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.

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.

* 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

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Initial Assessment</td>
<td></td>
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<tr>
<td>- Online parent &amp; teen questionnaires</td>
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<tr>
<td>- Review of results</td>
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<tr>
<td>- Telephone feedback with a Cool Kids Accredited Provider</td>
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<tr>
<td></td>
<td>$120</td>
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<tr>
<td>Treatment Program</td>
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<tr>
<td>- 6 months access to Chilled Out</td>
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<tr>
<td>- 4 x 30 minute telephone sessions with a Cool Kids Accredited Provider</td>
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<tr>
<td>- Technical support</td>
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<td></td>
<td>$630</td>
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<tr>
<td>Optional Additional Telephone Sessions</td>
<td></td>
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<tr>
<td>- Per 30 minute session</td>
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<td>$115</td>
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Note: Payment for the treatment program is not taken until after the initial assessment has been completed, Chilled Out has been recommended and a parent has indicated that they would like to proceed with treatment.

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 teen assessed for Chilled Out please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form HERE.

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