Social Emotional Issues in Students Identified as HCL

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Why Are We Talking About This Issue?

* Higher rates of social-emotional learning issues in students with HCL (specifically anxiety)
  * Sub clinical presentation
* Interference with ability to function in the ‘real world’
Why Are Students Identified as HCL Possibly More Vulnerable to Certain Social Emotional Issues?

* Think deeply
* Feel more intensely
* Rigid thinking (very acute sense of justice or right and wrong)
* Hyperfocus on areas of interest
* Uncomfortable with being uncomfortable
* Speed of thinking can be very fast
Most Common Areas of Difficulty

* Anxiety
* Depression
* ADHD/Executive Functioning
* Autism Spectrum Disorders/Social Communication Disorder/Social Skills Deficits
* (Psychosis)
What is Anxiety?

I am not anxious. I am just extremely well educated about all the things that can go catastrophically wrong.
What is Anxiety?

- Feared stimulus of some type
- Some behavior designed to mitigate and/or avoid the anxiety
I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.
Cycle of Anxiety

http://www.cognitive-behaviour-therapy.co.za/disorders_anxiety.htm
How things go from bad to worse

- Individual feels anxiety
- Engages in behavior
- Behavior coincidentally occurs at the point in the anxiety cycle where it would decrease and/or decreases anxiety by removing the individual from the anxiety provoking situation
- Behavior is reinforced by the decrease in anxiety
(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)

(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

http://www.therapistaid.com/therapy-guide/cbt-for-anxiety
I stress about stress before there's even stress to stress about. Then I stress about stressing over stress that doesn't need to be stressed about. It's stressful.
What does it look like at home or school?

- Sometimes ... nothing
- Fight, flight or freeze
- Irritability
- Unpredictable reactions
- Attendance issues
- Smart, capable kids who can’t finish work, turn it in, and/or don’t do well on tests
- Inattention and restlessness
- Troubling answering questions when called on
- Frequent trips to the nurse