



AWARE NEWS

Anderson County Schools Mental Health Awareness Newsletter

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Do You Know the Difference Between Stress and Anxiety?

It can be difficult to spot the differences between stress and anxiety because the symptoms can appear interchangeable. **Stress** is your body’s reaction to a trigger and is generally a short-term experience. Stress can be positive or negative. **Anxiety**, on the other hand, is a sustained mental health disorder that can be triggered by stress. It does not fade once the threat is mediated and can cause significant impairment in social, occupational, and other important areas of functioning.

Anxiety becomes a disorder when young people have out-of-proportion responses to things most of us cope with easily. It’s not uncommon for children with undiagnosed anxiety to be disruptive at school. If children are struggling to feel safe at home, behaviors exhibited can range from freezing and clingy to tantrums and meltdowns.

Tips for Coping with Stress

- ⇒ Relaxation breathing
- ⇒ Practice Mindfulness—UNPLUG tech
- ⇒ Keep a journal
- ⇒ Get moving—Exercise
- ⇒ Be Creative— Get a hobby
- ⇒ Listen to relaxing music

Just because you are struggling does not mean you are falling.

2019 Children’s Mental Health Report Child Mind Institute

- As little as 1% of youth with anxiety seek treatment the first year symptoms appear.
- At some point anxiety has affected 30% of children and adolescents yet 80% never get help.
- Anxiety is a gateway disorder that leads to increased risk of depression, school failure, substance abuse, and suicide.



Anderson County Schools has three schools recognized by TDOE for creating positive culture with RTI2-B.
SILVER - Clinton Middle
BRONZE - Norwood Elementary
REGOGNITION - Norwood Middle

Training and Consulting is FREE and TASL Credit is Available

Check out the 2019 training dates, register your team and then see the impact of building positive relationships in your school and community!

Establishing Tier I: RTI²-B Introduction

Register your school leadership team now for our free 2-day workshop!

March 26 and April 6th, 2019

University of Tennessee
Visitors Center

Register online:
etbsp.utk.edu

TASL Credit Available

Form your school team based on these recommended members (5-7 total):

- District Representatives
- Administrators
- Teachers (Grade-level Representation, Special Education, Related Arts)
- Behavioral Support Staff (Specialists, Counselor, School Psychologist, Social Worker)

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The Tennessee Behavior Supports Project at UTK is funded by the Tennessee Department of Education, Division of Special Populations and Student Support.



Tennessee Behavior Supports Project
The University of Tennessee, Knoxville

RTI²-B Tier II 2-Day Workshop

Register your school leadership team now for our FREE 2-day Tier II workshop!

March 5-6, 2019

June 12-13, 2019

July 16-17, 2019

University of Tennessee Visitor Center

Register Now Online
etbsp.utk.edu

Form your school team based on these recommended members (3-8 total)*:

- District Representatives
- Administrators (1 Minimum Required)
- Teachers (Grade-level Representation, Special Education, Related Arts)
- Behavioral Support Staff (Specialists, Counselor, School Psychologist, Social Worker)

EMAIL: tbsp@utk.edu
 PHONE: 865.974.2760
 WEBSITE: etbsp.utk.edu
 TASL Credit Available

*Schools typically have their Tier I Behavior Team trained in Tier II. However, a school has the option of having a separate Tier II Team

The Tennessee Behavior Supports Project (TBSP) is charged with supporting public schools with developing and implementing the Response to Instruction and Intervention-Behavior (RTI²-B) framework. Our services, supports, and workshops are available free of charge to public schools. TBSP is funded by the Tennessee Department of Education, Division of Special Populations and Student Support. Thank you for your interest!

To register contact Anderson County’s
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AWARE Anderson County

AWARE is funded by SAMSHA and administered through the TDOE. For more information contact Kim Guinn at 865-463-2800 ext. 2825 or kguinn@acs.ac