

Chilled Out

INTERNET DELIVERED TEEN ANXIETY TREATMENT (AGES 12-18 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.

CHILLED OUT

The Chilled Out program consists of 8 online lessons for teens that are completed 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



WHO IS CHILLED OUT FOR?

The Chilled Out program is suitable for a teen if:

- They are 12 to 18 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 a magazine or newspaper and complete written forms.

WHAT DOES IT INVOLVE?

The Chilled Out program involves teens completing eight online lessons over a 10 week period. Each lesson takes about 60 minutes to complete. Mentors receive a mentor workbook to guide how to best support their teen. The workbook 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.

Four times during the 10 weeks, families will have a 30 minute telephone session with a mental health practitioner. The practitioner will talk with the teen, the mentor or both depending on the needs of the family. 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.

As a Chilled Out mentor, caregivers have an important role in encouraging their teen to face their fears and build their confidence.

COST OF CHILLED OUT ONLINE

This program is currently available for FREE through headspace Chatswood as part of a research trial. Please contact headspace Chatswood for more information (headspacechatswood@newhorizons.org.au, (02) 8021 3668).

Otherwise, the program is available for a fee.
<https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordion/chilled-out-online>