

Presentation by: Elena Alvarez, M.A.

Resource Title	Coping Cat
What is it?	A cognitive behavioral treatment designed for students in elementary through high school. Coping Cat is an evidence-based practice.
Purpose(s)	<p>Assists student in recognizing anxious feelings and physical reactions to anxiety. Identification of unrealistic expectations, development of coping strategies and self-reinforcement are all strategies taught to the student. Role play, modeling of student situations and stress reduction techniques are incorporated into the 16 sessions by the therapist that are focused on skill acquisition and application of skills learned. Manuals and computer based materials are available to support educators and therapist.</p> <p>Topics include: Behavior Management Mental Health/Wellness Youth Development</p>
Intended Implementer(s)	Administrators Teachers/School Staff Mental Health Staff Parents/Caregivers/Community
Applicable Population(s) / Grade Levels	Students in grade levels K-3 4-6 7-8 9-12 Can be used as a RTI Tier 2 or 3 intervention
Source of Products or Websites	www.workbookpublishing.com www.regionalk12smhi.org