



FOR IMMEDIATE RELEASE



Rumson, NJ- On Tuesday, October 24, 2023, Rumson's Department of Student Services hosted a Community Conversation with Dr. Alison Block on Understanding Anxiety. The event, Led by Dr. Michael Snyder, Director of Student Services, featured Dr. Alison Block, a licensed psychologist and the Director of the Health Psychology Center in Oceanport, NJ.

Dr. Snyder emphasized that anxiety affects a significant number of individuals in our society. In fact, it is the most common medical illness in the U.S., with over 20 million Americans being affected by it. Dr. Snyder stated that “understanding anxiety is crucial for parents and caregivers, as it enables them to provide the necessary support and guidance to their children. By attending this event, parents gained valuable insights into the challenges their children may face and learned practical strategies to help them overcome anxiety.”

Dr. Block, with her expertise in providing parental tips for managing anxiety, as well as best practices in treating anxiety, offers valuable insights into understanding this common mental health issue. In the Community Conversation, Dr. Block delved into the different factors that contribute to anxiety. She emphasized that anxiety can have both genetic and environmental causes, with a combination of factors often playing a role. Dr. Block highlighted that understanding the root causes of anxiety is crucial for effective management and treatment. Furthermore, Dr. Block shared best practices for managing anxiety. She encouraged parents to create a supportive and understanding environment for their children, where open communication about anxiety is encouraged. Dr. Block emphasized the importance of education and self-awareness, as these factors can empower individuals to take control of their anxiety.

The Community Conversation on Understanding Anxiety proved to be an invaluable event, allowing Dr. Block to deliver crucial information about anxiety disorders to members of the Rumson community. By offering a comprehensive overview of anxiety disorders, Dr. Block provided attendees with the tools to recognize and seek help for themselves, their children or others. The event showed the dedication and commitment of Rumson's Department of Student Services to address mental health issues and promote understanding and support within the community.