



# Keysor PTO General Session Meeting

---

**November 14,2023**

Meeting was called to order at 7:00 pm by Emily Boeckmann\*.

Those in Attendance were: Alyssa Taylor, Gretchen Morrison, Emily Boeckmann\*, Patty Fisher\*, Kimberly Abeln\*, Jessica Ahrens \*, Whitney Hilton, Renee Audet, Scott Bopp, Jenny Gandhi, Shannon Ryan, Kirk Faubel, Carly Mansfield, Katie D'Agostino, Karen Hill, Crystal Harris, Megan Hegger, Jenny Keatmann, Katie Rohlfing, Katie Dieckhaus, Jen Walff, Carissa Roller, Dr. Sylvester

\* Denotes Executive Board member

## **AGENDA**

### **WELCOME & INTRODUCTIONS**

-Quick hellos

### **SHOUT OUTS AND CELEBRATIONS**

1. **Kirkwood Chili Bowl**
  - Needs volunteers
  - Sponsorship Opportunities
  
2. **Keysor Cash**
  - \$5,200.00 to date!

## **GUEST SPEAKER - Dr. Sylvester**

- Most common mental health illness in adults and children is anxiety.
- Pediatric Anxiety Disorders - excessive fear or anxiety
  - Fear - perceived threat
  - Anxiety - anticipation of future threat
- Behavioral Disturbance
  - Avoidance - Avoiding things that make them anxious
  - Anger/ Outbursts
  - Marked Distress
- Main 3 Anxiety Disorders
  - Separation Anxiety "Clingy"
  - Social Phobia "Shy"
  - Generalized Anxiety Disorder
- Most Anxiety Starts in young children between 6-11 years old
- Anxiety is 50/50 environment and genetics
- Anxiety can lead to Depression, Substance Abuse, Poor academic achievement, and higher unemployment.
- With treatment - most kids with anxiety - it becomes manageable.
- CBT Therapy
  - Acknowledge feeling anxious
  - Identify thoughts and feelings
  - How do your actions affect - thoughts, feelings and body sensations
  - Use relaxation techniques - Deep breathing, Hand squeeze and release
- Best practices
  - Therapy
  - Medication
  - Schedule Worry time
  - Focus less on Behavior and more on thoughts and feelings
  - Gradually introduce worries from least amount to most to make anxiety more manageable

**REMINDERS:**

Add [President@KeysorPTO.com](mailto:President@KeysorPTO.com) to your contacts to avoid going to spam!

**Upcoming Events:**

- Restaurant Night Des Peres Chipotle - Wednesday, December 13
- Keysor Trivia Night Tickets on Sale - Saturday, December 2
- PTO Meeting - Tuesday, January 16
- Keysor Trivia Night - Friday, February 9, 2024

Adjourned at 8:14 pm by President elect Scott Bopp