ASEPAC General Meeting February 2019

MEETING DATE/TIME/LOCATION:
Wednesday February 13, 2019
9:30 a.m. - 12:00 p.m.
Attleboro Public Library
74 North Main Street
Attleboro, Ma 02703

PRESENT AT MEETING: See attached sign-in sheet

BOARD MEMBERS PRESENT:
Angela Ferreira: Chairperson
Julie Doxsey: Co-chairperson
Michelle Brouillard: Workshop Coordinator
Heather Jutras: Secretary
Becky Nunes: Treasurer

Recording secretary: Heather Jutras

9:30 a.m.-10:00 a.m.
Parents and caregivers are given the opportunity to discuss specific questions and concerns with ASEPAC board members. Due to privacy regulations these specific concerns are not recorded in the minutes.

10:00 a.m. GENERAL MEETING

Handouts:
None given

Angela Ferreira:
Welcome, please sign in and have a snack
Introduction of the ASEPAC board
Certificates of attendance are available to anyone who needs one
Introduction of presenter

Presentation: Understanding the Internal Experience of Childhood Anxiety and Depression
Presented by: Dr. Nadja Reilly, Author of Anxiety and Depression in the Classroom: A Teacher’s Guide to Fostering Self-Regulation in Young Students.

Topics Dr. Reilly covered include:

• Distress vs. clinical concerns
• What is anxiety?
• Where do anxiety and Depression come from?
• Symptoms of anxiety.
• Why early access to treatment is critical.
• Depression
• How is depression different from stress?
• The continuum of severity of depression.
• The emotional experience of anxiety and depression.
• The functional impact on performance.
• School related challenges
• Transdiagnostic approach to anxiety and depression
• Psychoeducation
• Mindfulness
• Emotional clarity
• Self-talk
• Suppression
• Reappraisal
• Thinking traps
• Productive or unproductive worry?
• Family considerations

Meeting Adjourned at 12:00 p.m.