



Anxiety & Depression Program - 12 - 17 years

At Teens in Mind, Dr Rowland is proud to offer and delivery evidence-based programs developed by leading researchers at Macquarie University.

Chilled -Cool Kids teaches young people and their parents how to better manage anxiety. The program is based on Cognitive Behavioural Therapy (CBT), involves the participation of young people and parents, and focuses on teaching practical skills.

The Cool Kids program was developed by Macquarie University and has been running since 1993. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. It has been translated into a number of languages and today, is used in clinics, schools and hospitals around the world.

Details:

For who? Teens aged 12-17 years, who are experiencing anxiety that is impacting on their everyday life.

Chilled -Cool Kids is helpful for a broad range of fears and worries including:

- Fears and worries about being separated from loved ones or home,
- Worries about what other people think when performing or in social situations,
- Fears of specific situations or experiences (such as the dark, dogs, spiders, needles, doctors or storms),
- Worrying about many different aspects of life including school, health, family and anything new or unknown,
- Feeling panicky or overwhelmed in a range of situations,
- Wanting to avoid going places or attending school.

Delivery? 10 sessions - 50-60 minutes individual sessions.

Where? at the clinic; typically on a weekly basis.

Topics covered in the program include:

- Learning about anxiety,
- Learning to think realistically,
- Facing fears using stepladders,
- Parenting an anxious teen, and,
- Learning coping skills such as building confidence, relaxation or problem solving.

The program involves...

During the program teens are taught three core skills;

- How to identify anxious thoughts, feelings, and behaviours,
- How to discover realistic thoughts and expectations (detective thinking), and,
- How to gradually build independence and confidence by facing fears (stepladders).

If needed, additional skills such as problem solving and relaxation are also introduced to help manage difficult situations.

Parents are an important part of Chilled. They are shown how to support their child in the use of the anxiety management skills and a section of the program focuses specifically on parenting strategies that encourage teens 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.

The program helps teens ...

The Cool Kids program was developed by Macquarie University in Sydney Australia and is used in clinics, schools and hospitals around the world. The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. This research has found that most young people who complete the program show significant improvement including:

- increases in school attendance, confidence, number of friends and involvement in extra-curricular activities and
- decreases in worry, shyness, fear and family distress.

Teens also experiencing low mood...

For teens experiencing both anxiety and low mood, the Chilled Anxiety and Depression Program is available as an extension program. It provides additional skills and strategies to support young people in managing both anxiety and low mood.

Fee and Rebates:

Fee - \$290 – per each individual session.

In addition, at the first session there is a \$49.95 fee for the teen workbook.

Payment is made on the day of the consultation.

MEDICARE:

Medicare rebates may be available if referred by a general practitioner, paediatrician or psychiatrist.

PRIVATE HEALTH FUND:

Private health funds may provide rebates for psychological services depending upon your level of cover.

NDIS:

Michelle is not a registered NDIS provider, Self-managed clients may be eligible for a rebate.