

Palm Beach County  
Youth Services Department  
Residential Treatment & Family Counseling Division  
Education & Training Center  
PRESENTS



# Lunch & Learn

## Parental Accommodation and Youth Anxiety

Presenter: Alyssa Payne, M.S.



### REGISTRATION LINK:

[HTTPS://  
WWW.SURVEYMONKEY.COM/R/  
NSWSY59](https://www.surveymonkey.com/r/NSWSY59)

*If you have trouble accessing  
the survey, please copy the  
link and paste it directly into  
your browser*

### Date & Location

THURSDAY,

MAY 14, 2026

12:00 pm—1:00 pm

### ZOOM REMOTE VIDEO CONFERENCE

Once registration is  
confirmed, link to access the  
training will be provided

### Description

Anxiety disorders are among the most common mental health disorders for youth in the United States, impeding functioning in school, socializing with friends, and spending time with family. Parents often respond using parental accommodating behaviors, such as distraction or changing daily routines, to decrease their youth's anxiety. Although well-intentioned, parental accommodating behaviors inadvertently maintain youth anxiety by reinforcing avoidance coping and decreasing self-reliance.

This presentation will define parental accommodation, explore its relationship with youth anxiety, and offer alternative parenting strategies.

