

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

Be a part of an innovative research 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?**

This research 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
- 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

- **Here's what school nurses said about CALM:**

- "To all, it's been a **pleasure and privilege** to be **part of this project**. Thank you"
- "Thank you so much for this **invaluable experience**. I am a **better practitioner because of it.**"
- "The **handouts are phenomenal**, and the **clinical supervision was wonderful.**"
- **100% of participating nurses** said they would **recommend** the CALM program.

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

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