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Introducing the FRIENDS APP

This application is designed for the consolidation and maintenance of the skills taught in the FRIENDS Programs.

Play this game with your children every night before you go to bed to practice and refine important resilience techniques.

Most video games are not designed to achieve any wellbeing aims. This game is designed with the promotion of resilience in mind.

The FRIENDS Programs focus on developing emotional resilience in children, adolescents and adults using an evidence-based curriculum.

The FRIENDS Programs are proven to be effective in building emotional and social skills, as well as resilience strategies that are both practical and useful for coping with times of worry and stress (for further details, please see our website for a series of research articles on the FRIENDS programs). These skills stay with children and their families for life.

The FRIENDS Programs also empower family members to become involved and help to reinforce and implement the new skills and strategies the Program teaches their child.

We all too often define success by academic performance, but to do so ignores the undeniable fact that social and emotional intelligence plays a large role in an individual’s ability to be all that they can be.

As Nobel Prize Winner James Heckman writes, “current policies regarding education and job training are based on fundamental misconceptions about the way socially useful skills embodied in persons are produced. By focusing on cognitive skills as measured by achievement or IQ tests, they exclude the critical importance of social skills, self-discipline and a variety of non-cognitive skills that are known to determine success in life” (Invest in the Very Young, 2000).

Research has shown that anxiety is the most common form of psychological disorder, affecting up to 20% of children and teenagers. If left unattended, anxiety significantly interferes with a child’s development and can cause serious problems in later life, such as social isolation, underachievement and depression. For young children, constant worry about relatively normal, everyday activities (for example: school camps, playing with friends or completing homework) as well as worry about external events over which the child has no control (such as natural disasters and international conflicts) can significantly detract from a child's learning. Such disproportionate responses can also become learnt behaviour of a child's peers or siblings, multiplying the negative effects of anxiety.

Children, adolescents and adults do not need to be struggling with anxiety to benefit from the skills taught through FRIENDS. Strategies for managing social and academic performance, peer pressure and the formation of positive friendships as well as skills to focus on the here and now instead of worrying about the past or fearing the future, help to strengthen and inspire all children – not just those prone to emotional distress.

Furthermore, organisation and management strategies, how to achieve goals in incremental approaches and the skill of positive thinking are taught are in a fun and positive way, allowing your child to grow into a confident and successful young person.

More about the FRIENDS Programs

Why enrol at the FRIENDS Foundation?
Our facilitators are highly trained allied health professionals and/or teachers, and are very experienced in the FRIENDS Programs. Our Facilitators have been handpicked and trained by the Author directly to ensure that your family receive the very best FRIENDS experience possible.

Even if your child undertakes the FRIENDS Programs at their school, group programs at Pathways are run in a more intimate and detailed format with fewer group participants and more co-facilitator supervision. This way we can ensure that your child receives the excellent standard of social and emotional skills training that Pathways is known for. FRIENDS groups at Pathways are complementary to the programs your child does at school.
About the Author

Professor Paula Barrett is internationally recognized as a prominent scholar and groundbreaking researcher in the field of child psychology. Paula has a distinguished international reputation as a keynote presenter and has been published widely in the area of prevention and treatment of anxiety and depression as well as the promotion of resilience through the ‘FRIENDS’ evidence-based programs. Recently, Paula received the Telstra Queensland Business Woman of the Year Award, was shortlisted for the Australian of the Year Queensland Award, the Queenslander of the Year Award, and received the Highly Commended Certificate in the Human Rights Medal of the Australian Human Rights Commission for her contribution to the wellbeing of children, youth and the wider community.

About the Facilitators

Each group is facilitated by one of our team of highly qualified Psychologists, all of whom are experienced specialists in the field of anxiety in children and adolescents. The author of the programs, Professor Paula Barrett, trains and supervises all talented psychologists who deliver the Program.

About the Co-Facilitators

Each group has 2-3 co-facilitators, who assist the facilitator in running the program. Each co-facilitator has received extensive training, is accredited in the program and holds a current blue card. Having co-facilitators allows for a greater adult to child ratio which enhances the supportive environment and maximise the learning of social and emotional skills.

An Effective, Evidence-based Prevention Program

FRIENDS is unique in its commitment to evidence-based research in all aspects of the program. The Program’s Author published the world’s first family treatment randomised control trial for childhood anxiety in 1996. The Author and her research team have since been credited with publishing more controlled trials for childhood anxiety than any other group in the world. FRIENDS is acknowledged and recommended by the World Health Organization for its 20+ years of comprehensive validation and assessment across several countries and languages using rigorous randomised control studies.

To put it simply, research tells us that up to 80% of children showing signs of an anxiety disorder no longer display that disorder after completing the program. This effect has been confirmed by 6-year post-treatment studies proving the long-term effectiveness of the program. Research and evaluation of FRIENDS, including independent replication studies, continues today throughout Australia and overseas.

Within Australia, several large-scale, school-based trials in Western Australia, New South Wales and Queensland have confirmed the program’s ease of use, social acceptability and appropriateness as a universal prevention approach. Overseas trials in Germany, The Netherlands, Norway, Finland and Mexico have shown the effectiveness of FRIENDS when translated into other languages. Research from the United States, the United Kingdom and Canada also indicates effectiveness in these cultures. Adaptations have also been made to the program’s English delivery to accommodate Australian children from non-English speaking backgrounds and Australian Indigenous population.
2. What is included in the price?

The MY FRIENDS Youth Program runs for five sessions of 120 minutes each.

What Do I get?

☑️ 5 x 120-minute My FRIENDS Youth sessions for your teenagers;

☑️ A My FRIENDS Youth workbook for your adolescent;

☑️ Both parents can attend the Parenting Workshops running in parallel with the FRIENDS For Life Program (held on the same day as the My FRIENDS Youth Program, but at a different time);

☑️ Both parents are strongly encouraged to be available for the last two sessions of My FRIENDS Youth – there are activities involving the whole family. You will be advised of these in due course.

3. How do I enrol my family?

By enrolling in the FRIENDS Programs you are taking the first step on the road to building a stronger and more resilient family. Please note the following steps for enrolling:

1. Enrol your child(ren) and make payment online at the following link: https://friendsprograms.com/signup/
   If you need assistance with this do not hesitate to call us on 0417 628 389 and we will walk you through the enrolment process.

2. Complete the pre-intervention research questionnaire. One questionnaire will be provided (emailed) to each parent. Each parent must complete his or her questionnaire independently of the other.

   We take research and data collection very seriously at the FRIENDS Programs International Foundation. If you have any questions about the research questionnaires please call 0417 628 389 or email info@friendsprograms.com - we are always here to help!
PLEASE NOTE: Medical Information
If you suffer from any allergies regardless of severity, please make this known to staff prior to the commencement of the group by emailing info@friendsprograms.com

Any additional medical information that you feel is appropriate should also be given.

If you carry an EpiPen, please ensure that you have it with you at ALL TIMES.

The FRIENDS Programs International Foundation does not take responsibility for the administration of the EpiPen in an emergency situation.

4. Individual Consultations – After Groups Only

If, at the end of the Group, you still have personal questions and concerns to address, you can sign up for individual consultations with one of our highly skilled psychologists.

Individual consultations can be billed under a mental health care plan. Please discuss obtaining a mental health care plan with your General Practitioner. Private health rebates are also available. Phone our office on 3391 6866 to discuss post-group individual consultations.

5. What to do before/bring to the Group

Keep an open mind, grab a coffee, water or tea and arrive a few minutes early to settle into the atmosphere of our centre. Go for a brisk walk beforehand to help you clear your head and relax. Please also bring along a clipboard. There is a strict no-food policy at the centre for everyone’s safety. Please eat outside or at one of the many food vendors in West End. Thank you.
6. What does it cost?

How much?

**Upfront Payment: $980.00 including GST**

*Upfront Payment is necessary to secure your spot!*

Can I get a discount?

Reductions in the overall price can be discussed with you if you are a concession cardholder or if you have multiple children enrolling in the Program.

Discounts can also be given for referrals, past Group enrolments and/or past training registration.

*PLEASE CALL 0417 628 389 or email info@friendsprograms.com to discuss possible discounts.*

7. Cancellations & Missed Sessions

What is your cancellation policy?

To maximize enrolments for our clients, there is a **$100 cancellation fee**, if you cancel **within 2 weeks of the program commencement date**. Please note that registration fees can be transferred to another program date or sibling.

Please be aware that a FRIENDS Program **may be rescheduled if there are insufficient participant numbers** for any particular group. In this case Pathways will make a full refund if the alternative date is not suitable.

What happens if I miss a session?

It is very important that you attend all sessions and we strongly encourage you to make every effort to comply with this. The content of the program is delivered in a logical and deliberately structured way to maximize your learning and understanding of the concepts and strategies.

If, however, missing a session is unavoidable then we are able to book you in for an individual ‘catch up’ before the next group session. Please book this by calling our office; fees apply at the discretion of the FRIENDS Foundation.
We would like to stress that to get the best results from the groups they are a 5-week commitment. However we do appreciate that, due to unforeseen circumstances, a session may need to be missed.

**What else should I be made aware of?**

- **Please note that we cannot mind your unattended children while you are in session.** Please arrange for a responsible adult to mind your other children for the duration of the Group. They can also go to GOMA or a local park with a responsible adult for the duration of the Group.
- **Please note that, due to Workplace Health and Safety reasons, food and drink (other than plain water) are not to be brought into or consumed on the premises.**

**8. Where do I go?**

The FRIENDS Programs International Foundation is located at:

**Suite 7, 88 Boundary Street, West End QLD 4101**

Our postal address is:

**PO Box 5699 West End QLD 4101**

The FRIENDS Foundation is located above the Grill’d Burger restaurant on the eastern side of Boundary Street. We are in a set of offices overlooking Boundary Street. The offices are accessible via a laneway off both Boundary St and Browning St on the other side of the block. Landmarks to look out for are Grill’d and an ANZ bank on the opposite side of Boundary Street.