



SUPPORTING CHILDREN WITH MENTAL HEALTH CHALLENGES

ESS presents rotating informational sessions on topics of
Anxiety, ADHD, and Social Skills Deficits

Anxiety

Anxiety can be a normal reaction to stress. It can help children deal with a tense situation, study harder for tests or keep them focused on an essay that they are writing, essentially it can help them cope. But when anxiety is excessive, it can become a disabling condition. The good news is we can help children with anxiety learn more about effective coping skills.

Led by: STACY BASARA, LPC

Stacy Basara joined the ESS team in January of 2021 as a per diem clinician. She is a 1998 graduate of West Virginia University, where she received a bachelor's degree in Psychology. In 2010, Stacy received her master's degree in Counseling Psychology, with a specialization in Child and Adolescent Mental Health from Saint Elizabeth University.

ADHD

At times, all children struggle to pay attention, listen, wait their turn, or follow directions. But for kids with ADHD, the struggles are harder and happen more often. Children with ADHD can display symptoms such as inattention, hyperactivity, or impulsivity. The good news is there are treatments, and parents can help!

Led by: ASHLEY WILLIAMS, LSW

Ashley Williams joined ESS in September of 2023 and is a Lead Clinician at Robert Hunter School. Ashley received her Bachelor's Degree in Social Work from Ramapo College in 2016, and her Master's Degree in Social Work from Rutgers University in 2017.

Social Skills Deficits

Social skills allow children to create and maintain healthy and satisfying relationships. They help them know what to say, make good decisions, and how to behave in different social situations. When children have deficits, they can have difficulty initiating and responding to interactions, maintaining eye contact, reading non-verbal cues, and understanding the perspective of others. There are tools for parents that can help improve these deficits in their children.

Led by: GRACE AGRESTA, LCSW

Grace Agresta joined the ESS team in March of 2020 as a clinician at Reading-Fleming Intermediate school program. She is a 2015 graduate of Providence College, where she received a bachelor's degree in Public and Community Service Studies. In 2017, Grace received her Master's in Social Work from NYU.

[Click this link to RSVP](#)

Join us on 2/28/23, 6:30 – 8 PM
J.P. CASE MIDDLE SCHOOL