

**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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**In New England: (860) 523-3779**

**In Maryland: (443) 938-2479**

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**CALM G3**