

# Cool Kids Online

## Parent-led online anxiety treatment for kids (Ages 7-12 yrs\*)

Cool Kids Online is based on the world renowned Cool Kids 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 show that children who complete Cool Kids experience fewer worries and fears, less 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 Emotional Health Clinic 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.



### COOL KIDS ONLINE

Cool Kids Online consists of 8 online lessons for parents and children to complete together over 10 weeks. Topics covered in the program include:

- Learning about feelings and anxiety
- Fighting fear by facing fear (stepladders)
- Learning to think realistically (detective thinking)
- Building assertiveness and dealing with teasing
- Helpful ways of coping when upset

Parents take the role of their child's coach helping them put skills into practice, and most importantly, give their child support and encouragement along the way. Coaches also learn about helpful ways of responding to anxiety.

Families also receive four telephone sessions with a Cool Kids Accredited Provider during the program. These sessions provide an opportunity for families to:

- Ask questions about the program material,
- Discuss progress and how to apply the Cool Kids skills to their child's fears and worries, and
- Receive guidance on how to overcome any problems encountered using the skills.

### Benefits of Cool Kids Online

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

*\* For teens aged 13-17 years and for children aged 12 years who are in high school please read the information on Chilled Out on our website.*

## WHO IS COOL KIDS ONLINE FOR?

Cool Kids Online is suitable for a child if:

- They are 7 to 12 years old (grade 2-6),
- Anxiety is the main problem causing the child difficulty,
- Anxiety is affecting their day-to-day life, and
- Their parent can read and write in English (e.g. read a magazine or newspaper and complete written forms).

Cool Kids Online is not suitable if a child:

- 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 COOL KIDS ONLINE

### INITIAL ASSESSMENT

Each child is carefully assessed to determine whether Cool Kids Online is appropriate or whether other programs or services may better meet their needs. The assessment involves parents and children completing online questionnaires about a child's thoughts, feelings and behaviours in many different situations.

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

### TREATMENT

Cool Kids Online involves parents and children completing eight online lessons over a 10 week period. Parents and children complete the online lessons together. Each lesson takes about 60 minutes to complete. Approximately every 2 weeks during the program, families will have a 30 minute telephone session with a Cool Kids Accredited Provider (total of 4 sessions).

## COST OF COOL KIDS ONLINE

The current cost of Cool Kids 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 Cool Kids Online 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 Cool Kids Online please complete our registration form via the QR link below. 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](mailto:ehc.online@mq.edu.au) or on (02) 9850 8711.

To register for Cool Kids Online scan:



## FIND OUT MORE

### EMOTIONAL HEALTH CLINIC

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