

- 1- Welcome, followed by INFO announcements:
  - a. Transition Expo April 7 at Bel Air High School
    - online registration open for info sessions
    - [harfordcountymd.gov/services/disabilities](http://harfordcountymd.gov/services/disabilities)
    - questions, call Rachel Harbin at 410-638-3373
  - b. Copies of revised SECAC Bylaws were distributed. Motion by Donna Stuff for all to review; second by Sue Rattman. Any suggestion for revisions should be given at March meeting.
  - c. Dr. Susan Austin announced that MSDE would be sending a “Parent Involvement Survey” to all parents/guardians who have a child with a disability. Dr. Austin urged all to complete the survey, explaining that all input is valued.
  - d. Lori Ginley, Parents for Success Coordinator, reminded about Book Club discussion group meeting Tuesday, February 13, 10am to 12 noon, at Roye Williams Elementary, 201 Oakington Road, Havre de Grace, MD 21078.
  - e. HCPS is in need of parent surrogates. For information, contact Lori Ginly, Partners for Success Coordinator, 410-273-5579/ [partners.success@hcps.org](mailto:partners.success@hcps.org)
  
- 2- **Guest Presenter:** Dr. Shreya Hessler, Psy.D. (a.k.a. “the worry doctor” / Bel Air)

Founder and director of The MINDset Center [www.mindsetcenter.com](http://www.mindsetcenter.com)  
Dr. Hessler’s specialization includes the identification and treatment of anxiety disorder, depression, attention deficit-hyper activity disorder, and behavioral disorders. Dr. Hessler is trained in cognitive-behavioral and applied behavioral therapy for treatment of children, adolescents, and adults.

  - a. Anxiety is the brain’s warning system that expresses apprehension and fear. It is a part of development, but when the symptoms are persistent, consistent, and life altering, you should consider seeking professional help.
  - b. What to look for: physical signs; avoidant behaviors; prevalence of negative thoughts; and symptoms impacting daily functioning.
  - c. What to do: Validate their feelings (“that stinks that you feel that way”); avoid minimizing their feelings; encourage expression through dialogue (important to listen, but not necessarily solve); suggest they write it down to “get it out” “to take the power away from the worry.”
  - d. Anxiety in a child (10yrs and younger) often looks like ADHD

- e. For any person, it might seem that the concern is about one issue, but (like an iceberg) there are usually more underlying issues.
- f. With panic attacks, it is not helpful to tell someone to “calm down or breathe.” A better solution is to increase movement (ie: walk in hallway)
- g. When the symptoms are persistent, consistent, and life altering, you should consider seeking professional help.
- h. Life is uncertain, and everyone experiences stress. Parents can show ways to cope, but it is important that each child/individual be allowed to learn and know for themselves how to cope and manage stress/worries.
- i. Dr. Hessler’s newly published book, “Bianca Finds Her Bounce” – children’s story about how to tackle worries in a unique way. Available on Amazon.com
- j. Reliable Resource: Anxiety and Depression Association of America

[www.adaa.org](http://www.adaa.org)

### 3- Upcoming Events

- a. Next SECAC meeting is March 1 - Presentation by Nancy Brugh, Transition Resource Itinerant
- b. February 20 – SNAG Meeting – location to be announced
- c. April 7, 2018 – Transition Expo, Bel Air High School