

**School Nurses: Exciting Opportunity
Coming to Your School!**

Be a part of an innovative project to help students struggling with anxiety, fear, and worry.



Enhancing the Capacity of School Nurses to Reduce Child Anxiety (CALM)

- **What is this study all about?**
The study was funded by the U.S. Department of Education's Institute of Education Sciences to compare two interventions to reduce anxiety symptoms and improve academic functioning in 5-12-year-old children. Both interventions are brief, evidence-based, and delivered virtually by school nurses in 5-6 sessions of 20-30 minutes each.
- **Why should you volunteer for this study?**
 - Learn strategies to help anxious children, especially in helping children and families navigate stress and uncertainty associated with Covid-19
 - Receive free training and supervision
 - Receive copies of the intervention manual and handouts to use with youth
 - Receive financial compensation for completing study requirements (up to \$225 in your first year)
- **What will you be asked to do?**
 - Attend one day training (usually during the weekend done virtually)
 - Recruit students with excessive anxiety from your schools
 - Deliver the brief intervention to students (5 to 6 meetings)
 - Participate in consultation calls (by phone or virtually)
 - Complete study questionnaires

If you have questions about this project, contact the CALM Team:

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