

# KSKidsMAP

*Kansas Together for Pediatric Mental Health Care  
Access*

**Pediatric Mental Health Toolkit  
Topic: Anxiety  
Part 4: Brief Interventions**



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.





# The FEAR Plan

- Feelings- build insight into emotions and the associated somatic symptoms
- Expectations- foster awareness of anxious thought processes
- Attitudes and actions that can help- coping thoughts and exposure
- Rewards- celebrate success



# Feeling anxious?

- Provide education about the body's stress response
- Empower child to change how their body feels
  - Deep breathing exercises
  - Progressive Muscle Relaxation



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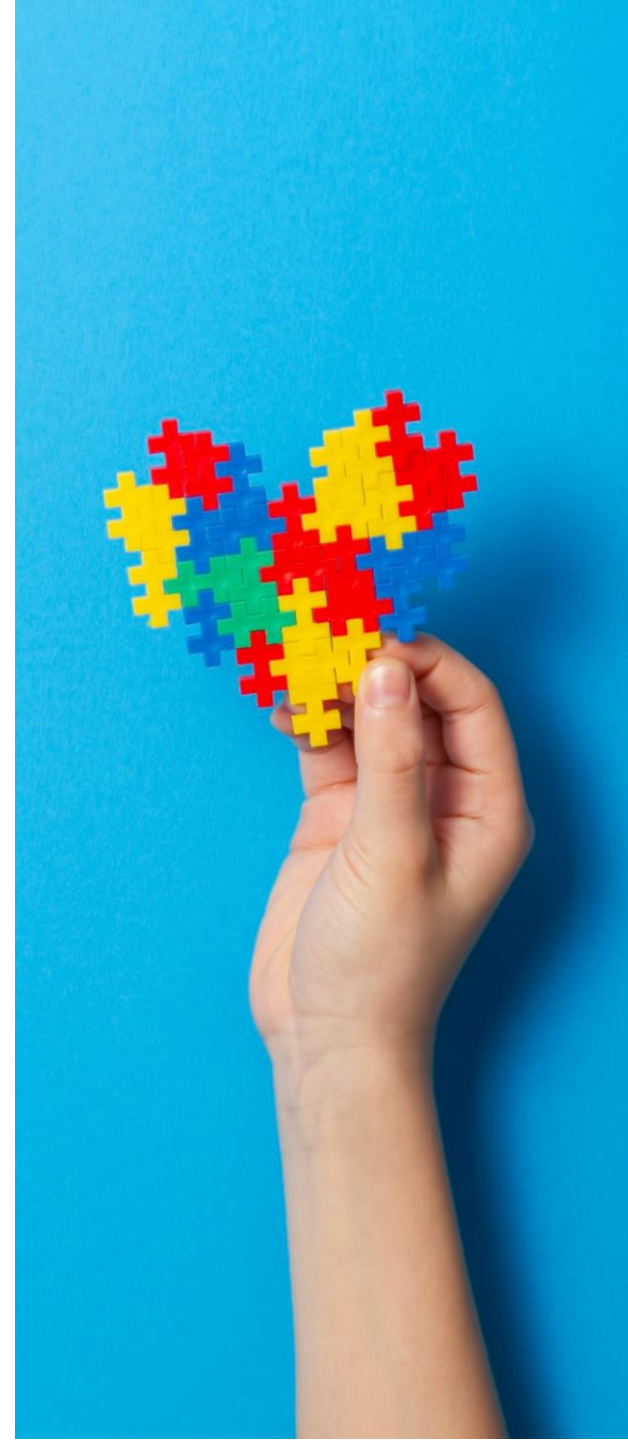


# Expecting bad things to happen?

- Label the anxious thought process
- Worry brain vs. smart brain
- Confine the worry to a specific time and or place



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# Attitudes and Actions that can Help

- Coping thoughts- practice, practice, practice!
- Exposure Hierarchy



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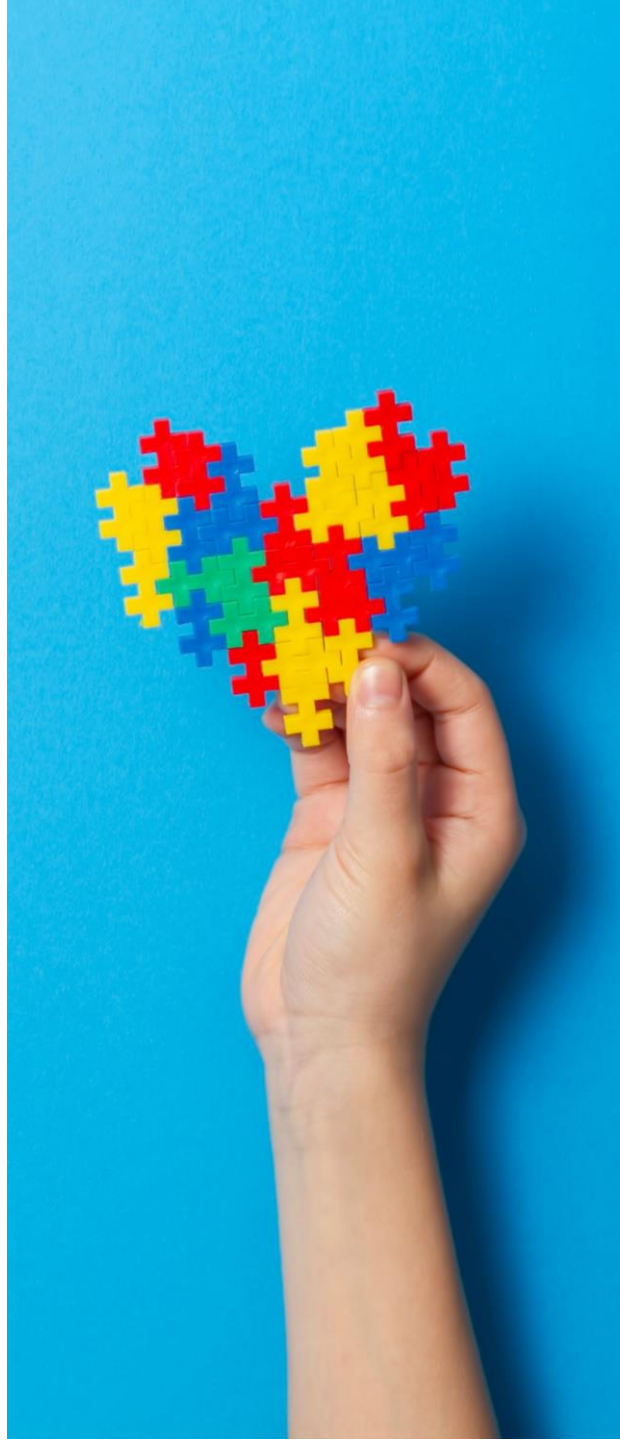


# Results and Rewards

- Acknowledge the efforts
- Celebrate!



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# Parents

- Anxious kids often come with anxious parents
- Overprotection trap
- Build their confidence
- Parents need the same FEAR plan skills



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# References and Resources

- Coping Cat program by Phillip Kendall
- <https://www.anxietycanada.com/>
- Helping Your Anxious Child: A Step-by-Step Guide for Parents by Ron Rapee et al.



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# Disclosure

Thank you for viewing the KSKidsMAP toolkit on Anxiety. KSKidsMAP intends for this toolkit to be used in conjunction with the KSKidsMAP program and not as a stand-alone resource. KSKidsMAP provides case-based consultation with experts in pediatric mental health, ongoing education and mentorship through the Virtual TeleECHO clinic, and physician and clinician wellness resources to those providing medical care to youth and adolescents with mental illness. Please connect with KSKidsMAP by emailing [KSKidsMAP@kumc.edu](mailto:KSKidsMAP@kumc.edu) or calling 1-800-332-6262.



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