



## Mental Health

### "Cool Kids": via telecare

### Program Description

The Cool Kids program via telecare is a technology assisted adaptation of the Cool Kids Program. The Cool Kids program is an evidenced based program developed by researchers at Macquarie University that teaches children and their parents how to better manage the child's anxiety. The Cool Kids program via telecare is delivered directly into primary schools and homes to support children and their parents in managing the child's anxiety. The program is delivered by Clinical Psychologists based in Sydney.

### Program Structure

The program employs a telecare model of treatment working with the child and their parent/s or carer/s via video-link. This is a structured, skills-based program that teaches children and their parents how to better manage the child's anxiety. The program utilises a cognitive behavioural therapy approach. It involves the participation of both children and their parent/s or carer/s, and focuses on teaching clear and practical skills. The program is structured in the following format:

- Initial parent screening call with a Clinical Psychologist to determine whether the program is appropriate for the intervention
- Up to 10x weekly therapy sessions following an online manual, with weekly homework activities
- 1x final report

### How the program works

- The school or parent identifies a need for psychology intervention
- The parent phones RFW for quick screening for eligibility. If the child seems appropriate through the intake call, a parent screener call with a Clinical Psychologist is booked for further discussion of eligibility with the specialist
- After the 10 weeks, the parent/carer will be asked to complete a questionnaire following completion of the program for evaluation purposes

### Program requirements

- Children must be between 8-12 years of age
- The primary presenting problem must be the child's anxiety symptoms
- Children are able to sit through a 30 minute telecare consultation
- Engagement from parent and child throughout the program to discuss progress. This program relies heavily on parent interaction and engagement
- Commitment from parent to weekly homework activities
- Completion of brief evaluation survey following end of program
- The child has a reading/literacy level of 8 years or above
- The child attends all sessions - except the first session, which is assessment with parent only

## Program topics

- Learning about feelings and anxiety
- Detective thinking and learning to think more realistically
- Ways that parents can help
- Fighting fear by facing fear (step ladders)
- Learning to solve a problem
- Building assertiveness and dealing with teasing

## How the school is involved

It is expected that as part of this program the school will:

- Provide the child's parent/carer with RFW contact details for the parent to refer their child onto the program
- Assist the parent/carer with technology for sessions.
  - Sessions can be conducted at school, therefore the school will need to use the appropriate computer setup and equipment for telecare sessions, as well as a private space for the sessions particularly since discussions will likely be quite sensitive.
  - Alternatively, sessions can be conducted from home.

Contact us to discuss your children's needs and to get an obligation-free quote!  
Group discounts available

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