

## MENTAL HEALTH IN SCHOOLS LEARNING SERIES

### Recovery Strand

*When School Refusal Intersects with COVID-19: Practical Strategies and Interventions,  
Presented by Jonathan Dalton, Ph.D.*

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#### Webinar Summary:

We will review evidence-based techniques and strategies to help students who are at risk for school refusal during a school year of unprecedented, complex challenges.

#### Resources:

- [School Refusal Hope](#)
- Treating Childhood and Adolescent Anxiety: A Guide for Caregivers, 1<sup>st</sup> Edition, ISBN-13: 978-1118121016, ISDN-10: 1118121015
- [School Refusal](#) (Anxiety and Depression Association of America)

#### References:

- Dalton, J. (2018). School Refusal. In D. I. Driver & S. Thomas (Eds.), *Complex disorders in pediatric psychiatry: A clinician's guide* (pp. 11-21). Elsevier Health Sciences.
- Kearney, C.A. (2018). *Helping school refusing children and their parents: A guide for school-based professionals* (2<sup>nd</sup> Edition). Oxford University Press.
- Taylor, S., Landry, C.A., Paluszek, M.M., Fergus T.A., McKay, D., & Asmundson, G.J.G. (2020). COVID stress syndrome: Concept, structure, and correlates. *Depress Anxiety*, 37, 706-714. <https://doi.org/10.1002/da.23071>

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### Discussion Guide:

1. How can your team recognize students at risk for developing school refusal?
2. How can you work closely with parents to provide education about the symbiotic relationship between anxiety and avoidance?
3. What are unique challenges to help school-refusing children return to school during a pandemic and how do we address those challenges?
4. How can the educational team assist students whose anxiety surrounds being behind peers academically because of difficulty learning remotely?
5. What can be done to help students who are returning to the building in an environment that is difficult to predict?