

What topics does the program cover?

- Anxiety and how to identify it
- Thinking realistically
- Fighting fears through a gradual process
- Problem solving
- Building assertiveness and dealing with teasing
- Developing effective coping strategies
- Maintaining gains and dealing with setbacks

Referral Process

Interested parents or students are asked to contact their school Social Worker.

What if my child is younger than Gr. 7?

Social work support is available for children of any age having difficulties with anxiety. Please speak with your child's Principal or Learning Resource Teacher if this is a concern.

For more information, visit:

<http://centreforemotionalehealth.com.au/pages/About-Emotional-Health.aspx>



HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD
20 Education Court, Hamilton, ON L9A 0B9



CHILLED PROGRAM

Offered by Hamilton-Wentworth District School Board Social Work Services

What is Chilled?

Chilled is an evidence-based anxiety treatment program for adolescents in grades 7 to 12 who are experiencing worry or anxiety that is impacting their daily functioning. The program focuses on teaching adolescents strategies to find better ways to manage their anxiety. Chilled uses Cognitive Behavioural Therapy (CBT) techniques and provides participants with knowledge, practical skills, and strategies on how to face fears and overcome worries.

How Chilled can help

The program focuses on teaching adolescents how to manage their fears and worries.

Participants will learn:

- More about what anxiety is and how it is impacting their life
- How to challenge their negative thoughts and beliefs
- How to face their fears and worries through a gradual process
- How to problem solve effectively and communicate assertively

Parents will learn:

- More about what anxiety is and how it is affecting their adolescent
- How to help reduce anxious thoughts and behaviours in their adolescent
- How to support their adolescent in gradually facing their fears and worries
- How to distinguish between anxiety and normal adolescent behaviour

What is Cognitive Behavioural Therapy (CBT)?

CBT is an evidence-based treatment approach that focuses on the way people think (“cognitive”) and act (“behavioural”). The concept behind CBT is that our thoughts about a situation affect how we feel (emotionally and physically) and how we behave in that situation.

Through Chilled, adolescents learn how unhelpful thoughts and behaviours can encourage anxiety. Then they learn healthier skills and habits to reduce fears and worries.



Who are the Group Facilitators?

HWDSB’s Registered Social Workers facilitate the group, employing their expertise in school-based mental health support.

How long is the program and when is it offered?

The program is 11-12 sessions in total, plus a booster session that is offered three to six months after the group finishes. Sessions are 1.5 hours in length. Group sessions take place in HWDSB schools or the Education Centre. A letter outlining the time, location, dates and the facilitators’ contact information, will be given to you once your adolescent has been accepted.

Who attends the Chilled group?

HWDSB adolescents attend the group sessions. Parents are asked to attend two separate sessions, so they are aware of what their adolescent is working on in group and are better able to support them in implementing the skills they are learning. Parents are also invited to a final celebration session with their adolescent.