

Chilled Out

Internet delivered teen anxiety treatment (ages 13-17 yrs*)

Chilled Out is based on the world renowned Cool Kids (Chilled) program which has been running at Macquarie University since 1993. The Cool Kids program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Results for both the face to face program and the online program show most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

THE EMOTIONAL HEALTH CLINIC

The Emotional Health Clinic (EHC) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The EHC conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

Using the outcomes of this research, the EHC provides cutting edge assessment and treatment services across the lifespan. Families who seek help at the EHC will receive state of the art assessment and treatment based on research that has been conducted by our team over the past 25 years.



CHILLED OUT

Chilled Out consists of 8 online lessons for teens to complete over 10 weeks. Topics covered in the program include:

- Learning about feelings and anxiety
- Building confidence and independence
- Learning to think realistically
- Developing assertiveness & problem solving skills
- Helpful ways of coping when upset

Teens typically work through the online lessons independently. Parents take the role of their child's mentor and can download the Chilled Out Mentor Workbook which provides tips on how to best support their child to use the Chilled Out skills and how to respond to anxiety. Most importantly, mentors give their child encouragement as they learn to manage anxiety.

Families receive four telephone sessions a Cool Kids Accredited Provider during the program. These sessions are an opportunity for parents and teens to:

- Ask questions about the program material,
- Discuss progress and how to apply the Chilled Out skills to particular fears and worries, and
- Receive guidance on how to overcome any problems encountered using the skills.

Benefits of Chilled Out

- Teens can access Chilled Out in the comfort of their own homes.
- The interactive online format is easy to navigate and engaging for young people.
- Families receive professional telephone support throughout the program from a Cool Kids Accredited Provider.
- Chilled Out is based on research and has been shown to be effective in reducing anxiety.

** For children aged 7-12 years please read the information on Cool Kids Online on our website.*

WHO IS CHILLED OUT FOR?

Chilled Out is suitable for a teen if:

- They are 13 to 17 years old (grade 7-12),
- Anxiety is the main problem causing the teen difficulty,
- Anxiety is affecting his or her day-to-day life, and
- The teen can read and write in English (e.g. read a magazine or newspaper and complete written forms).

Chilled Out is *not* suitable if a teen:

- Has a significant learning delay or developmental or intellectual disorder,
- Has an autism spectrum or related disorder,
- Has significant behavioural problems, or
- Has identified risks such as suicidal ideation, self-harm or school refusal.

STAGES OF CHILLED OUT

INITIAL ASSESSMENT

Each teen is assessed to determine whether Chilled Out is appropriate or whether other programs or services may better meet their needs. The assessment involves parents and teens completing online questionnaires about a teen's thoughts, feelings and behaviours in many different situations.

The online questionnaires are reviewed by a Cool Kids Accredited Provider who will contact families (by telephone) to discuss the results of the assessment and whether Chilled Out is appropriate for their teen.

TREATMENT

Chilled Out involves teens completing eight online lessons. Teens can work independently or with their mentor. Each lesson takes about 60 minutes to complete. Mentors receive a mentor workbook to guide how to best support their teen. Four times during approximately 10 weeks, families will have a 30 minute telephone session with a Cool Kids Accredited Provider. The provider will talk with the teen, the mentor or both depending on the needs of the family.

COST OF CHILLED OUT

The current cost of Chilled Out Online is detailed on our registration form (scan the QR code below)

CAN I CHOOSE NOT TO HAVE TELEPHONE SESSIONS?

Telephone support sessions are a required element of the program. Research into the effectiveness of Chilled Out is based on the combined use of both the online lessons and the telephone sessions together.

CAN I OBTAIN A MEDICARE REBATE?

Medicare does offer rebates for telephone-based psychological treatment if certain criteria are met. You may be eligible for a rebate for the telephone sessions during the treatment program. Potential rebates will be discussed if you are recommended to start treatment.

[Strict eligibility criteria apply.](#)

HOW TO GET INVOLVED

If you would like your child assessed for Chilled Out Online please complete the [online registration form](#). We will then contact you to set up the initial assessment.

For further information about the program please contact our friendly team at ehc.online@mq.edu.au or on (02) 9850 8711.

To register for Chilled Out scan:



FIND OUT MORE

EMOTIONAL HEALTH CLINIC

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