

## School Truancy and School Phobia

### Client's Question:

“My daughter deals with this problem school phobia. She went to a small school to a larger school. Had a truancy charge and it was suppose to end in May. Well, my daughter has so much anxiety about going she hardly makes it there. Now they want to charge her again with truancy.

The school or the health and human services isn't working with me to help her. I'm ready to pull her from school. Court ordered or not. She doesn't do her homework anyways. So unfair. She needs help not punishment”

### ScottCounseling Response:

- 1) Has your daughter been medically diagnosed (by a doctor) to have an anxiety disorder or school phobia. Both are medical conditions. If so, you need to share this diagnosis with the school and county social worker. If not, a good option would be to see a medical doctor to have your daughter's symptoms of anxiety confirmed. Let the doctor know about your daughter's truancy issues as well as potential school phobic condition. If the doctor makes this diagnosis, the doctor will also make recommendations for the school.
- 2) Do you want your daughter in school? Don't be offended by this question. If you do have to go to court, a judge will be asking you this question. The judge is also aware that school administrators and county social workers are trained to support parents who do all that they can do to get their child to school. By law, the school and county have to enforce state and federal laws and guideline on truancy; kids have to go to school.

You are right. Your daughter does not need to be punished. If she has school phobia or an anxiety disorder, she needs to see a doctor. If you do not have medical insurance, speak with the school nurse. The nurse will provide you with information to get your daughter medical care. The county social worker should be able to assist you in this area as well.

Get back to me on question #1: Has your daughter been diagnosed with an anxiety disorder by a medical doctor?