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Selective Mutism In The Classroom

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Selective Mutism In The Classroom

Abstract

Selective Mutism is an extreme form of anxiety where in social situations, you completely freeze. It affects around 1 child in every 5 classrooms, but is considered to be one of the most misunderstood mental health disorders. Audrey Whisman created a curriculum program and guidebook which she will use to educate school professionals and teachers about what symptoms look like and how they can best support their students.

Keywords

Mental health, Selective Mutism, Teachers

Disciplines

Education Policy | Psychiatric and Mental Health

Comments

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Selective Mutism In The Classroom

Audrey Whisman

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Background

- Selective Mutism is an **extreme form of anxiety** where a child freezes in social situations.
- **1 child in every 5 classrooms** shows symptoms.
- It is one of the most **misunderstood** mental illnesses.

The Problem

- Students primarily show symptoms in the classroom, but many teachers **lack the education and resources** needed to help.
- If it goes undetected, symptoms can **intensify**.

Research

I conducted interviews with:

Jennifer Brittingham
Licensed Professional Counselor

Lisa Lyons
High School Principal

Michelle Stoudt
School Counselor

Through my research, I investigated:

Current approaches
Classroom strategies
The impact of delayed diagnosis

My Curriculum

My final proposal is a curriculum for education professionals.

Created with scientific-based evidence

Explains SMRI strategies

Psychologist approved

Selective Mutism in the Classroom

A step by step guide to supporting students with Selective Mutism

Audrey Whisman

Final Thoughts

- Possible obstacles: **stigma** and scheduling.
- Imperative to diagnose children **before it's too late**.
- Selective Mutism must become a **household name**, and this is the key way to do it.

Summary

- I created a curriculum to **educate school professionals about Selective Mutism** and how to support their students.
- The guidebook is in place to allow teachers to have **constant access** to the resources in the presentation.
- The guidebook will be emailed to each attendee, and a printed copy will be kept in the counselor's office

References

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