

The Anxietyproject

A whole-school community approach to managing anxiety and building resilience in NSW primary school students.

Strengths of the program



A **fit-for-purpose** approach to manage anxiety, using cognitive behaviour therapy (CBT) strategies.



Whole-school training of leaders, teachers, SLSOs and parents to act as lay-therapists.



Not solely based on individual professionals' strengths, but on a standardised, **evidence-based approach** across the school community.



Linked to the **promise of higher academic results** in students.

A fit-for-purpose approach to anxiety, using cognitive behaviour therapy (CBT) strategies

- Many well-being initiatives don't specifically target anxiety, rather, they are generalised well-being programs not addressing the issue of child anxiety.
- This program uses CBT adapted as an early-intervention tool. The main evidence-based treatment for child anxiety is CBT treatment.
- This program assists teachers to reduce anxiety by teaching specific CBT-related classroom techniques for managing child anxiety.

Whole-school community approach to build resilience in children

SCHOOL LEADERS

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

TEACHERS & SCHOOL OFFICERS LEARNING AND SUPPORT (SLSOs)

Through the provision of professional learning for classroom staff it will be possible to counter anxiety habits in children, as they arise in the school environment.



IMPLEMENTATION COACHES (ICs)

Through having ICs in schools it will be possible to support teachers (through in-class mentoring) and parents (through the provision of parent education groups).

PARENTS

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

Evidence-based approach across the school community

When the significant adults in a school community practise 'seemingly-modest' behaviour, the evidence is clear that children can be supported to gain control over their anxiety.

Linked to the promise of higher academic results in students

It is certainly true that children who are mentally well learn better. The NSWPPA will seek to provide evidence of this correlation by conducting research to assess the effects of the intervention on children with mild-level anxiety.

Through the Anxiety Project, the NSWPPA seeks to life the skills of school leaders, SLSOs and parents recognising anxiety in students and responding to such behaviours. In this way we will support the efficacy of schools in supporting the achievement of high-level outcomes by students.

Commitment from school

By expressing your interest in this program, you will be expected to commit to the following requirements:



You and 80% of your staff will implement the change program in your school community for 2024 - 25, following training.



You will identify an implementation coach (IC) in your school and commit to providing this person 0.1 release per week (or equivalent) over a two year period. This IC will lead the project in your school, inspire and support your school community.



School leaders, Teachers, and SLSOs at your school will attend training sessions in The Anxiety Project program.



Your school will promote and run training programs for parents, either training to parents by your IC or distributing tickets to Parentshop's online parenting anxiety course - Anxiety Coach.



Your teaching staff will teach seven The Anxiety Project lessons, focused on teaching return-to-calm skills, to students across all stages. These lesson plans will be provided.



Your implementation coach and staff will collect data over a two-year window and provide this to the program management. This will be used to provide you with feedback and assess the effectiveness of the intervention.

Program delivery

All schools will participate in:

- Mandatory half-day training for principals via Zoom.
- IC training –two full-day training delivered face to face.
- Teacher training delivered in-school, over three after school afternoon sessions via Zoom.
- SLSO training – delivered in school by your IC team.
- Parent training delivered via Parentshop's scheduled webinars, referral vouchers to self-paced online course, or in-school training facilitated by the ICs across three after school sessions.

School size

School enrolment up to 25 students
 School enrolment 26-112 students
 School enrolment 113-300
 School enrolment 301+

Cost per school

\$ 6,850.00
 \$ 9,250.00
 \$11,250.00
 \$16,350.00