



**OLENTANGY SCHOOLS<sup>SM</sup>**  
*Parent Academy*

**Wednesday  
November 10  
7:00-8:30pm**

# **ANXIETY IN YOUTH:**

**What you need to know and how you can help**

**CLICK HERE**  
**TO JOIN THE**  
**MICROSOFT TEAMS**  
**VIRTUAL MEETING**



Over a year into the COVID-19 pandemic, youth mental health concerns continue. Students are experiencing greater levels of anxiety, social isolation and lack of consistent routines in addition to the typical challenges of school. This discussion will address why it's important to focus on mental health, the way anxiety presents itself in youth, and concrete ways parents can support their children.

## **Paula Yanes-Lukin, Ph.D.**

Dr. Yanes-Lukin specializes in the provision of cognitive-behavioral therapy for anxiety and mood disorders, and is trained in Interpersonal Psychotherapy for Adolescents. She is an Assistant Professor of Clinical Psychology in the division of Child and Adolescent Psychiatry at Columbia University Medical Center/New York State Psychiatric Institute, and the Director of Psychology at the Youth Treatment and Evaluation of Anxiety and Mood (Y-TEAM) Program/Children's Day Unit (CDU).



---

PPT's mission is to empower parents with information and skills critical to raising children in today's world. The committee provides information through evening parent forums featuring experts in areas relevant to raising children. PPT is a collaborative group of district staff, community members and parents like you! Sponsored by Olentangy's Parent Programs Team.