

Outpatient Clinic Addresses:

Halifax Community Mental Health

6080 Young Street, Suite 1001
Halifax, NS, B3K 5L2
(902) 422-1611

Dartmouth Community Mental Health

99 Wyse Road, Suite 1420
Dartmouth, NS B3A 4S5
(902) 469-8170

Sackville Community Mental Health

Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS, B4C 0A2
(902) 864-8668

Maritime Outpatient Psychiatry

Charter Place Offices
Charter House, 3rd Floor
1465 Brenton Street
Halifax Nova Scotia
(902) 470-8375

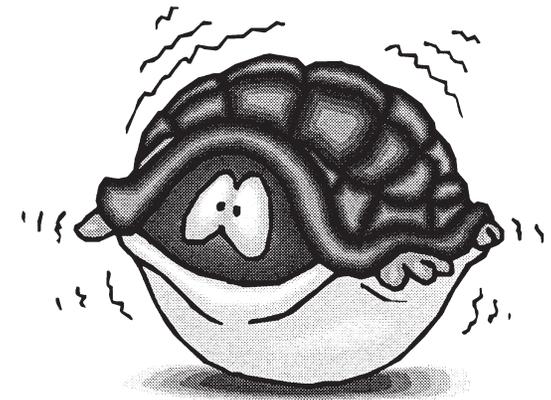


IWK Mental Health and Addictions Program, Halifax, NS
PL-0240 Last Update: 06/11
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Anxiety Treatment Groups

Child and Adolescent Mental Health and Addictions Program



Treatment for Anxiety Group

IWK Health Centre
5850/5980 University Avenue
P.O. Box 9700
Halifax, Nova Scotia
B3K 6R8

Fear... Anxiety... Worry...

Everyone worries, everyone gets anxious, and everyone is afraid of something.

Very young children are often fearful of strangers, the dark, animals, and insects.

Older children are often fearful of peer rejection and are more self-conscious.

Adults often worry about public speaking.
This anxiety is normal.

Anxiety only becomes a problem if it interferes with your life by limiting what you can do and/or causing you significant distress.

For example, if you are so afraid of the dark that you need the light on, wash your hands 30 times a day, are not able to go to a birthday party, or too afraid to speak in front of the class ...

Anxiety is a problem when it's making your decisions for you. Anxiety is associated with physical complaints, sleep difficulties and distortions in thinking.

How Common are Anxiety Problems?

Anxiety disorders are the most common psychological problem in children.

Approximately 1 in 10 children has anxiety that meets criteria for an anxiety disorder.

Description of Groups

The evidence-based treatments for anxiety include psychoeducation and group cognitive behaviour therapy (CBT) for children/youth and parents.

The current first-line treatment provided by the Treatment for Anxiety Group (TAG) are the Cool Kids (7 to 12 years) or Chilled (13 to 17 years) ® Programs (Lyneham, Abbott, Wignall & Rapee, 2003)

The program consists of one or a combination of the following:

One two hour psychoeducational session which is for **parents only** where you will learn about the nature and management of your child's anxiety.

Four group sessions of *Parenting Your Anxious Child* for **parents** of young children who are temperamentally anxious, and who may or may not meet diagnostic criteria for an anxiety disorder. The aim of this group is to teach parents how to manage their child's worries.

Ten to eleven group CBT sessions for children/youth and parents taking place over twelve to sixteen weeks. The focus of these sessions is to teach CBT skills aimed at reducing your child's anxiety.

If your IWK mental health clinician recommends the psychoeducational, *Parenting Your Anxious Child*, and/or the Cool Kids or Chilled® Program, an appointment letter will be sent with the dates, times, and location of the groups that you and/or your child or youth have been assigned to.

Suggested Readings and Websites:



Keys to Parenting Your Anxious Child: Second Edition by Katharina Manassis, Barrons Educational Series

Helping Your Anxious Child: A Step-By-Step Guide for Parents: Second Edition by Ronald Rapee, New Harbinger Publications

What to do When Your Child has Obsessive Compulsive Disorder: Strategies and Solutions by Aureen Pinto Wagner, Lighthouse Press

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" and Parents Say "Way to Go" by John S. March with Christine M. Benton, Guilford Press

Child relaxation CD and Coping Cards – www.childanxiety.net

Anxiety BC – www.anxietybc.com
(Click on the "Parents and Caregivers" link)

Teen Mental Health – www.teenmentalhealth.org
(Click on "For Families and Teens")

Anxiety Disorder Association of Canada – www.anxietycanada.ca

Kids Help Phone – www.kidshelpphone.ca
1-800-668-6868
(Click on "Kids" or "Teen" as appropriate)