

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 CENTRE FOR EMOTIONAL HEALTH

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH 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 Centre for Emotional Health Clinic (CEHC) provides cutting edge assessment and treatment services across the lifespan. Families who seek help at the CEHC will receive state of the art assessment and treatment based on research that has been conducted by our team over the past 25 years.

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 qualified, experienced psychologists.
- 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.*



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 with an experienced psychologist 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.

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, 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 psychologist 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 psychologist. The psychologist will talk with the teen, the mentor or both depending on the needs of the family.

END OF TREATMENT ASSESSMENT

At the end of the program, parents and teens complete brief questionnaires. The end-of-treatment assessment provides feedback on a teen's progress and identifies if further support services are required. Families will receive a brief report outlining their teen's progress and any additional recommendations.

COST OF CHILLED OUT

Item	Cost
Initial Assessment <ul style="list-style-type: none">– Online parent & teen questionnaires– Psychologist review of results– Telephone feedback with psychologist	\$110
Treatment Program <ul style="list-style-type: none">– 6 months access to Chilled Out– 4 x 30 minute telephone sessions with psychologist– Technical support	\$600
Optional Additional Telephone Sessions <ul style="list-style-type: none">– Per 30 minute session	\$110
End of Treatment Assessment <ul style="list-style-type: none">– Online parent & teen questionnaires– Psychologist review of results– Written progress report	No fee

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 not offer rebates for online or telephone-based psychological treatment unless a client lives in a low population rural or remote area. [Strict eligibility criteria apply \(click for details\).](#)

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.



FIND OUT MORE

Centre for Emotional Health Clinic
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8711
E: cehc.online@mq.edu.au
W: mq.edu.au/cehc-clinic
CRICOS Provider 00002J



MACQUARIE
University