

# Cool Kids Online

## INTERNET DELIVERED CHILD ANXIETY TREATMENT (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 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 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 qualified, experienced psychologists.
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.

\* For children 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.



### 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.

Parents also receive four telephone sessions with an experienced psychologist during the program. These sessions provide an opportunity for parents 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.

## 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 his or her 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, 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 psychologist 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 2-3 weeks during the 10 weeks, parents will have a 30 minute telephone session with a psychologist (total of 4 sessions).

### END OF TREATMENT ASSESSMENT

At the end of the program, parents and children complete brief questionnaires. The purpose of the end-of-treatment assessment is to provide feedback on a child's progress and to identify if further support services are required. Parents will receive a brief report outlining their child's progress and any additional recommendations.

*As a Cool Kids coach, caregivers have an important role in helping their child face their fears and build their confidence.*

## COST OF COOL KIDS ONLINE

Item	Cost
Initial Assessment <ul style="list-style-type: none"><li>- Online parent &amp; child questionnaires</li><li>- Psychologist review of results</li><li>- Telephone feedback with psychologist</li></ul>	\$100
Treatment Program <ul style="list-style-type: none"><li>- 6 months access to Cool Kids Online</li><li>- 4x, 30 minute telephone sessions with psychologist</li><li>- Technical support</li></ul>	\$570
Optional Additional Telephone Sessions <ul style="list-style-type: none"><li>- Per 30 minute session</li></ul>	\$102.50
End of Treatment Assessment <ul style="list-style-type: none"><li>- Online parent &amp; child questionnaires</li><li>- Psychologist review of results</li><li>- Written progress report</li></ul>	No fee

*Note: Payment for the treatment program is not taken until after the initial assessment has been completed, Cool Kids Online 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 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?

Currently, Medicare does not offer rebates for online or telephone-based psychological treatment. Children who reside in rural Australia may become eligible for rebates if expected legislation changes occur in November 2017.

### HOW TO GET INVOLVED

If you would like your child assessed for Cool Kids Online 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](mailto:cehc.online@mq.edu.au) or on (02) 9850 8711.



#### FIND OUT MORE

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