

## 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.