



Wellness Workshop

Anxiety: Cultivating supportive strategies for children and youth

Linsey Schafer, LCSW, MSSW
Rebekah De Peo-Christner, LPC-S, LCDC, NCC
Kellie Garcia, MA, LPC-S, RPT™
Whitney Appleby, Ph.D.
Amanda Smith, Ph.D
Rachael Macomber, LMSW
Dr. Lisa Pierce, MD, PA

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Evaluation Link: https://cookchildrens.co1.qualtrics.com/jfe/form/SV_4Jhfq4NMt9ficM6

You must view the presentation in entirety and complete the evaluation. A certificate will be generated at the conclusion of the activity. Print and retain for your records.

Objectives:

- Describe current research on anxiety in youth
- Identify at least 3 supportive strategies to reduce anxious symptoms in the home and/or school setting
- Summarize understanding of differential diagnoses and co-occurring issues and challenges in youth presenting with anxiety symptoms
- Describe at least 1-2 self-care strategies to aid in reducing burn-out for caregivers and professionals

Disclosure: Consistent with ACCME Standards for Integrity and Independence, presenters and planners are expected to disclose any financial relationships with ineligible companies. Ineligible companies are those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. This policy is intended to make you aware of the faculty's interest so you may form your own judgments about such material. The presenters and the planning committee members for this educational event have no relevant financial relationships with ineligible companies to disclose.

Target Audience: Mental health and social service professionals, school personnel, community-based service professionals, school counselors, school nurses, teachers, jail health, clergy/pastoral staff and/or leaders, pediatricians, clinicians who do STD testing, LGBTQ community, CPS, juvenile justice, medical emergency personnel

Behavioral Health: Cook Children's Health Care System certifies that this meets the requirements for continuing education by the Texas Behavioral Health Executive Council.

Social Work/LPC/LMFT: This activity provides 2.75 clock hours.

Psychology: This activity provides 2.75 professional development hours.