

**ANXIETY
COACH
in the
Classroom**

Anxiety Coach in the Classroom™

A WHOLE-SCHOOL COMMUNITY APPROACH TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN

OVERVIEW:

The Anxiety Coach, Whole-School program takes a wrap around approach to help children learn skills to manage anxiety and build resilience by engaging the significant adults in their life in training.

The program is consistent with the Australian Student Well-being Framework (ASWF) and includes:

- Providing training and resource for implementation coaches (Anxiety Champions), teachers and parents to ensure they always have access to the latest research and resilience practices available to them.
- Helping schools connect with their communities to ensure there is a whole-of-school cultural change to addressing anxiety, improving school attendance and improving student engagement and performance.
- In its teacher format, the Anxiety Coach program assists educators to identify and to manage child anxiety. Elements of the curriculum include:
 - o Noting the differences between anxiety disorders and normal anxiety,
 - o Which family and teacher management behaviours are correlated with worsening anxiety,
 - o How different types of anxiety respond to different treatments,
 - o How the adults in the child's environment can assist children to become mentally stronger,
 - o The types of conversational interventions teachers can use facilitate resilience-thinking skills and which need to be formally taught (e.g., arousal reduction and interrupting techniques).

The program is taught as a cultural change program running over a 12 month period.

PROGRAM COSTS AND KEY DATES:

- The Whole-School Anxiety Coach program costs between \$7,999 and \$17,999 and is determined by your school size.
- Anxiety Coach Champion training will take place on two consecutive days, in the term before your whole school training.-
- The whole of school staff training can take place on a designated PL date, over 2 to 3 sessions after school or on a date determined by your school.

WHAT'S INCLUDED

- Training of Anxiety Coach Champions (up to 8 in one school).
- One day (or equivalent) training of all staff .
- Free and discounted parent tickets to the Anxiety Coach online parent course as well as discount for your parents to purchase Michael Hawton's book - Anxiety Coach.
- A curated series of research articles and school resources to engage with your parent community.
- Curated list of newsletter articles.
- A completed sample theory of change template for you to tailor to your own school.
- Background documents: role descriptions, barriers to implementation lesson plans for years K-6.
- Two important books on anxiety and behaviour change for your Anxiety Coach Champion team. Including Michael Hawton's NEW book - Anxiety Coach.
- Support to design simple research – selection of developed hypotheses to be tested - and suggested before and after testing instruments
- Travel and accommodation costs of trainer for the teacher training.
- Ongoing scheduled support meetings for your Anxiety Coach Champions over a 12 month period.

ANXIETY COACH CHAMPION JOB ROLE:

- Attend training for Anxiety Coach Champion training on set date as scheduled by Parentshop.
- Prepare staff for the program prior to the all staff training day.
- Organise all staff to attend a training day for teachers and teachers' aides with Parentshop.
- Amend school policies to include a 'Have a Go' culture and ensure new teachers are trained in the Anxiety Coach ethos.
- Enlist the cooperation of the local P&C.
- Advertise training of parents.
- Ensure that teachers see it is their responsibility to be each child's anxiety coach.
- Inspire the entire school community but especially teachers & teachers' aides to work with one another to ensure the project's success.
- Attend regular scheduled Anxiety Coach Champion meetings to stay up to date with latest research and resources.

PHASES OF WHOLE SCHOOL ANXIETY COACH TRAINING

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EOI and School Clustering

By clustering schools in a network of local participating schools, the schools can support implementation with an understanding of the local school context.



School Leader Training

Through the provision of professional learning for school leaders, we can help them to design protocols within schools aimed at helping children build resilience.



Anxiety Coach Champion Training

Anxiety Coach Champions will support teachers (through in-class mentoring) and parents (through the provision of parent education groups).



Teachers & SLSOs

Teachers and SLSOs will participate in professional learning to counter anxiety habits in children, as they arise in the school environment.



Parents

By providing family management training for parents, we can equip parents to better deal with a child's mild-level anxiety at home.



Evaluation & Feedback

Throughout the project, the Anxiety Coach Champions will receive support for school implementation, collaborate with schools in their local cluster, and share success milestones through the program manager.

