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<th><strong>Known Drivers</strong></th>
<th><strong>Treatment Goal</strong></th>
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<td><strong>Individual Factors</strong></td>
<td><strong>Long Term Desired Outcome: Alleviation of Anxious Symptoms</strong></td>
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</table>
| 1. Mental health diagnosis | Mental Health Treatment Effective medication management | o Psychotropic medications  
|  |  | o Access Psychiatric Services  
| 2. Poor understanding of anxiety disorder | Knowledge about anxiety disorder | o Anxiety: Psychoeducation For Youth  
|  |  | o Engagement with Child  
| 3. Stress and poor coping | Effective intrapersonal coping skills | o Deep breathing  
|  |  | o Mindfulness  
|  |  | o Progressive muscle relaxation  
|  |  | o Grounding  
|  |  | o Cognitive triangle  
|  |  | o Inaccurate/Unhelpful thoughts  
| 4. Difficulty regulating emotions | Effective emotional regulation | o Feeling identification/Facial Expressions  
|  |  | o Thought Interruption  
|  |  | o Positive self talk  
|  |  | o Positive imagery  
|  |  | o Physiological response to emotions  
|  |  | o Emotional Thermometer/Subjective units of distress scale  
|  |  | o Activity Selection  
|  |  | o Developing an Exit and Wait Plan: Caregiver/Youth and Young Adults  
| 5. Avoidant behaviors | Alleviation of fear at exposure | o In Vivo Exposure  
|  |  | o Modeling  
|  |  | o Cognitive -Anxiety STOP  
|  |  | o Socratic Questioning  
| Protective Factor | *PF Appropriate Use of Social Skills | o Psychoeducation for Protective Factors  
| **Family Factors** | | |
| 1. Caregiver anxiety | Mental health treatment | o Caregiver Psychoeducation caregiver mental health needs  
|  |  | o Enhancing social supports for youth or caregiver  
|  |  | o Access Psychiatric Services  
| 2. Family reinforcement of avoidant and/or aggressive response | Appropriate behavior management | o Caregiver Self Monitoring  
|  |  | o Behavior Planning using Rewards and Consequences  
|  |  | o Disruptive Behavior: Psychoeducation for Caregivers  
| 3. Caregiver overprotection | Appropriate autonomy for youth | o Relationship skills (caregiver and youth)  
|  |  | o Communication Skills: Advanced  
|  |  | o Communication Skills: Caregivers  
|  |  | o Communication Skills: Early Development  
|  |  | o Communication Skills: Youth  
|  |  | o Caregiver Self-Monitoring  
| Protective Factor | *PF Adequate Family Support | o Psychoeducation for Protective Factors  
|  |  | o Enhancing social supports for youth or caregiver  
| **Peer Factors** | | |
| Protective Factor | *PF Pro-social peers | o Psychoeducation for Protective Factors  
| **School Factors** | | |
| 1. Poor School performance Truancy | Positive school performance and attendance (Also Protective Factor) | o Goal Setting  
|  |  | o Home/School Communication  
| Protective Factor | *PF Greater School Connectedness | o Psychoeducation for Protective Factors  
| Protective Factor | *PF Positive School Structure | o Psychoeducation for Protective Factors  

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