

Center for Anxiety & Behavioral Change

50 West Montgomery Ave, Suite 110 | Rockville, MD | 20850 | 301.610.7850

Jonathan Dalton, Ph.D., Dir. Renee DeBoard-Lucas, Ph.D. Lindsay Scharfstein, Ph.D. Rachel Singer, Ph.D.
Christina Brooks, Psy.D., Kristin Bianchi, Ph.D. Caitriona Hayes, Psy.D., Monique Reynolds, Ph.D.

School Refusal Training Institute- SR-TI

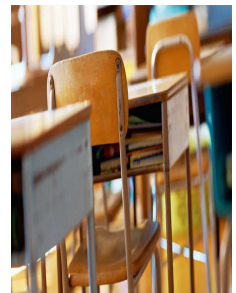
An 8-session consultation series for mental health providers of youth who refuse school

Dear Mental Health Provider,

The Center for Anxiety & Behavioral Change (CABC) is excited to present a School Refusal Training Institute (SR-TI). *Dr. Lindsay Scharfstein* will lead an 8-session, consultation series for **mental health providers** of youth who refuse school.

What is School Refusal?

School refusal affects 1-28% of youth. It can be defined as refusal to attend or difficulty remaining in school for an entire day due to anxiety and/or emotional concerns. Youth may exhibit reluctance on school mornings, tardiness, difficulty remaining in school, and missing full days. Children who refuse to attend school due to mental health concerns are at greater risk for lowered academic achievement, poor social relationships, occupational difficulties, and chronic mental health concerns. Therefore, the effective treatment of school refusal is of critical importance. The **SR-TI** course will delineate evidence-based cognitive behavioral (CBT) approaches to the assessment and treatment of school refusal. **Techniques will address underlying emotional concern(s) and simultaneous school re-entry.**



Topics covered in this **8-session consultation series** will address:



- ❖ How school refusal differs from truancy
- ❖ The role of anxiety and emotional concerns
- ❖ How school refusal **develops** and is **maintained**
- ❖ Comprehensive, evidence-based **treatment** techniques
 - ❖ Developing an effective school **re-entry plan**
 - ❖ Preparing for holidays and summer **breaks**
- ❖ Working with **parents/caregivers** to set boundaries
- ❖ Facilitating effective consultation with **school personnel**
- ❖ Other considerations, such as medication, interim instructional services (IIS), and a higher level of care
 - ❖ **Trouble shooting** common roadblocks
 - ❖ Case discussion and **consultation**

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How do the Consultation Sessions Work?

Mental health providers who are interested in learning about youth who refuse school are welcome to attend. Participants for the **SR-TI** should be social workers, or mental health practitioners licensed to practice independently in their state. Prior to the training each registrant is welcome to assess an active patient with a past, recent, or current history of school refusal (with rating scales sent to them) who may serve as a training case. * SR-TI does not include supervision or offer CE credits.

Participation Requirements:

- Master's degree or above in a mental health discipline
 - Permanent professional license in home state, including having passed the state licensing exam in your mental health discipline
 - Commitment to participate in at least 6 out of 8 consultation meetings
 - The **SR-TI** course is primarily intended for those with intermediate or advanced experience with CBT. All levels of experience working with school refusal are welcome.
- *Other participants will be considered on a case-by-case basis and are encouraged to contact us directly to discuss if the course is appropriate

Schedule: The SR-TI **course** will meet for 8 sessions, on a monthly basis, on Tuesdays, from 12pm- 1pm, at **CABC** in Rockville, MD

Billing: Registration will be capped at 10 participants. The cost of the course is \$600. All spaces must be reserved, and paid in full, two weeks prior to the start.

Location: Our address is 50 West Montgomery Ave, Suite #110 in Rockville, MD 20850. Parking is free, but you must park in certain numbered spaces, or in a spot marked "visitor."



For **more information** or to **enroll** in the consultation series, please contact the clinic coordinator at clinic-coordinator@changeanxiety.com or Dr. Lindsay Scharfstein at drscharfstein@changeanxiety.com or call (301) 610-7850!