

Project CHAT Anxiety Resources

Recommended Therapy Clinics

- Temple University Child and Adolescent Anxiety Disorders Clinic (CAADC; 215-204-7165): www.childanxiety.org
- Bala Child and Family Associates (610-667-7137): <https://balachildfamily.com/>
- CBT Center for Anxiety and OCD (610-529-1875): <https://cbtcenterforanxiety.com>
- Center for Brief Therapy at PCOM (215-871-6487): <https://pcomhealth.org/cbt/>
- Home for Anxiety, Repetitive Behaviors, OCD, and Related Disorders (HARBOR): <https://www.harborpa.com>
- Center for Treatment and Study of Anxiety (CTSA) at Penn (215-746-3327): <https://www.med.upenn.edu/ctsa/>
- PATCH at Hall-Mercer (215-829-5524): www.med.upenn.edu/hallmercer/patch_about.html
- Drexel Psychological Services Center (215-553-7128): <https://drexel.edu/coas/academics/departments-centers/psychology/clinic/>
- La Salle Community Center for Counseling and Psychological Services (215-951-1006): www.lasalle.edu/doctor-of-psychology/training-clinic/
- Center for Brief Therapy at PCOM (215-871-6487): <https://pcomhealth.org/cbt/>
- Southampton Psychiatric Associates (215-355-2011): <https://www.southamptonpsychiatric.com/>

Therapist Directories

Note: To make sure the therapist does the most effect therapy for anxiety, ask if they do cognitive behavior therapy with exposures!

- Anxiety and Depression Association of America: <https://members.adaa.org/search/custom.asp?id=4685>
 - Most therapists on this list offer cognitive behavior therapy with exposures (the therapy that works best for anxiety)
- Association for Behavioral and Cognitive Therapies: <http://www.findcbt.org/FAT/>
 - Most therapists on this list offer cognitive behavior therapy with exposures (the therapy that works best for anxiety)
- Psychology Today: <https://www.psychologytoday.com/us/therapists>
 - Useful insurance filter option
- Therapy 4 the People: <https://therapy4thepeople.org>
 - List of mental health services that cost less than \$30
- Your Insurance Company's "Find a Doctor"
 - Easy way to make sure insurance covers it!

Books for Children

- *Wemberly Worried*. Henkes.
- *Anxiety Relief for Teens*. Galanti.
- *When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears*. Galanti.
- *Guts*. Telgemeler
- *Scary Night Visitors: A Story for Children with Bedtime Fears*. Marcus, Marcus, & Jesche.
- *I Don't Know Why...I Guess I'm Shy: A Story About Taming Imaginary Fears*. Cain & Smith-Moore.
- *First Day Jitters*. Danneberg.
- *Night Light: A Story for Children Afraid of the Dark*. Dutro & Boyle.
- *Cat's Got Your Tongue? A Story for Children Afraid to Speak*. Schaefer & Friedman.
- *Up and Down the Worry Hill*. Wagner. (OCD)

Books for Caregivers

- *The Resilience Recipe: A Parent's Guide to Raising Fearless Kids in the Age of Anxiety*. Khanna & Kendall
- *Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents*. Lebowitz
- *Helping your Anxious Child: A Step-by-Step Guide for Parents*. Rapee, Spence, Cobham, Wignall
- *Monsters Under the Bed and Other Childhood Fears: Helping your Child Overcome Anxieties, Fears, and Phobias*. Garber, Garber, & Spizman
- *Straight Talk about Psychiatric Medications for Kids*. Wilens.
- *Good Friends are Hard to Find: Help your Child Find, Make, and Keep Friends*. Frankel & Wetmore.

Internet Resources

- Child Anxiety Tales: <http://www.copingcatparents.com/>
- The Child Anxiety Network: www.childanxiety.net
- Anxiety Disorders Association of America: www.adaa.org
- Effective Child Therapy: <https://effectivechildtherapy.org>
- Anxiety Tip Sheets: <https://carescenter.ucla.edu/resources>
- Tips for finding a therapist: <https://www.abct.org/get-help/how-do-i-choose-a-therapist/>
- SPACE (parent only treatment for youth anxiety): <https://www.spacetreatment.net>
- School Refusal: <https://adaa.org/find-help/by-demographics/children/school-refusal>
- American Academy of Pediatrics Screen Time Plan: <https://www.healthychildren.org/English/media/Pages/default.aspx>
- Everyday Parenting: The ABCs of Child Rearing (tips for managing children's behavior – free course!): <https://alankazdin.com/everyday-parenting-the-abcs-of-child-rearing/>
- Therapists on Instagram: @dr.rachelgoldman, @drbeckyatgoodinside, @the.parent.therapist

Supporting Anxious Youth: Key Strategies

- **Label and validate a child's emotions.** Youth often have difficulty identifying anxiety, and may even think they are sick. Use compassion to label and validate emotions, and avoid minimizing their distress by saying it is "silly" to be nervous. Instead, express confidence they can handle it ("It looks like you're feeling pretty nervous. I know how hard tests are for you. Even though it's hard, I know you'll be able to try your best.")
- **Break down anxious situations into small steps to encourage approach, rather than avoidance.** The nature of anxiety is to avoid. The problem is that avoiding scary situations helps in the moment, but then teaches your kid to keep avoiding in the future. So, in the long run, it actually makes fear worse. A key part of overcoming anxiety is helping a youth re-enter feared situations in small, manageable steps. We call these "challenges" or exposures in therapy, and parents can do this too:
 - Identify a reasonable starting point. The first step should push your child slightly but be likely to be successful
 - Practice as much as possible. The more we try things that are hard for us, the easier they get
 - Continue to raise the bar as child is successful
- **Avoid unhelpful accommodations.** It is your instinct to protect a child from stressful situations. But this is counter to the goal of helping children approach their fears! Some accommodations may be a necessary as a temporary support for the child's growth. But how do you know? A helpful accommodation...
 - helps a child achieve a goal, rather than removing expectations
 - asks "what does this child need to be successful" rather than "what does this child need to be less upset?"
 - is a moving target, removed when a kid no longer needs them to be successful
- **Avoid excessive reassurance.** Sometimes children need some reassurance to face their fears. Other times, reassurance doesn't allow the child to learn to face uncertainty. Notice if your child repeatedly comes to you for reassurance for the same topic, or asks you the same question over and over. Validate their uncertainty, and ask them "what did I say last time when we talked about this?"
- **Reward brave behavior.** Rewards increase the frequency of a behavior. Your job as a caregiver is to notice and praise a child for their bravery. Rewards can be privileges (extra screen time), activity-driven (getting to pick what's for dinner, getting to pick the family movie, breakfast for dinner, going to the park with grandma), or tangible (stickers, extra dessert).
- **Stay calm & take care of yourself.** It's normal to get upset or frustrated when a kid is anxious! But try not to get angry or upset in the moment ("You're fine, just do it!"). Instead, model the behavior you want to see in the child do. It's very hard to stay calm if you are generally overwhelmed. Taking care of yourself makes it easier to use all these strategies.