

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.



somee cards
user card

What is Anxiety?

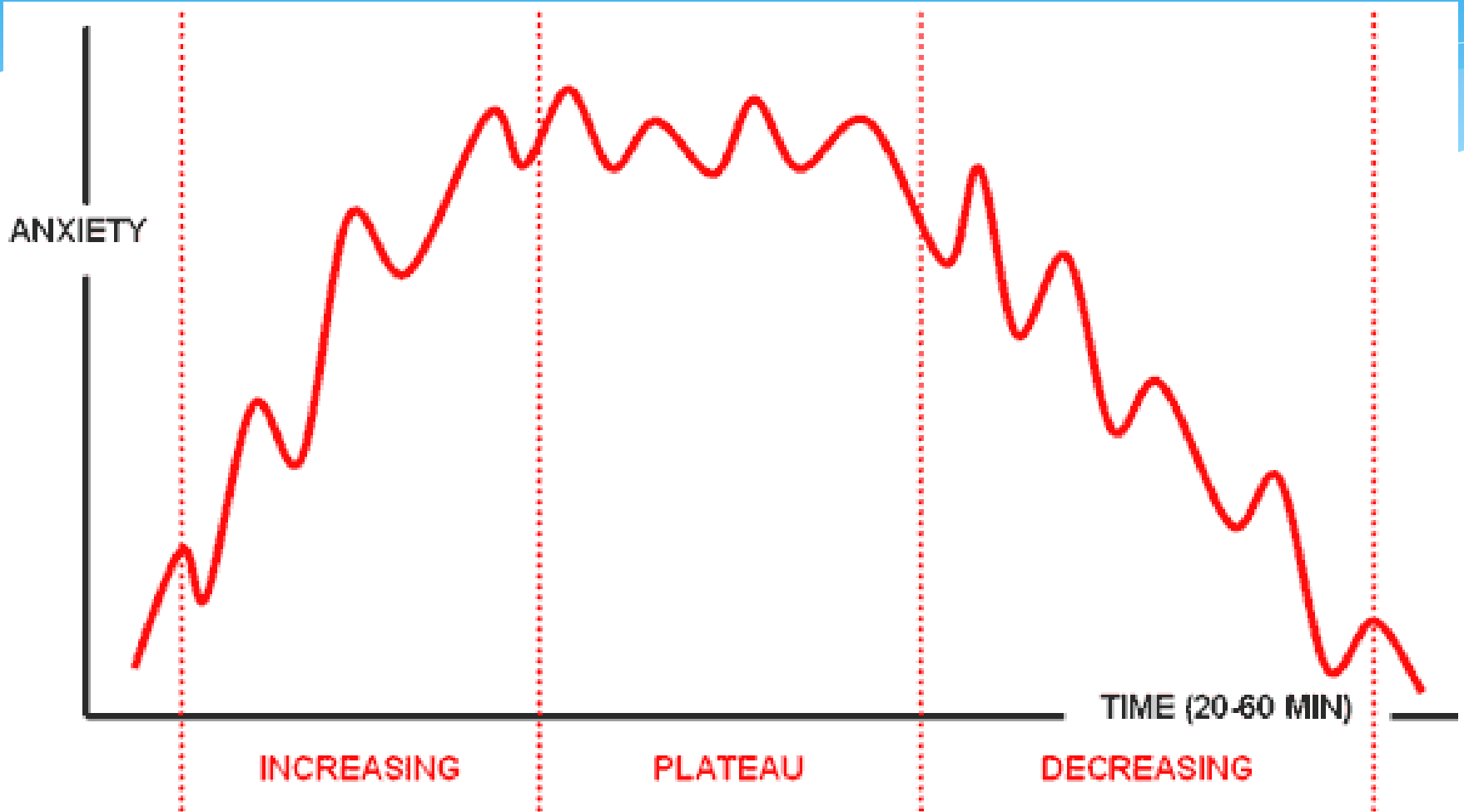
- * Feared stimulus of some type
- * Some behavior designed to mitigate and/or avoid the anxiety

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.



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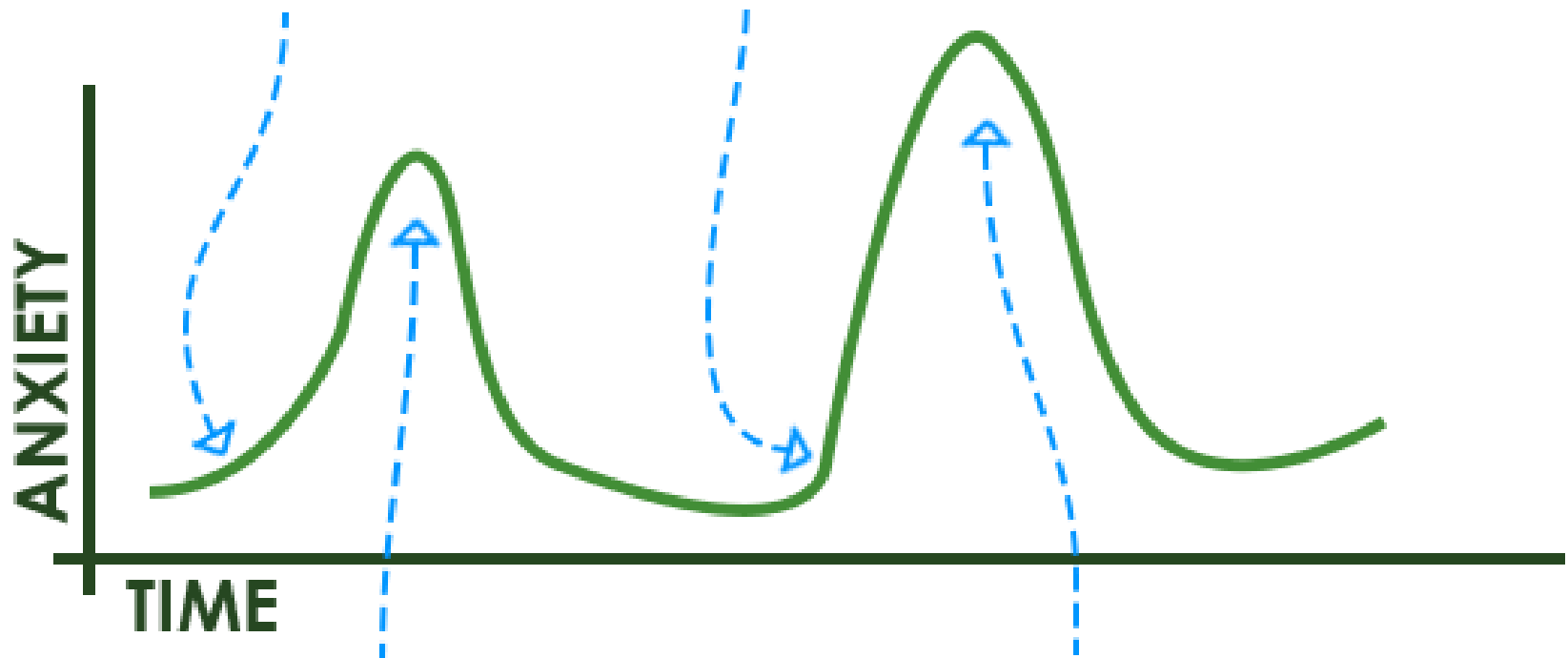
Cycle of Anxiety



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.)

**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.**

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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