:22:34.070 --> 00:22:34.980 it's some of these other

NOTE Confidence: 0.895373773333333

00:22:34.980 --> 00:22:36.110 things that you could see here.

NOTE Confidence: 0.895373773333333

00:22:36.110 --> 00:22:38.959 So these could be avoidant reasons for

NOTE Confidence: 0.895373773333333

00:22:38.959 --> 00:22:41.494 avoidance and why it's so important

NOTE Confidence: 0.895373773333333

00:22:41.494 --> 00:22:43.966 to pay attention to the function.

NOTE Confidence: 0.895373773333333

00:22:43.970 --> 00:22:44.346 Besides,

NOTE Confidence: 0.895373773333333

00:22:44.346 --> 00:22:46.602 when thinking about how to attend

NOTE Confidence: 0.895373773333333

00:22:46.602 --> 00:22:47.730 to these kids.

NOTE Confidence: 0.858564958533333

00:22:54.650 --> 00:22:57.341 And so I kind of and so if

NOTE Confidence: 0.858564958533333

00:22:57.341 --> 00:22:59.756 you think about it from this approach

NOTE Confidence: 0.858564958533333

00:22:59.756 --> 00:23:02.410 there are then, instead of the straight

NOTE Confidence: 0.858564958533333

00:23:02.410 --> 00:23:04.932 CBT approach that I talked about which

NOTE Confidence: 0.858564958533333

00:23:04.932 --> 00:23:07.109 is sort of like the standard approach.

NOTE Confidence: 0.858564958533333

00:23:07.110 --> 00:23:09.510 If you think about it this way there

NOTE Confidence: 0.858564958533333

00:23:09.510 --> 00:23:12.360 are some then you know modules or

NOTE Confidence: 0.858564958533333

00:23:12.360 --> 00:23:15.317 treatment plans that are a little bit

NOTE Confidence: 0.858564958533333

00:23:15.317 --> 00:23:18.691 different than your typical exposures of the

NOTE Confidence: 0.858564958533333

00:23:18.691 --> 00:23:21.925 typical CBT exposure and you could see.

NOTE Confidence: 0.858564958533333

00:23:21.930 --> 00:23:22.890 And a lot of them,

NOTE Confidence: 0.858564958533333

00:23:22.890 --> 00:23:25.770 if you look at the ones this has to do with

NOTE Confidence: 0.858564958533333

00:23:25.770 --> 00:23:29.050 For these reasons that have to do with,

NOTE Confidence: 0.858564958533333

00:23:29.050 --> 00:23:31.530 you could see a lot of these frankly

NOTE Confidence: 0.858564958533333

00:23:31.530 --> 00:23:34.758 have to do with teaching parents some

NOTE Confidence: 0.858564958533333

00:23:34.758 --> 00:23:37.293 contingency management and appropriate use

NOTE Confidence: 0.858564958533333

00:23:37.371 --> 00:23:40.043 of rewards and and this type of thing.

NOTE Confidence: 0.858564958533333

00:23:40.050 --> 00:23:43.564 And again I I know I sound.

NOTE Confidence: 0.858564958533333

00:23:43.570 --> 00:23:44.186 And again,

NOTE Confidence: 0.858564958533333

00:23:44.186 --> 00:23:46.930 I don't make this these things up.

NOTE Confidence: 0.858564958533333

00:23:46.930 --> 00:23:49.798 I it, it is.

NOTE Confidence: 0.858564958533333

00:23:49.800 --> 00:23:51.340 If I if I could.

NOTE Confidence: 0.858564958533333

00:23:51.340 --> 00:23:53.240 And again, these are extremely,

00:23:53.240 --> 00:23:54.380 extremely well-intentioned parents

00:23:54.380 --> 00:23:57.672 and I think they are and I and

00:23:57.672 --> 00:23:58.800 I think they actually.

00:23:58.800 --> 00:24:02.000 And so they're not being

00:24:02.000 --> 00:24:05.115 dishonest in any shape or form.

00:24:05.120 --> 00:24:07.176 It it's just that it's you get into

00:24:07.176 --> 00:24:08.990 a pattern that's really long standing

00:24:08.990 --> 00:24:11.576 and it gets really hard to like, you

00:24:11.576 --> 00:24:13.598 know, recognize that pattern until you

00:24:13.598 --> 00:24:15.660 see somebody outside of your little

00:24:15.660 --> 00:24:18.164 bubble who can point out these patterns

00:24:18.164 --> 00:24:20.719 because I've seen so many times when

00:24:20.719 --> 00:24:23.596 we suggest to parents some of these things.

00:24:23.600 --> 00:24:24.360 It is.

00:24:24.360 --> 00:24:25.120 It is.

00:24:25.120 --> 00:24:27.940 If I had, if I could, if I had a

00:24:27.940 --> 00:24:30.119 nickel for the number of times I've

00:24:30.119 --> 00:24:31.859 heard "oh we've tried that,

00:24:31.860 --> 00:24:32.430 it doesn't work."

00:24:32.430 --> 00:24:33.760 If I had a nickel for that,

00:24:33.760 --> 00:24:35.480 I probably wouldn't be doing

00:24:35.480 --> 00:24:37.200 this on a Saturday morning.

00:24:37.200 --> 00:24:39.517 No, I'm joking because we're not getting

00:24:39.517 --> 00:24:41.140 paid anything, but it was a good,

00:24:41.140 --> 00:24:42.440 funny joke for a moment.

00:24:42.440 --> 00:24:43.508 So anyway, so.

00:24:43.508 --> 00:24:43.864 Yeah.

00:24:43.864 --> 00:24:46.856 And I mean and I remember

00:24:46.856 --> 00:24:49.912 an example when I was in Miami

00:24:50.004 --> 00:24:52.296 when a parent. The child would

00:24:52.296 --> 00:24:54.554 not get out of the room.

00:24:54.554 --> 00:24:56.726 The child would

00:24:56.726 --> 00:24:58.774 lock himself in the room on the

00:24:58.774 --> 00:25:00.799 days he had to go to school.

00:25:00.800 --> 00:25:02.564 And the parents, what they tried to

00:25:02.564 --> 00:25:04.909 do and they came to us and they go ”we

00:25:04.909 --> 00:25:06.720 don't know why this is not working,

00:25:06.720 --> 00:25:07.720 you told us to do,

00:25:07.720 --> 00:25:09.460 we're doing rewards

00:25:09.460 --> 00:25:10.537 It's not working.

00:25:10.537 --> 00:25:13.519 We're doing exactly what you told us to do.

00:25:13.520 --> 00:25:15.040 We're putting the Bunny.

00:25:15.040 --> 00:25:18.124 We bought a Bunny. He wanted a Bunny.

00:25:18.124 --> 00:25:19.688 Carlos wanted a Bunny.

00:25:19.690 --> 00:25:21.662 We bought a Bunny.

00:25:21.662 --> 00:25:25.230 The Bunny is right outside the door.

00:25:25.230 --> 00:25:27.295 And our plan is to gradually get

00:25:27.295 --> 00:25:28.886 the Bunny further and further

00:25:28.886 --> 00:25:30.800 away from the door and eventually

00:25:30.800 --> 00:25:32.330 bring it to the school."

00:25:32.330 --> 00:25:34.070 But we've had to explain, well,

00:25:34.070 --> 00:25:36.950 "no, it can't be done before,

00:25:36.950 --> 00:25:38.468 it needs to be done after.

00:25:38.470 --> 00:25:40.366 It has to be a consequence."

00:25:40.370 --> 00:25:42.701 And and the and the whole Bunny

00:25:42.701 --> 00:25:45.277 thing is just wasn't really a

00:25:45.277 --> 00:25:47.269 realistic reward anyway because

00:25:47.270 --> 00:25:49.868 there wasn't any chance that well,

00:25:49.870 --> 00:25:51.445 you know, getting the Bunny to school.

00:25:51.450 --> 00:25:53.886 But this is an example though

00:25:53.886 --> 00:25:55.510 of the common misconception

00:25:55.510 --> 00:25:59.213 of thinking of and kind of conflating

NOTE Confidence: 0.705404758333333

00:25:59.213 --> 00:26:00.800 bribery with reinforcement.

NOTE Confidence: 0.705404758333333

00:26:00.800 --> 00:26:02.680 So anyway, so a lot of this has

NOTE Confidence: 0.705404758333333

00:26:02.680 --> 00:26:04.740 to do with the appropriate use

NOTE Confidence: 0.705404758333333

00:26:04.740 --> 00:26:06.645 of rewards and monitoring and

NOTE Confidence: 0.705404758333333

00:26:06.645 --> 00:26:08.842 limits and parents limits and

NOTE Confidence: 0.705404758333333

00:26:08.842 --> 00:26:10.590 not doing parent accommodation.

NOTE Confidence: 0.705404758333333

00:26:10.590 --> 00:26:11.927 That's what a lot of what you

NOTE Confidence: 0.705404758333333

00:26:11.927 --> 00:26:13.249 see on this slide is about.

NOTE Confidence: 0.6593893

00:26:16.850 --> 00:26:21.050 And Umm. And here are some kind of like,

NOTE Confidence: 0.6593893

00:26:21.050 --> 00:26:23.346 again, these modules are

NOTE Confidence: 0.6593893

00:26:23.346 --> 00:26:25.419 borrowed from CBT principles,

NOTE Confidence: 0.6593893

00:26:25.419 --> 00:26:27.513 but you could see how they're

NOTE Confidence: 0.6593893

00:26:27.513 --> 00:26:29.763 more focused and structured on the

NOTE Confidence: 0.6593893

00:26:29.763 --> 00:26:32.049 particular problem, being away from Mom,

NOTE Confidence: 0.6593893

00:26:32.050 --> 00:26:33.922 so dealing with separation,

NOTE Confidence: 0.6593893

45

00:26:33.922 --> 00:26:37.140 you know, etc.

NOTE Confidence: 0.6593893

00:26:37.140 --> 00:26:38.499 I'll let you look at that for a moment.

NOTE Confidence: 0.744938633333333

00:26:45.490 --> 00:26:47.698 So and so Chris Kearney,

NOTE Confidence: 0.744938633333333

00:26:47.700 --> 00:26:50.010 he's has several books now but

NOTE Confidence: 0.744938633333333

00:26:50.010 --> 00:26:52.877 this is one of his early ones where

NOTE Confidence: 0.744938633333333

00:26:52.877 --> 00:26:55.399 he developed some of the ideas that

NOTE Confidence: 0.744938633333333

00:26:55.399 --> 00:26:57.282 that I talked about that we that

NOTE Confidence: 0.744938633333333

00:26:57.282 --> 00:26:59.410 we worked on back in the 80s, as I

NOTE Confidence: 0.744938633333333

00:26:59.410 --> 00:27:01.358 said, that he's continued to work on

NOTE Confidence: 0.744938633333333

00:27:01.358 --> 00:27:03.212 and actually Anne Marie Albano is

NOTE Confidence: 0.744938633333333

00:27:03.220 --> 00:27:05.854 actually a co-author of the Anxiety

NOTE Confidence: 0.744938633333333

00:27:05.854 --> 00:27:07.610 Disorders Interview Schedule that

NOTE Confidence: 0.744938633333333

00:27:07.674 --> 00:27:09.709 I acknowledged in the beginning.

NOTE Confidence: 0.744938633333333

00:27:09.710 --> 00:27:12.727 So you might want to check

NOTE Confidence: 0.744938633333333

00:27:12.727 --> 00:27:15.400 out some more of this work.

NOTE Confidence: 0.744938633333333

00:27:15.400 --> 00:27:17.703 And so this is my last

46

NOTE Confidence: 0.744938633333333

00:27:17.703 --> 00:27:19.660 slide about key strategies.

NOTE Confidence: 0.744938633333333

00:27:19.660 --> 00:27:22.080 First to recognize good,

NOTE Confidence: 0.744938633333333

00:27:22.080 --> 00:27:23.895 recognize good attendance,

NOTE Confidence: 0.744938633333333

00:27:23.900 --> 00:27:25.336 engage students and parents

NOTE Confidence: 0.744938633333333

00:27:25.336 --> 00:27:27.490 because of the stigma that parents

NOTE Confidence: 0.744938633333333

00:27:27.557 --> 00:27:29.237 have about all of this stuff,

NOTE Confidence: 0.744938633333333

00:27:29.240 --> 00:27:31.760 monitoring and keeping track of it,

NOTE Confidence: 0.744938633333333

00:27:31.760 --> 00:27:33.914 providing and, I used and here

NOTE Confidence: 0.744938633333333

00:27:33.914 --> 00:27:35.350 it's personalized more better

NOTE Confidence: 0.744938633333333

00:27:35.417 --> 00:27:37.552 it's doing this personalized

NOTE Confidence: 0.744938633333333

00:27:37.552 --> 00:27:39.260 kind of functional approach.

NOTE Confidence: 0.744938633333333

00:27:39.260 --> 00:27:42.108 And then you know the talk about, think

NOTE Confidence: 0.744938633333333

00:27:42.108 --> 00:27:43.657 about barriers because there are

NOTE Confidence: 0.744938633333333

00:27:43.657 --> 00:27:45.610 many barriers that come up which I

NOTE Confidence: 0.744938633333333

00:27:45.610 --> 00:27:46.870 don't have time to talk about,

NOTE Confidence: 0.744938633333333

00:27:46.870 --> 00:27:49.780 but these are some key strategies right here.

NOTE Confidence: 0.84356514

00:27:53.680 --> 00:27:56.002 So in summary, mental health and

NOTE Confidence: 0.84356514

00:27:56.002 --> 00:27:58.180 physical health are key factors.

NOTE Confidence: 0.84356514

00:27:58.180 --> 00:28:00.854 I hope I showed you how they

NOTE Confidence: 0.84356514

00:28:00.854 --> 00:28:03.200 intersect. There's much heterogeneity.

NOTE Confidence: 0.84356514

00:28:03.200 --> 00:28:05.958 A great deal of heterogeneity and that's

NOTE Confidence: 0.84356514

00:28:05.958 --> 00:28:07.859 why functional assessment is helpful.

NOTE Confidence: 0.84356514

00:28:07.860 --> 00:28:10.260 School accommodations are rarely studied,

NOTE Confidence: 0.84356514

00:28:10.260 --> 00:28:11.600 but the couple of studies,

NOTE Confidence: 0.84356514

00:28:11.600 --> 00:28:13.497 including the one I just showed you,

NOTE Confidence: 0.84356514

00:28:13.500 --> 00:28:14.520 have questionable utility.

NOTE Confidence: 0.84356514

00:28:14.520 --> 00:28:16.900 But we need to study this more.

NOTE Confidence: 0.84356514

00:28:16.900 --> 00:28:19.240 CBT is the strongest evidence.

NOTE Confidence: 0.84356514

00:28:19.240 --> 00:28:21.580 Parent involvement can be helpful,

NOTE Confidence: 0.84356514

00:28:21.580 --> 00:28:23.135 but don't fill the kitchen

NOTE Confidence: 0.84356514

00:28:23.135 --> 00:28:24.379 sink at the parents.

00:28:24.380 --> 00:28:26.920 Focus on reducing the accommodation.

00:28:26.920 --> 00:28:30.115 And then I ended again with this notion of

00:28:30.115 --> 00:28:33.646 the heterogeneity and the importance of not

00:28:33.650 --> 00:28:35.978 thinking about a one size fits all.

00:28:35.980 --> 00:28:38.437 But I also want to say this slide makes,

00:28:38.437 --> 00:28:40.769 this presentation makes it look easy.

00:28:40.770 --> 00:28:42.612 It's not easy in fact, partly

00:28:42.612 --> 00:28:45.170 why, I give kudos to Chris

00:28:45.170 --> 00:28:47.265 Kearney who continued this work.

00:28:47.270 --> 00:28:49.124 I got I kind of got more interested

00:28:49.124 --> 00:28:50.957 in the anxiety business and not

00:28:50.957 --> 00:28:52.527 just on the school attendance

00:28:52.590 --> 00:28:54.870 problem business because it is such

00:28:54.870 --> 00:28:56.390 a challenging challenging problem.

00:28:56.390 --> 00:28:59.126 But I hope some of this today is helpful.

00:28:59.130 --> 00:29:00.390 So, thank you.

NOTE Confidence: 0.85386616625

00:29:03.500 --> 00:29:04.574 Wendy, thank

NOTE Confidence: 0.85386616625

00:29:04.574 --> 00:29:07.796 thank you for an excellent talk.

NOTE Confidence: 0.85386616625

00:29:07.800 --> 00:29:09.928 I guess I'll be I'll be sort

NOTE Confidence: 0.85386616625

00:29:09.928 --> 00:29:11.813 of asking some of the questions

NOTE Confidence: 0.85386616625

00:29:11.813 --> 00:29:13.745 and I guess the first question

NOTE Confidence: 0.85386616625

00:29:13.808 --> 00:29:15.628 we had which was very similar to

NOTE Confidence: 0.85386616625

00:29:15.628 --> 00:29:19.530 the one I had in terms of the

NOTE Confidence: 0.85386616625

00:29:19.530 --> 00:29:21.480 kind of the research study

NOTE Confidence: 0.85386616625

00:29:21.480 --> 00:29:25.380 on the 504 plans is

NOTE Confidence: 0.74559862375

00:29:28.380 --> 00:29:33.620 Um, essentially are the 504 plans

NOTE Confidence: 0.74559862375

00:29:33.620 --> 00:29:36.721 or AKA the school accommodations not

NOTE Confidence: 0.74559862375

00:29:36.721 --> 00:29:39.505 showing benefit to the kids because

NOTE Confidence: 0.74559862375

00:29:39.505 --> 00:29:41.795 they're not well implemented or

NOTE Confidence: 0.74559862375

00:29:41.795 --> 00:29:44.476 targeted or more that we don't really

NOTE Confidence: 0.74559862375

00:29:44.476 --> 00:29:46.970 know what to do to help the kids.

NOTE Confidence: 0.793010506

00:29:48.060 --> 00:29:48.780 You know, it's a good,

NOTE Confidence: 0.793010506

00:29:48.780 --> 00:29:51.827 I mean look this study again.

NOTE Confidence: 0.793010506

00:29:51.827 --> 00:29:54.989 It came out because we were asked.

NOTE Confidence: 0.793010506

00:29:54.990 --> 00:29:56.075 I mean, I mean I'm being frank.

NOTE Confidence: 0.793010506

00:29:56.080 --> 00:29:57.952 Like I don't know if we would have

NOTE Confidence: 0.793010506

00:29:57.952 --> 00:30:00.026 done this study if we were not

NOTE Confidence: 0.793010506

00:30:00.026 --> 00:30:01.571 specifically targeted by the editors

NOTE Confidence: 0.793010506

00:30:01.629 --> 00:30:03.549 and the point of

NOTE Confidence: 0.793010506

00:30:03.549 --> 00:30:06.030 this special issue was about social

NOTE Confidence: 0.793010506

00:30:06.030 --> 00:30:08.530 anxiety in school and academics.

NOTE Confidence: 0.793010506

00:30:08.530 --> 00:30:11.476 I mean because frankly

NOTE Confidence: 0.793010506

00:30:11.476 --> 00:30:14.900 we only had what we had.

NOTE Confidence: 0.793010506

00:30:14.900 --> 00:30:18.170 We only had presence or absence.

NOTE Confidence: 0.793010506

00:30:18.170 --> 00:30:20.627 This is the limitation but we thought

NOTE Confidence: 0.793010506

00:30:20.627 --> 00:30:23.513 that's just look so and I think what

NOTE Confidence: 0.793010506

00:30:23.513 --> 00:30:25.600 we found is revealing nevertheless.

NOTE Confidence: 0.793010506

00:30:25.600 --> 00:30:27.511 I mean I still think it's revealing

NOTE Confidence: 0.793010506

00:30:27.511 --> 00:30:29.980 what we found but we don't know what

NOTE Confidence: 0.793010506

00:30:29.980 --> 00:30:31.899 exactly the accommodations were we

NOTE Confidence: 0.793010506

00:30:31.899 --> 00:30:33.810 don't have that information nor do we

NOTE Confidence: 0.793010506

00:30:33.810 --> 00:30:35.712 know how well they were implemented.

NOTE Confidence: 0.793010506

00:30:35.712 --> 00:30:38.381 So I cannot speak to that and and

NOTE Confidence: 0.793010506

00:30:38.381 --> 00:30:40.390 this is an extremely you know I

NOTE Confidence: 0.793010506

00:30:40.390 --> 00:30:42.044 can't emphasize enough the caveat

NOTE Confidence: 0.793010506

00:30:42.044 --> 00:30:44.696 to this study but I can tell you

NOTE Confidence: 0.793010506

00:30:44.696 --> 00:30:46.784 there were only two other studies

NOTE Confidence: 0.793010506

00:30:46.784 --> 00:30:48.890 I believe and they also found

NOTE Confidence: 0.793010506

00:30:48.890 --> 00:30:51.998 the questionable benefit of the

NOTE Confidence: 0.793010506

00:30:51.998 --> 00:30:54.577 kinds of accommodations where kids

NOTE Confidence: 0.793010506

00:30:54.577 --> 00:30:57.531 are being asked to stay away from

NOTE Confidence: 0.793010506

00:30:57.531 --> 00:30:59.740 things because they're anxious.

NOTE Confidence: 0.843903190625

00:31:02.240 --> 00:31:04.625 So, so I guess I should give a shout

NOTE Confidence: 0.843903190625

00:31:04.625 --> 00:31:07.156 out to Nicole who asked the question.

NOTE Confidence: 0.843903190625

00:31:07.160 --> 00:31:10.436 The next question kind of, it will

NOTE Confidence: 0.843903190625

00:31:10.436 --> 00:31:12.202 be off of Lisette's question.

NOTE Confidence: 0.843903190625

00:31:12.202 --> 00:31:14.470 I have one part of it and then I'll.

NOTE Confidence: 0.74662612

00:31:15.580 --> 00:31:16.920 But can just say Mike, I mean Nicole,

NOTE Confidence: 0.74662612

00:31:16.920 --> 00:31:18.306 it's a really, really good question.

NOTE Confidence: 0.74662612

00:31:18.310 --> 00:31:20.062 And again I don't want to go too

NOTE Confidence: 0.74662612

00:31:20.062 --> 00:31:22.575 far from the data, but I do think

NOTE Confidence: 0.74662612

00:31:22.575 --> 00:31:25.079 the fact that we even found this,

NOTE Confidence: 0.74662612

00:31:25.080 --> 00:31:27.278 I just think it's really interesting and

NOTE Confidence: 0.74662612

00:31:27.278 --> 00:31:29.738 I also have to say besides the data,

NOTE Confidence: 0.74662612

00:31:29.740 --> 00:31:32.308 it does fit a lot with

NOTE Confidence: 0.74662612

00:31:32.310 --> 00:31:35.264 my, you know, many decades of experience

NOTE Confidence: 0.74662612

00:31:35.264 --> 00:31:38.269 that and also what we know in

NOTE Confidence: 0.74662612

00:31:38.270 --> 00:31:41.182 on what on the importance of not

NOTE Confidence: 0.74662612

00:31:41.182 --> 00:31:42.430 encouraging avoidant behavior.

NOTE Confidence: 0.74662612

00:31:42.430 --> 00:31:46.161 So I would basically say any

NOTE Confidence: 0.74662612

00:31:46.161 --> 00:31:48.360 school based accommodation where

NOTE Confidence: 0.74662612

00:31:48.360 --> 00:31:50.424 it's encouraging avoidance

NOTE Confidence: 0.74662612

00:31:50.424 --> 00:31:54.075 behavior is it's the complete

NOTE Confidence: 0.74662612

00:31:54.075 --> 00:31:56.047 antithesis to what we

NOTE Confidence: 0.74662612

00:31:56.050 --> 00:31:58.330 want to do with these children.

NOTE Confidence: 0.74662612

00:31:58.330 --> 00:32:00.157 So I do want to stand by that

NOTE Confidence: 0.74662612

00:32:00.160 --> 00:32:02.750 even though I'm giving this research caveat.

NOTE Confidence: 0.74662612

00:32:02.750 --> 00:32:04.766 It fits so much with what we know

NOTE Confidence: 0.74662612

00:32:04.766 --> 00:32:06.678 about the importance of exposure.

NOTE Confidence: 0.686771821333333

00:32:08.100 --> 00:32:13.108 I guess Lizette's question is "how

NOTE Confidence: 0.686771821333333

00:32:13.108 --> 00:32:15.796 can we inspire parents to practice

NOTE Confidence: 0.686771821333333

00:32:15.796 --> 00:32:17.608 patient monitoring techniques when

NOTE Confidence: 0.686771821333333

00:32:17.608 --> 00:32:19.978 using rewards? As a special education

NOTE Confidence: 0.686771821333333

00:32:19.978 --> 00:32:22.360 teacher who writes and follows IE plans,

NOTE Confidence: 0.686771821333333

00:32:22.360 --> 00:32:24.552 I think this is the the missing link."

NOTE Confidence: 0.686771821333333

00:32:24.552 --> 00:32:27.178 I will add as a sort of second part

NOTE Confidence: 0.686771821333333

00:32:27.178 --> 00:32:29.542 to that question at a much more basic

NOTE Confidence: 0.686771821333333

00:32:29.542 --> 00:32:31.908 level which is are there any good

NOTE Confidence: 0.686771821333333

00:32:31.908 --> 00:32:35.156 kind of generic 504 accommodation

NOTE Confidence: 0.686771821333333

00:32:35.156 --> 00:32:37.820 plans for schools in terms of,

NOTE Confidence: 0.686771821333333

00:32:37.820 --> 00:32:40.676 to follow in terms of kids with the

NOTE Confidence: 0.686771821333333

00:32:40.680 --> 00:32:43.070 school refusal or chronic absenteeism?

NOTE Confidence: 0.852651627

00:32:45.290 --> 00:32:47.425 Michael, in terms of your question

NOTE Confidence: 0.852651627

00:32:47.425 --> 00:32:49.765 I frankly I do believe that

NOTE Confidence: 0.852651627

00:32:49.765 --> 00:32:51.793 people in your audience might have

NOTE Confidence: 0.852651627

00:32:51.862 --> 00:32:53.692 a better answer to that because

NOTE Confidence: 0.852651627

00:32:53.692 --> 00:32:55.952 I'm not like in the trenches there

NOTE Confidence: 0.852651627

00:32:55.952 --> 00:32:58.360 to know what that might be.

NOTE Confidence: 0.852651627

00:32:58.360 --> 00:33:00.808 So I'm going to have to and I'm

NOTE Confidence: 0.852651627

00:33:00.808 --> 00:33:03.269 and so I and I would love to

NOTE Confidence: 0.852651627

00:33:03.269 --> 00:33:05.609 hear from others frankly if they are

NOTE Confidence: 0.852651627

00:33:05.609 --> 00:33:07.890 aware of plans that are specific

NOTE Confidence: 0.852651627

00:33:07.890 --> 00:33:10.260 to this that are not encouraging

NOTE Confidence: 0.852651627

00:33:10.338 --> 00:33:12.594 avoiding behavior. I know I don't

NOTE Confidence: 0.852651627

00:33:12.594 --> 00:33:14.810 know the answer and in terms of.

NOTE Confidence: 0.852651627

00:33:14.810 --> 00:33:16.835 So the first question is "how do we get

NOTE Confidence: 0.852651627

00:33:16.835 --> 00:33:18.687 parents to do reinforcement type of work?"

NOTE Confidence: 0.852651627

00:33:18.690 --> 00:33:19.230 Is that what the question

NOTE Confidence: 0.629808321333333

00:33:19.860 --> 00:33:21.516 using rewards or how do we,

NOTE Confidence: 0.629808321333333

00:33:21.520 --> 00:33:24.128 I think Lizette's question is "how

NOTE Confidence: 0.629808321333333

00:33:24.128 --> 00:33:26.850 do we inspire parents to practice

NOTE Confidence: 0.629808321333333

00:33:26.850 --> 00:33:29.200 patient monitoring when using rewards?"

NOTE Confidence: 0.629808321333333

00:33:29.200 --> 00:33:31.097 I think the larger question is how

NOTE Confidence: 0.629808321333333

00:33:31.097 --> 00:33:33.642 do we get the parents to do at

00:33:33.642 --> 00:33:35.307 home the evidence based practices

00:33:35.370 --> 00:33:37.530 when they're working at the school?

00:33:38.040 --> 00:33:39.769 I mean there are some really good,

00:33:42.050 --> 00:33:44.110 evidence based books out there.

00:33:44.110 --> 00:33:46.398 I mean I mean I personally

00:33:46.398 --> 00:33:48.362 I do like Alan Casden's book.

00:33:48.362 --> 00:33:50.364 I don't know what other people think

00:33:50.364 --> 00:33:52.384 but I like Casden who was a professor

00:33:52.384 --> 00:33:55.010 here at Yale you know had has

00:33:55.010 --> 00:33:58.114 a book on on these principles. The

00:33:58.114 --> 00:34:01.750 classic book from I think from probably

00:34:01.750 --> 00:34:03.790 from 1/2 a century ago frankly

00:34:03.790 --> 00:34:06.910 I mean is Gerald Patterson's book

00:34:06.910 --> 00:34:08.702 about you know about training

00:34:08.702 --> 00:34:11.200 parents so there are.

00:34:11.200 --> 00:34:12.960 I'm sorry I can't give you a, I

NOTE Confidence: 0.86145263

00:34:12.960 --> 00:34:14.960 wish. These are good questions,

NOTE Confidence: 0.86145263

00:34:14.960 --> 00:34:17.576 but I think you know all in terms

NOTE Confidence: 0.86145263

00:34:17.576 --> 00:34:19.758 of giving parents some tools.

NOTE Confidence: 0.86145263

00:34:19.760 --> 00:34:21.116 But then I think it's really,

NOTE Confidence: 0.86145263

00:34:21.120 --> 00:34:26.180 I mean frankly, Lizette, it's Lizette, right?

NOTE Confidence: 0.86145263

00:34:26.180 --> 00:34:28.280 Lizette I I have to tell you,

NOTE Confidence: 0.86145263

00:34:28.280 --> 00:34:30.296 I mean I gave a presentation,

NOTE Confidence: 0.86145263

00:34:30.300 --> 00:34:32.764 it's a little bit of, I gave a

NOTE Confidence: 0.86145263

00:34:32.764 --> 00:34:34.906 presentation a couple of days ago

NOTE Confidence: 0.86145263

00:34:34.906 --> 00:34:37.090 here with the Child Study Center.

NOTE Confidence: 0.86145263

00:34:37.090 --> 00:34:40.366 And I told and I emphasize that

NOTE Confidence: 0.86145263

00:34:40.366 --> 00:34:43.718 what I am now focusing on

NOTE Confidence: 0.86145263

00:34:43.720 --> 00:34:46.660 in my last Hooray, so to speak,

NOTE Confidence: 0.86145263

00:34:46.660 --> 00:34:49.546 is, because I am so frustrated

NOTE Confidence: 0.86145263

00:34:49.550 --> 00:34:52.184 by what you're describing

NOTE Confidence: 0.86145263

00:34:52.184 --> 00:34:54.290 and how much there is

NOTE Confidence: 0.86145263

00:34:54.290 --> 00:34:55.697 all these problems and I don't

NOTE Confidence: 0.86145263

00:34:55.697 --> 00:34:57.049 know if what I'm going to be,

NOTE Confidence: 0.86145263

00:34:57.050 --> 00:34:58.464 what I'm going to say is going

NOTE Confidence: 0.86145263

00:34:58.464 --> 00:34:59.530 to be the panacea,

NOTE Confidence: 0.86145263

00:34:59.530 --> 00:35:04.190 but I'm working on a science based

NOTE Confidence: 0.86145263

00:35:04.190 --> 00:35:09.110 parent digital intervention

NOTE Confidence: 0.86145263

00:35:09.110 --> 00:35:11.427 based on the work we have done.

NOTE Confidence: 0.86145263

00:35:11.430 --> 00:35:13.420 We're going to be developing,

NOTE Confidence: 0.901070068

00:35:15.970 --> 00:35:17.220 we're already working on this,

NOTE Confidence: 0.901070068

00:35:17.220 --> 00:35:19.705 we're developing videos, we're developing

NOTE Confidence: 0.901070068

00:35:19.705 --> 00:35:21.693 exercises and we're developing

NOTE Confidence: 0.901070068

00:35:21.693 --> 00:35:24.833 a way for parents to access this

NOTE Confidence: 0.901070068

00:35:24.833 --> 00:35:26.545 information by their telephone,

NOTE Confidence: 0.901070068

00:35:26.550 --> 00:35:29.848 by their computer, by their, by WhatsApp.

NOTE Confidence: 0.901070068

00:35:29.848 --> 00:35:33.202 And we're going to be providing,

NOTE Confidence: 0.901070068

00:35:33.202 --> 00:35:36.813 in the pocket of parents, the

NOTE Confidence: 0.901070068

00:35:36.813 --> 00:35:39.793 main tools to help improve

NOTE Confidence: 0.901070068

00:35:39.800 --> 00:35:44.080 sustainability and duration because I

NOTE Confidence: 0.901070068

00:35:44.080 --> 00:35:45.997 I don't know if this is going to work,

NOTE Confidence: 0.901070068

00:35:46.000 --> 00:35:48.104 but I think the problem I think

NOTE Confidence: 0.901070068

00:35:48.104 --> 00:35:50.586 it's I think part of the problem

NOTE Confidence: 0.901070068

00:35:50.586 --> 00:35:52.322 with all the current technology

NOTE Confidence: 0.901070068

00:35:52.322 --> 00:35:54.347 if it's not science based,

NOTE Confidence: 0.901070068

00:35:54.350 --> 00:35:56.534 there's too much stuff being thrown at

NOTE Confidence: 0.901070068

00:35:56.534 --> 00:35:58.885 people and I can only tell you that

NOTE Confidence: 0.901070068

00:35:58.885 --> 00:36:01.218 this is one thing I'm working on.

NOTE Confidence: 0.901070068

00:36:01.220 --> 00:36:03.376 Because I think face to

NOTE Confidence: 0.901070068

00:36:03.376 --> 00:36:05.621 face meetings can only go so far

NOTE Confidence: 0.901070068

00:36:05.621 --> 00:36:06.557 with many families.

NOTE Confidence: 0.853604018888889

00:36:11.080 --> 00:36:13.546 I'm sorry I'm getting harassed

NOTE Confidence: 0.853604018888889

00:36:13.546 --> 00:36:16.132 at the bottom by my dog who's

NOTE Confidence: 0.853604018888889

00:36:16.132 --> 00:36:18.580 barking at us to take her out.

NOTE Confidence: 0.853604018888889

00:36:18.580 --> 00:36:20.589 So I missed some of your answer.

NOTE Confidence: 0.875773123333333

00:36:22.780 --> 00:36:26.446 I guess the next question comes from

NOTE Confidence: 0.875773123333333

00:36:26.446 --> 00:36:28.532 Anonymous and it was a question

NOTE Confidence: 0.875773123333333

00:36:28.532 --> 00:36:30.886 of "how would you, how did you address

NOTE Confidence: 0.875773123333333

00:36:30.886 --> 00:36:33.300 the child who was refusing to go

NOTE Confidence: 0.875773123333333

00:36:33.300 --> 00:36:35.400 to school because of bowel concerns?"

NOTE Confidence: 0.8904357

00:36:37.120 --> 00:36:41.478 Well, I think our paper, as I said

NOTE Confidence: 0.8904357

00:36:41.478 --> 00:36:43.419 I'd forgotten about that paper

NOTE Confidence: 0.8904357

00:36:43.419 --> 00:36:46.545 that we published like in the in the

NOTE Confidence: 0.8904357

00:36:46.545 --> 00:36:49.930 80s but if I, but if I recall

NOTE Confidence: 0.8904357

00:36:49.930 --> 00:36:52.618 correctly but even now I'll just say

NOTE Confidence: 0.8904357

00:36:52.620 --> 00:36:55.556 you know a lot of times those kids

NOTE Confidence: 0.8904357

00:36:55.556 --> 00:36:58.658 have it has social evaluation

NOTE Confidence: 0.8904357

00:36:58.658 --> 00:37:02.220 concerns so, you know, so what we did

NOTE Confidence: 0.8904357

00:37:02.220 --> 00:37:04.675 was, we I honestly don't remember

NOTE Confidence: 0.8904357

00:37:04.675 --> 00:37:06.958 the paper but I'm going to tell you

NOTE Confidence: 0.8904357

00:37:06.958 --> 00:37:09.110 what I would do now is I would be

NOTE Confidence: 0.8904357

00:37:09.110 --> 00:37:10.540 focusing on what the person,

NOTE Confidence: 0.8904357

00:37:10.540 --> 00:37:12.250 the child is eating before school

NOTE Confidence: 0.8904357

00:37:12.250 --> 00:37:14.451 and try to like make sure that

NOTE Confidence: 0.8904357

00:37:14.451 --> 00:37:16.111 there isn't something in their

NOTE Confidence: 0.8904357

00:37:16.111 --> 00:37:18.466 stomach and in their diet that could

NOTE Confidence: 0.8904357

00:37:18.466 --> 00:37:20.096 give them those those feelings.

NOTE Confidence: 0.8904357

00:37:20.100 --> 00:37:22.263 A lot of these children have what

NOTE Confidence: 0.8904357

00:37:22.263 --> 00:37:24.010 we call anxiety sensitivity,

NOTE Confidence: 0.8904357

00:37:24.010 --> 00:37:26.440 which is another construct that's really

NOTE Confidence: 0.8904357

00:37:26.440 --> 00:37:28.060 important to understanding anxiety.

NOTE Confidence: 0.8904357

00:37:28.060 --> 00:37:29.304 And if you're interested,

NOTE Confidence: 0.8904357

00:37:29.304 --> 00:37:32.664 I have a scale that I developed called

NOTE Confidence: 0.8904357

00:37:32.664 --> 00:37:34.919 the Childhood Anxiety Sensitivity Index.

NOTE Confidence: 0.8904357

00:37:34.920 --> 00:37:37.005 And what this is, anxiety

NOTE Confidence: 0.8904357

00:37:37.005 --> 00:37:39.850 sensitivity is we all get anxious,

NOTE Confidence: 0.8904357

00:37:39.850 --> 00:37:43.657 but some of us have feelings in our body.

NOTE Confidence: 0.8904357

00:37:43.660 --> 00:37:45.660 Like, I have to have a bowel movement

NOTE Confidence: 0.8904357

00:37:45.660 --> 00:37:47.876 or I'm going to have a heart attack.

NOTE Confidence: 0.8904357

00:37:47.880 --> 00:37:50.468 And some kids particularly

NOTE Confidence: 0.8904357

00:37:50.468 --> 00:37:53.056 have these feelings of,

NOTE Confidence: 0.8904357

00:37:53.060 --> 00:37:53.874 these sensations.

NOTE Confidence: 0.8904357

00:37:53.874 --> 00:37:58.154 So one thing is to 1st see if the child

NOTE Confidence: 0.8904357

00:37:58.154 --> 00:38:00.950 has those sensations and work on.

NOTE Confidence: 0.8904357

00:38:00.950 --> 00:38:01.495 And,

NOTE Confidence: 0.8904357

00:38:01.495 --> 00:38:02.585 through

NOTE Confidence: 0.8904357

00:38:02.585 --> 00:38:05.170 exposure and through cognitive work,

NOTE Confidence: 0.8904357

00:38:05.170 --> 00:38:08.495 working on that and also then doing

NOTE Confidence: 0.8904357

00:38:08.500 --> 00:38:10.582 the exposure with going to school

NOTE Confidence: 0.8904357

00:38:10.582 --> 00:38:12.864 and having them feel more comfortable

NOTE Confidence: 0.8904357

00:38:12.864 --> 00:38:15.336 because what was triggering this was

NOTE Confidence: 0.8904357

00:38:15.336 --> 00:38:17.640 the social evaluative situations.

NOTE Confidence: 0.8904357

00:38:17.640 --> 00:38:20.755 So doing kinds of like gradual exposure

NOTE Confidence: 0.8904357

00:38:20.755 --> 00:38:23.065 with social evaluative situations at

NOTE Confidence: 0.8904357

00:38:23.065 --> 00:38:25.759 the same time targeting the feeling,

NOTE Confidence: 0.8904357

00:38:25.760 --> 00:38:28.864 you know maybe in the office. Work with

NOTE Confidence: 0.8904357

00:38:28.864 --> 00:38:31.407 those sensations in their body. Sometimes,

NOTE Confidence: 0.8904357

00:38:31.410 --> 00:38:33.438 some kids, when kids have these

NOTE Confidence: 0.8904357

00:38:33.438 --> 00:38:34.790 kind of physical sensations,

NOTE Confidence: 0.8904357

00:38:34.790 --> 00:38:38.254 I don't go right away to

NOTE Confidence: 0.89255829

00:38:40.580 --> 00:38:41.858 meditation or mindfulness.

NOTE Confidence: 0.89255829

00:38:41.858 --> 00:38:44.414 But we actually have public papers

NOTE Confidence: 0.89255829

00:38:44.414 --> 00:38:46.629 on mindfulness because for kids

NOTE Confidence: 0.89255829

00:38:46.629 --> 00:38:48.774 who do have somatic symptoms,

NOTE Confidence: 0.89255829

00:38:48.780 --> 00:38:50.980 we have found that mindfulness,

NOTE Confidence: 0.89255829

00:38:50.980 --> 00:38:52.639 which is a measure, which is kind

NOTE Confidence: 0.89255829

00:38:52.639 --> 00:38:54.738 of like a next wave of cognitive,

NOTE Confidence: 0.89255829

00:38:54.740 --> 00:38:55.451 can be helpful.

NOTE Confidence: 0.89255829

00:38:55.451 --> 00:38:57.426 So I mean it's kind of like a

NOTE Confidence: 0.89255829

00:38:57.426 --> 00:38:59.253 combination of a few things of,

NOTE Confidence: 0.89255829

00:38:59.260 --> 00:39:00.820 of getting people to understand

NOTE Confidence: 0.89255829

00:39:00.820 --> 00:39:02.380 those feelings in their body,

NOTE Confidence: 0.89255829

00:39:02.380 --> 00:39:04.460 getting kids to maybe attend to and not

NOTE Confidence: 0.89255829

00:39:04.460 --> 00:39:06.578 to attend to it through mindfulness,

NOTE Confidence: 0.89255829

00:39:06.580 --> 00:39:09.295 relaxation, and then doing exposure

NOTE Confidence: 0.89255829

00:39:09.295 --> 00:39:11.467 with social evaluative situations.

NOTE Confidence: 0.89255829

00:39:11.470 --> 00:39:12.178 I don't know if that helps.

NOTE Confidence: 0.89255829

00:39:12.180 --> 00:39:13.740 Does that answer the question Anonymous?

NOTE Confidence: 0.612683058

00:39:14.960 --> 00:39:16.260 Yeah, I don't, they can't

NOTE Confidence: 0.612683058

00:39:16.260 --> 00:39:18.310 they can't answer back, so.

NOTE Confidence: 0.791306575

00:39:20.450 --> 00:39:21.778 I hope that answers the question.

NOTE Confidence: 0.912503128

00:39:23.740 --> 00:39:26.040 I think we're going to wrap up in a minute.

NOTE Confidence: 0.912503128

00:39:26.040 --> 00:39:28.768 I'm going to tie up the last couple

NOTE Confidence: 0.912503128

00:39:28.768 --> 00:39:31.370 questions and I guess I just want to

NOTE Confidence: 0.912503128

00:39:31.370 --> 00:39:33.979 thank you for coming and talking to us.

NOTE Confidence: 0.912503128

00:39:33.980 --> 00:39:39.840 Liz made a comment which I think is good

NOTE Confidence: 0.912503128

00:39:39.840 --> 00:39:42.766 "I struggle with parents who push for

NOTE Confidence: 0.912503128

00:39:42.766 --> 00:39:44.926 those avoidance accommodations and who are

NOTE Confidence: 0.912503128

00:39:44.926 --> 00:39:47.530 not on board with any interventions

NOTE Confidence: 0.912503128

00:39:47.602 --> 00:39:50.056 that make the child feel uncomfortable."

NOTE Confidence: 0.912503128

00:39:50.060 --> 00:39:51.206 And I guess if it's alright,

NOTE Confidence: 0.912503128

00:39:51.210 --> 00:39:52.020 I'm going to answer it.

NOTE Confidence: 0.912503128

00:39:52.020 --> 00:39:53.604 I would say that, I don't want

NOTE Confidence: 0.912503128

00:39:53.604 --> 00:39:55.000 to speak too much for Wendy,

NOTE Confidence: 0.912503128

00:39:55.000 --> 00:39:57.544 but I think we all really struggle with

NOTE Confidence: 0.912503128

00:39:57.544 --> 00:40:01.699 that and that's a major factor in treatment.

NOTE Confidence: 0.912503128

00:40:01.700 --> 00:40:04.660 Some of the questions in the talk really

NOTE Confidence: 0.912503128

00:40:04.660 --> 00:40:07.342 highlight part of the reason why this is

NOTE Confidence: 0.912503128

00:40:07.342 --> 00:40:09.980 such a vexing problem for the kids and is just the

NOTE Confidence: 0.912503128

00:40:09.980 --> 00:40:12.332 And that a lot of, that this

NOTE Confidence: 0.912503128

00:40:12.332 --> 00:40:14.660 involves you know the treatment of

NOTE Confidence: 0.912503128

00:40:14.660 --> 00:40:16.745 chronic absenteeism not only involves

NOTE Confidence: 0.912503128

00:40:16.745 --> 00:40:20.068 a school but involves the parents and

NOTE Confidence: 0.912503128

00:40:20.068 --> 00:40:21.956 mental health professionals working

NOTE Confidence: 0.912503128

00:40:21.960 --> 00:40:23.868 together and that the really probably

NOTE Confidence: 0.912503128

00:40:23.868 --> 00:40:26.386 the plan for this in terms of the

NOTE Confidence: 0.912503128

00:40:26.386 --> 00:40:28.804 interventions in the 504 plans and

NOTE Confidence: 0.912503128

00:40:28.804 --> 00:40:30.656 the accommodations probably involves

NOTE Confidence: 0.912503128

00:40:30.656 --> 00:40:32.746 a lot more coordinated, specialized

NOTE Confidence: 0.912503128

00:40:32.746 --> 00:40:34.698 services than are typically available

NOTE Confidence: 0.912503128

00:40:34.698 --> 00:40:37.226 to the schools and I think it's

NOTE Confidence: 0.912503128

00:40:37.295 --> 00:40:38.669 a big crux of the issue.

NOTE Confidence: 0.682100351428572

00:40:39.060 --> 00:40:40.212 Exactly and in fact,

NOTE Confidence: 0.682100351428572

00:40:40.212 --> 00:40:41.076 That's exactly that.

NOTE Confidence: 0.682100351428572

00:40:41.080 --> 00:40:42.830 Chris has written like a book on

NOTE Confidence: 0.682100351428572

00:40:42.830 --> 00:40:45.124 like a multi tiered approach which is

NOTE Confidence: 0.682100351428572

00:40:45.124 --> 00:40:46.979 exactly what you're speaking about.

NOTE Confidence: 0.682100351428572

00:40:46.980 --> 00:40:50.620 So I'm certain that type of multi tier

NOTE Confidence: 0.682100351428572

00:40:50.620 --> 00:40:52.546 approach is needed because it's

NOTE Confidence: 0.682100351428572

00:40:52.546 --> 00:40:55.134 it takes a village to help

NOTE Confidence: 0.682100351428572

00:40:55.134 --> 00:40:56.988 deal with this problem for sure.

NOTE Confidence: 0.869600454

00:40:57.820 --> 00:41:00.120 And so we're going to take a 10 minute break.

NOTE Confidence: 0.869600454

00:41:00.120 --> 00:41:02.790 But Christina put in the chat,

NOTE Confidence: 0.869600454

00:41:02.790 --> 00:41:05.114 "the largest challenge for me is that

NOTE Confidence: 0.869600454

00:41:05.114 --> 00:41:07.115 the educational system is not set

NOTE Confidence: 0.869600454

00:41:07.115 --> 00:41:08.695 up for providing clinical support.

00:41:08.700 --> 00:41:10.428 The schedule, the structure

00:41:10.428 --> 00:41:12.156 and focus is education."

00:41:12.160 --> 00:41:15.016 And I would say that the mental health

00:41:15.016 --> 00:41:16.615 system, at least for children is

00:41:16.615 --> 00:41:18.557 not well set up to provide support

00:41:18.557 --> 00:41:20.797 into the schools and in the homes

00:41:20.800 --> 00:41:23.152 in general and that it's really

00:41:23.152 --> 00:41:25.581 modeled after adult mental health and

00:41:25.581 --> 00:41:27.486 involves an office based practice.

00:41:27.490 --> 00:41:29.198 So I think that that's a big

00:41:29.198 --> 00:41:30.360 crux of the issue.

00:41:30.360 --> 00:41:32.376 And I think part of the reason for

00:41:32.376 --> 00:41:34.174 this forum and thinking about these

00:41:34.174 --> 00:41:36.410 issues and starting to open up the

00:41:36.410 --> 00:41:38.035 dialogue between the Child Study

00:41:38.035 --> 00:41:40.128 Center Center and the school mental

NOTE Confidence: 0.869600454

00:41:40.128 --> 00:41:42.098 health personnel is that yeah,

NOTE Confidence: 0.869600454

00:41:42.100 --> 00:41:43.748 we could be doing a lot better job

NOTE Confidence: 0.869600454

00:41:43.748 --> 00:41:45.607 than we are with everything we all

NOTE Confidence: 0.869600454

00:41:45.607 --> 00:41:47.002 know and just getting together

NOTE Confidence: 0.869600454

00:41:47.060 --> 00:41:48.340 and thinking about it.

NOTE Confidence: 0.6158438

00:41:50.880 --> 00:41:53.000 Thanks everyone for listening.