

UNDERSTANDING ANXIETY IN SCHOOLS - WEBINAR CHAT

NOVEMBER 18TH, 2021 <https://bchnp-webinar.girostudio.com/>

TIME	MESSAGE
4:27:11	Tamara McNulty - "just wondering, are we automatically muted?"
4:28:45	Giro Studio - "Yes everyone will be muted"
4:29:00	Tamara McNulty - "Thank you"
4:30:41	Rita Farah - "ok"
4:32:54	LaRuby Sangster - "I hear music. Has the conference started?"
4:32:59	Kelly Kiltonic - "Did it start yet? just music"
4:32:59	Jennifer Auen - "has it started?"
4:33:08	Heather D Newton - "Not yet"
4:33:59	Cassandra - "Hello"
4:35:41	Wendy Marie Vitarisi41 - "I can see someone talking but can't hear anything"
4:36:08	Jennifer Auen - "I adjusted vol down and back up and could hear it."
4:36:12	Aileen - "hit the unmute button on the screen. I did the same thing."
4:36:27	Ashley Correia - "You might have to refresh your page as well"
4:36:41	Manny - Peer Coordinator, The NAN Project - "5"
4:36:42	Jennifer Auen - "3"
4:36:43	Jinky - "8"
4:36:44	Robert Oakes - "8"
4:36:47	Tamara McNulty - "8"
4:36:45	Abbie Rosenberg - "2"
4:36:45	Liz - "3"

4:36:45 Rebecca Beacom - "6"
4:36:45 spowers@ihmschoolmd.org - "1"
4:36:45 Mary - "2"
4:36:46 Molly Jordan - "4"
4:36:46 Tim Silverman - "4"
4:36:47 Marianne Hogan - "2"
4:36:47 Kim - "6"
4:36:48 Brooke - "8"
4:36:48 Margaret - "8"
4:36:48 Roxanna Kurtz - "8"
4:36:48 Linda Hampton - "4"
4:36:48 jpratt@rpk12.org - "4"
4:36:48 alice - "8"
4:36:48 Heather D Newton - "3"
4:36:48 Josh - "3"
4:36:49 brenda - "3"
4:36:49 LaRuby Sangster - "9"
4:36:49 Sabrina Germain, MSW - "8"
4:36:50 Cheryl Howard - "8"
4:36:51 William Murray - "8"
4:36:51 James Kieras - "4"
4:36:51 Yadira Diaz - "8"
4:36:52 Marian Clifford Cronin - "6"
4:36:52 Mollie Orłowski - "8"

4:36:52 Emily Wilcox - "8"
4:36:52 Phalyn You - "8"
4:36:53 Kelly Kiltonic - "4"
4:36:53 Deborah - "3"
4:36:54 Karla Dominguez Vega - "4"
4:36:54 Alicia Lockwood - "4"
4:36:54 Carol Kean - "2"
4:36:55 Jean - "4"
4:36:54 Brielle Chadsey - "2"
4:36:55 Ashley Correia - "1"
4:36:56 Elie St. Brice - "6"
4:36:56 Catharine Downs - "3"
4:36:56 Renee Moreno - "6"
4:36:56 Andrea Mikolaitis - "2"
4:36:56 Jessica Jones - "4"
4:36:56 Kacey Miller - "8"
4:36:56 Jake and Bobby - "3"
4:36:56 Shannon - "2"
4:36:58 Lynn - "8"
4:36:58 Maia Monteagudo, Italian Home for Children - "7 (OMG)"
4:36:58 Nicole Rabinowitz - "2"
4:36:59 Kathryn Frost - "2"
4:36:59 Christina Braun, PT - "8"
4:36:59 Maria DaSilva (she/ella/ela) - "8"

4:36:59 Jess Sullivan - "8"
4:37:00 Cassandra - "6"
4:37:00 Gail Desmarais - "4"
4:37:00 Nicole Horton - "3"
4:37:00 Jennifer Johnson - "8"
4:37:00 Dorothy - "1"
4:37:01 Tara Stanley - "8"
4:37:01 Shannon - "2"
4:37:01 Christine Fay - "3"
4:37:02 Aileen - "9"
4:37:05 kkane@sistersacademy.org - "4"
4:37:02 Stacey - "7"
4:37:03 Michelle - "i'm 4 leading into 8 - tired smiles... right into sleep"
4:37:03 Erin - "4"
4:37:04 Kern Jackson - "2"
4:37:06 Rob C - "3 - happy but exhausted :-)"
4:37:06 Caroline - "8"
4:37:06 Denise - "4"
4:37:06 Rita Kirk - "2"
4:37:07 Nissa - "9"
4:37:07 Leigh Cirasuolo - "3"
4:37:07 Mare Torres - "3"
4:37:07 Nadine Pellicio - "8"
4:37:08 Allison Cuccoli - "5 or 8"

4:37:09 Amanda Bradford - "6"
4:37:09 Cindy Gatta-Hurley - "8"
4:37:11 Lynne Karagianes - "2"
4:37:11 Judy Shorrock - "4"
4:37:11 brynn dizack (they/them) - "9"
4:37:11 Mark S - "1"
4:37:13 John Frazee - "8"
4:37:16 Connie Fox-Samson - "4"
4:37:19 Rita Farah - "4"
4:37:18 Alex McCray - "2 kinda tired, somewhat engaged, reflective"
4:37:18 Lisa Colagiovanni - "3"
4:37:18 Melinda Vazquez - "6 loving what i do"
4:37:20 Aileen - "with moments of 7"
4:37:21 Annber Neeland - "5"
4:37:22 Michiko - "2"
4:37:22 mary kaltenbach - "5"
4:37:23 David Kane - "8"
4:37:24 caroni - "3"
4:37:25 Wendy Marie Vitarisi41 - "1"
4:37:27 Rita Farah - "4"
4:37:30 Amanda Bradford - "Amanda Bradford 6"
4:37:31 Carline Pignato - "6"
4:37:32 Liz - "I interpret 3 to be tired but excited to be here"
4:37:35 Callie - "3"

4:37:37 Thomas M Ward - "7"

4:37:36 Meredith - "2"

4:37:40 Gail O'Hara - "6"

4:37:45 Gail Desmarais - "4 I'm retired and had the day off!"

4:37:49 Maria Zolla - "9"

4:38:16 Maria Zolla - "Maria Z 9"

4:38:55 Erin - "4"

4:40:48 DS - "has it started? my screen is black"

4:41:19 Giro Studio - "DS, try doing a hard refresh:"

4:41:33 Giro Studio - "Windows: ctrl + shift + r"

4:41:42 Giro Studio - "Mac: cmd + shift + r"

4:42:14 Rebecca Beacom - "where can we find this data report for more detail?"

4:43:44 Giro Studio - "Please see the resources at the bottom of this web page"

4:46:07 Stacey - "God Bless Teachers!"

4:47:24 Kelly Kiltonic - "Will copies of these slides be sent?"

4:48:35 Giro Studio - "Please reach out to us at BCHNP@childrens.harvard.edu"

4:49:06 Iliana - "was there a sign in sheet? sorry I signed in 5 min late"

4:49:31 Edie Alden - "8 "

4:49:59 Giro Studio - "no sign in sheet!"

4:50:09 Tamara McNulty - "that is really tiny "

4:51:01 Mary - "how do we get into mentimeter"

4:51:12 Rob C - "on phone, go to www.menti.com"

4:51:22 Giro Studio - "we made it full screen!"

4:51:38 Liz - "you can go to meni.com on another web page too"

4:56:22 Giro Studio - "35711015"

4:56:44 Linda Hampton - "stress"

4:57:12 Sabrina Germain, MSW - "overwhelmed"

4:57:19 Linda Hampton - "nervous"

4:57:24 alice - "struggling"

4:58:08 Gail Desmarais - "My family (grew up in Boston) didn't acknowledge this concept in the 50's."

5:01:50 Jennifer Auen - "fear of going into the classroom"

5:01:55 melinda - "what is the code"

5:02:10 Edie Alden - "the menti website is not working for me. Stomach ache"

5:02:40 Christina C - "avoidance"

5:03:08 Rashinda Key - "35711015"

5:07:56 Kelly Kiltonic - "Thank you for this break! I love the music too!"

5:09:58 Stacey - "Reminds me of Charlie Brown Christmas music :)"

5:10:12 Thomas M Ward - "I like the slides."

5:13:55 Giro Studio - "Thanks!!"

5:14:34 Kelly Kiltonic - "love it"

5:16:07 Liz - "I also like the hand model of the brain to explain what's happening when we "flip our lids""

5:17:25 Abby Smith - "Where do you find 80 beats/min music?"

5:17:47 Kern Jackson - "Built a platform where kids could be on top or below with pillows. Also have pet rats that they can hold or cuddle when anxious."

5:18:30 Tamara McNulty - "I am with 5/6 middle schoolers. I have taken a break reflection sheets but most of them think it's a punishment. I am hoping to get new ideas here"

5:19:09 Abby Smith - "Where do you find 80 beats per minute kids music? "

5:19:16 Molly - "I have Googled for music at 80/min but have also asked colleague what they use"

5:19:30 Liz - "Spotify has some playlists with 80 beats per minute"

5:19:35 Rob C - "@Abby, I just found a YouTube channel with 80bpm songs... who knew? :-)"

5:19:39 Rob C -
"<https://youtube.com/playlist?list=PLi23Do05fO1gUbv3PRgQTTLfdFD6TFfjj>"

5:20:10 Molly - "Using music has been helpful during transition times to help the environmental feel more calm"

5:21:01 Molly - "Having feeling words around the classroom and also practicing breathing activities with the whole class has been helpful"

5:21:51 Abby Smith - "(Sorry for the double post, I didn't think my first post "took")"

5:21:52 Kern Jackson - "The school also has a guidance dog that helps with the classroom generally"

5:22:26 Abby Smith - "I like to help normalize feelings and talk explicitly about it is normal to feel ___ when ___ happens (or something similar)"

5:23:01 Liz - "I would love to have a guidance dog!"

5:23:57 Shonna Gaul - "will you be sharing the slides with participants"

5:24:38 Giro Studio - "Please send us an email if you are interested in the slides!
bchnp@childrens.harvard.edu"

5:24:38 Karen Capraro - "movement breaks"

5:24:44 jpratt@rpk12.org - "Grounding: 5 things you see, 4 hear, 3 feel, 2 smell and 1 taste"

5:24:44 Ashley Correia - "Access to a calm down corner, use of fidgets"

5:24:53 Allie - "cognitive distraction/distracting conversation; zones of regulation to help ID"

5:25:08 Giro Studio - "The recorded version of this webinar will also be available for anyone who couldn't make it this evening and if you want to rewatch it!"

5:25:11 Michiko - "validate how they feel"

5:25:12 Karen Capraro - "giving student a couple of choices"

5:25:29 Allie - "controlled choices "

5:25:37 Mark S - "Sorry... my computer is dying and my charger is at school. :("

5:25:56 Liz - "silent hand signals to check in: do you need a break? do you need a fidget? do your breathing activity, etc"

5:26:35 Molly Jordan - "Building relationships & connecting with supports in the school"

5:25:47 Jake and Bobby - "ask open ended questions"

5:26:04 Jake and Bobby - "establish a relationship?"

5:27:28 Michiko - "say Thank you for what they share with me"

5:29:03 Liz - "I appreciate giving the student the choice to talk now or later. Having a relationship is so important!"

5:31:13 Molly Jordan - "Appreciate the idea of using a strategy and then checking in again to see how they are- keeping connected during the moment"

5:31:50 Kelly Kiltonic - "How do you get high school teachers to buy into this?"

5:32:43 Kelly Kiltonic - "HS teachers are so content driven (MCAS, AP, etc) that they feel pressured to get their materials done first."

5:35:21 Rob C - "@Kelly, I am seeing that in my 7-12 school now. And, it only gets worse in college, where I'm seeing so little recognition of this topic... :-("

5:36:24 Kelly Kiltonic - "I asked as the school counselor trying to get the teachers into this"

5:38:50 melinda - "htis is going to be a hard sell to school district as they care more about bout meeting scores on academic testing and Common Core that the emotional and social health of the students are not taken into consideration"

5:39:25 Allie - "building relationships with families-don't just call home for negative things, call home with positives; share resources and strategies that we are using at school. Explain the zones of regulation/language we use at school to identify feelings."

5:41:45 Maria DaSilva (she/ella/ela) - "All schools should practice the HUB model "

5:42:13 Kelly Kiltonic - "What's the HUB model"

5:42:44 Thomas M Ward - "Please spell out what HUB is."

melinda - "I agree maria this support is needed for this generation and if we do not intervene and see anxiety as an epidemic that can lead to medication and possible drug misuse and abuse and possibly death "

5:43:08

5:43:16 Rita Farah - "Exactly after my experience I saw many examples!"

Roxanna Kurtz - "I feel that transparency is also useful in trying to develop relationships with families and students. A lot of the time, there is a level of connection found when you are able to show that you can understand their circumstances and what they are feeling"

5:44:02

Kelly Kiltonic - "It is an epidemic - everyday I get students crying or melting down. Counseling services are months waitlist! "

5:44:23

Liz - "When building relationships with families I try to listen a lot so that it's not a one way communication. It's so helpful to learn more about families and what students do outside of school."

5:45:47

melinda - "yes and agencies have attendance policies that do a dis-service to the student, as well as the high turnover of counselors that students dont feel that they are getting the attention that they need"

5:46:33

Kim - "At my school we have teachers hold "listening confernces" with families early in the year to get to know them and to have a positive experience/connection with families as their first interaction"

5:46:50

5:46:53 melinda - "and get frustrated that they have to start all over again"

5:49:46 Kelly Kiltonic - "zooming needs to stay!"

Rebecca Beacom - "agree with the point about hiring teachers/admin who value SEL HS especially - teachers who have the caring spirit as well as the science/skill of "teaching". Transforms the culture at a school. More long-term strategy - but important. Parents involved in that process too!"

5:51:01

5:53:19 Maria DaSilva (she/ella/ela) - "Happy to email more information "

5:54:59 John Frazee - "Thank you to the three educators! All your advice is a huge help."

5:55:29 Tamara McNulty - "Thank you"

5:55:47 melinda - "this was very informative and I loved that these teachers actually are making the effort to change the school environment for the best interest of the students "

5:55:59 Giro Studio - "Don't forget that this recording will be available for all who would like to rewatch and/or could no take it!"

5:56:08 brenda - "thank you! a very informative and well put together presentation!"

5:56:16 melinda - "Students have to come first they are our future and we need them to be successful and strong

5:56:45 Jake and Bobby - "thank you so much, i have much to take back to my school"

5:57:02 Marian Clifford Cronin - "Thank you so much!"

5:57:32 Amy - "That was great! So well structured!"

5:57:33 Sabrina Germain, MSW - "Thank you!!!"

5:57:38 Inas Younis - "Thanks very much everyone"

5:57:58 Linda Hampton - "Thank you"

5:58:07 Jake and Bobby - "see you in the next one gang! Teach for tomorrow, not today."

5:58:12 Christina Braun, PT - "Thank you everyone!"

5:59:26 Rob C - "Thank you!"

5:59:40 John Frazee - "Where do we access the certificate of participation? Thank you."

6:00:28 John Frazee - "Sorry, I got it."

6:01:12 Giro Studio - "Please see the survey, there is an option there to get a certificate!"

6:01:25 Giro Studio - "(even if you decide not to fill the survey)"