

COOLKIDS

Anxiety Management Skills for Anxious Children and Teens (aged 7-17 years)

The Emotional Health Clinic in the Macquarie University Lifespan Health and Wellbeing Research Centre offers evidence-based assessment and psychological treatment for emotional disorders across the lifespan. This clinic offers access to our flagship treatment programs that have been developed using scientific research, evaluated in clinical trials, and are used nationally and internationally.

ABOUT THE COOL KIDS PROGRAM

Cool Kids (nicknamed Chilled for teens) is a structured program that treats anxiety in young people. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety. The program was authored by the team at the Emotional Health Clinic, has a 30 year research history and is used by Cool Kids Accredited Providers in more than 20 countries.

Core skills for young people in the Cool Kids and Chilled programs 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 are 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 on parenting strategies that encourage children to self-manage anxiety.



COOL KIDS AND CHILLED THROUGH 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. The sessions can be delivered at our clinic in North Ryde (Sydney, Australia) or can be delivered over telehealth (Zoom).

Sessions include time with a young person and parents together, time with the young person alone and time with parents alone. The amount of time with each varies each session and with the age of a young person.

WHO CAN DO COOL KIDS?

The Cool Kids Program is designed for children who are 7-17 years old who experience anxiety that is impacting on day-to-day life.

The Cool Kids program is not suitable if:

- If another problem such as depression or aggressive behaviour is the main problem.
- If a young person is suicidal or self-harming.
- If a young person 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.

WHAT DOES IT INVOLVE?

Cool Kids through Macquarie University involves two stages:

- an assessment that includes both online questionnaires and an interview to determine if Cool Kids is likely to be a helpful program for a child, and if recommended
- the treatment program which is typically completed over 10-12 sessions, each lasting 50 minutes.

The assessment and treatment sessions are provided by either a fully qualified registered or clinical psychologist, or a postgraduate provisional psychologist who is in their final (6th) year of University training where they provide services under the supervision of a senior clinical psychologist. All psychologists are Cool Kids Accredited and are supervised by senior clinical psychologists, including the authors of the programs.

COSTS AND REBATES

Fees depend on the type of psychologist that you have appointments with, with a range of \$190-285 for the assessment and \$95 – 285 for each Cool Kids sessions In addition, at the first session there is a \$35 charge for the program workbooks. If you hold a Health Care Card you will be eligible for a reduced fee.

Medicare Rebates

Medicare rebates are available if you are seeing a registered or clinical psychologist. To be eligible for a rebate you need to see your GP who can activate a Mental Health Treatment Plan and provide a referral letter. You can access up to 10 sessions with a Medicare rebate in each calendar year.

Private Health Insurance

You may be able to claim a rebate for psychology services using your private health fund. However, you cannot claim a rebate from both Medicare and a private health fund for the same session. Contact your health fund about whether you are eligible to claim on psychology services.

CONTACT US

If you would like to discuss Cool Kids or have any questions, please contact our friendly team on 02 9850 8711.

If you would like to register for the program scan the QR code to provide your details.



FIND OUT MORE

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