

COOLKIDS

EMOTIONAL HEALTH CLINIC

ABOUT THE CLINIC

The Emotional Health Clinic (EHC) is a research and training clinic aimed at furthering our understanding of child & adult emotional health and improving methods of treatment. The Clinic also offers private, full fee-paying services. Families who seek help at the EHC receive state of the art assessment and treatment based on internationally recognised research, much of which has been conducted by our team over the past 25 years.

ABOUT THE COOLKIDS PROGRAM

Cool Kids is a structured program that treats anxiety in children and teens. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety.

Core skills include;

- how to identify anxious thoughts, feelings, and behaviours,
- discovering realistic thoughts and expectations (detective thinking), and,
- gradually building independence and confidence by facing fears (stepladders).

If needed, additional skills such as problem solving, social confidence and relaxation can be introduced to help manage difficult situations. For children and teens who also experience low mood or health concerns, specific versions of Cool Kids that target these extra concerns are available.

Parents are shown how to support their child in the use of these new skills and a section of the program focuses specifically on parenting strategies that encourage children to self-manage anxiety.

During each session, families practice skills using discussion, games, role play and in real life situations. Practice tasks are a crucial part of the program and are given following every session. Practice tasks encourage use of new skills in everyday life.

COOLKIDS AT MACQUARIE UNIVERSITY

Although Cool Kids can be run for individual families or in a group for multiple families, at Macquarie the program is offered in individual sessions only.

Sessions include time with a child and parent/s together, time with children alone and time with parents alone. The amount of time with each combination of people varies each session and with the age of a child.



WHO CAN DO COOLKIDS?

The Cool Kids Program is designed for children:

- Who are 7-17 years old,
- Where anxiety is the main problem being experienced, and
- Where anxiety is impacting their day-to-day life.

The Cool Kids program is not suitable if:

- Anxiety is not the main cause of difficulties (for example if oppositional or aggressive behaviour is the main problem).
- For children or teens who are suicidal or who are self-harming.
- If a child/teen has consistently not attended school for two or more weeks.

We offer other services that may be suitable for your child if they are not suitable for Cool Kids including private individual therapy. For autistic children a specialised version of the Cool Kids program is available (see our website for further information).

HOW TO GET INVOLVED

Cool Kids at Macquarie University (North Ryde) involves two stages:

- an assessment to determine if Cool Kids is likely to be a helpful program for a child, and if recommended
- the treatment program (which typically takes 10-12 sessions).

Costs of assessment and treatment are partially subsidised by our research and training activities, and Medicare rebates. You may be invited to participate in research at the assessment stage, the treatment stage or at both stages. You can choose to participate in or decline specific research activities.

The assessment and treatment sessions are provided by either a postgraduate provisional psychologist, a registered psychologist or a clinical psychologist. All psychologists are Cool Kids accredited and are supervised by senior clinical psychologists, including the authors of the programs.

ASSESSMENT

A thorough assessment will be conducted to determine if Cool Kids is likely to be helpful for your child. The assessment involves online questionnaires and an in-person or telehealth interview with a child and their parent(s). *The cost of the Cool Kids assessment is \$230 and a Medicare rebate is not applicable.*

TREATMENT

If Cool Kids is recommended, you will have the option to complete the treatment program. The 50-60 minute sessions take place at the same time each week over 10-12 weeks. Sessions may be in-person or telehealth.

The cost of treatment varies depending on the type of psychologist that you are allocated to see. Irrespective the out of pocket cost, after applicable Medicare rebates, is the same for all clients. Where a child will be completing sessions with a registered or clinical psychologist, a Mental Health Treatment Plan and referral letter from a GP will be needed prior to the start of treatment and again mid-way through treatment.

Service and Service Provider	Cool Kids Workbooks	Session Cost	Medicare Rebate	Out of Pocket per session
Treatment - Provisional Psychologist	\$35	\$85 per session	Nil	\$85
Treatment - Registered Psychologist	\$35	\$176.65 per session	\$96.65 per session*	\$85
Treatment - Clinical Psychologist	\$35	\$221.85 per session	\$141.85 per session*	\$85

* Requires a valid GP referral and Mental Health Care Plan.

Fees and rebates are subject to annual review. Reduced fees are available for health care card holders.

Important Notes:

- Allocation to a psychologist for assessment and treatment is determined by the clinic. Families are not permitted to choose a specific psychologist or type of psychologist.
- The treating psychologist may be different to the psychologist who conducted the assessment.
- If you are not willing to have your child seen by a provisional psychologist, or if your child is experiencing difficulties other than anxiety, you may choose **Private Individual Therapy**. Full private fees will be payable (\$230-\$275 per standard session) in these circumstances.

HOW DO I START?

If you would like your child assessed for the face to face Cool Kids program at our North Ryde clinic please call us on 02 9850 8711 to discuss suitable times and the current waitlist. After a time is confirmed, a link to register will be sent to you.

FIND OUT MORE

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