CENTRE FOR EMOTIONAL HEALTH CLINIC

Cool Kids Program

ABOUT THE CEH CLINIC
The Centre for Emotional Health Clinic (CEHC) 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 CEHC 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 COOL KIDS PROGRAM
Cool Kids is a 10-session program aimed at treating 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.

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 during 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.

COOL KIDS @ MACQUARIE
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 COOL KIDS
The Cool Kids Program is designed for children:
- Who are 7-17 years old (grades 1-12),
- Where anxiety is the main problem being experienced and it is affecting his or her day-to-day life.

The standard Cool Kids program is not suitable for children who have significant learning delays, autism or if another difficulty such as depression or oppositional behaviour is the current main problem.

In addition, children or teens who are suicidal, who are self-harming or who have been school refusing for two weeks or more, will not be recommended to the Cool Kids program due to the complexity of these situations.

These exclusions are in place to ensure that Cool Kids is delivered to children who are most likely to benefit from the program. We offer other services that may be suitable for your child if they are not suitable for Cool Kids.
HOW TO GET INVOLVED

There are two ways to access Cool Kids at Macquarie University (North Ryde). These are:

1. Through our research and training subsidised program where the costs of assessment and treatment are subsidised because the assessment and treatment are run by postgraduate provisional psychologists and involve participation in our research; and

2. Through our full fee paying service.

SUBSIDISED PATHWAY

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 separate interviews with children and parents. During the assessment you may be asked to participate in research activities that help us to understand more about anxiety. The assessment takes approximately 3-4 hours and is conducted by a provisional psychologist.

After the assessment, the psychologist will discuss your child with a supervisor and a recommendation to proceed with the Cool Kids program or a referral to a more suitable program or service will be communicated to you.

If Cool Kids is recommended you can choose to continue with the subsidised pathway or move to the full fee pathway. Treatment on the subsidised pathway focuses on anxiety only and will involve completing the 10 session Cool Kids program with a provisional psychologist. Sessions (50 minutes) will occur at the same time each week over 10-12 weeks.

For the subsidised pathway, the assessment costs $190 and the 10 session program costs $580. Medicare and health fund rebates are not available for the subsidised pathway.

FULL-FEE PATHWAY

Full-fee services are provided by registered and clinical psychologists who offer tailored, individual therapy. After an assessment over 1-2 sessions, a treatment plan will be discussed with families that will include the Cool Kids program if that is appropriate for your child. The psychologist may also recommend a variation of the program or an individually tailored approach depending on your child’s needs.

Sessions can be booked flexibly and the number of sessions will vary. The sessions cost $190-250 per 50 minute session (pro-rata for longer sessions). Medicare and health fund partial rebates may be available with an eligible referral. Further information on this service can be found here.

HOW DO I START?

The first step to starting the Cool Kids program is complete a registration form that contains some basic information about the difficulties your child is experiencing. This is reviewed by one of our team to ensure that Cool Kids is likely to be helpful for your child. If we think another program or service would be a better fit we will provide a recommendation.

You can access the registration form here.

Further information about our other services can be found on our website.