

Child Anxiety Learning Modules (CALM) Study Overview

Excessive anxiety among elementary age students is common and severely impacts academic, social, and behavioral functioning. Less than half of children with anxiety receive the services they need to succeed in school. There is a critical need to expand the providers who can assist students with anxiety and address this obstacle to academic success. As somatic complaints (headaches, stomachaches, etc.) are a hallmark feature of anxiety, school nurses are often the first school-based personnel to identify anxiety in students. The Child Anxiety Learning Modules (CALM) study, is a project funded by the US Department of Education that provides free training for school nurses in brief interventions to reduce anxiety in elementary school students. CALM has been developed and refined in close consultation with the Executive Director and Nursing Education Director of the National Association for School Nurses (NASN), both of whom sit on the advisory board for our study. The CALM program has been approved and implemented in over a dozen schools throughout New England and Maryland, with preliminary results indicating that school nurses make a big difference for students who struggle with anxiety! This presentation will include information on childhood anxiety and a review of the rationale and preliminary findings of the CALM pilot study.

Our presentation will cover:

- Prevalence and Etiology of Pediatric Anxiety Disorders
- Signs of Anxiety Disorders
- CALM Study—development of school nurse delivered intervention and preliminary outcomes
- Future Directions