EXPRESSION OF INTEREST

ACE: “Adolescents Coping with Emotions” Program.

Consent to Participate in the ACE Program.

I, ______________________________ (Parents Name) have read the information regarding the ACE Group Program and hereby (tick the appropriate box)

☐ Give Consent

☐ Do Not Give Consent

for my son daughter to, ______________________________ (Student Name), to participate by attending a series of 8 group sessions, run during school time, and led by the College Counsellor and Adolescent Mental Health Counsellor from 360 Health + Community ______________________________.

Parent’s Signature: ______________________________ Date: ________________________

______________________________________________________________

I, ______________________________ (Student Name), have been invited to participate in the ACE Program. I have read the information provided and understand all points raised. I wish to participate in the program.

Student’s Signature: ______________________________ Date: ________________________
ACE: “Adolescents Coping with Emotions” Program.

PARENT/CARER INFORMATION.

Adolescence is a time of many changes for teenagers, which can often lead to emotional ups and downs. Schools are becoming increasingly aware of the need to help young people develop a range of skills to cope with difficult and stressful situations. One of the ways that schools are addressing these issues is to establish effective mental health programs as part of the curriculum.

As such, Nagle Catholic College has identified the Year 9 cohort for a trial of the ACE group program. Information about the program has also been included in the Nagle Newsletter, Issue 2, 26 February 2016.

WHAT IS ACE?
- ACE (“Adolescents Coping with Emotions”) is a small group program that has been developed as a collaboration of the Department of Education and Training, Northern Sydney Health and Macquarie University.
- It is an early intervention, preventative program and forms part of a comprehensive mental health program in schools.
- ACE aims to teach adolescents a range of effective problem solving and coping strategies thereby increasing their resilience to problems and difficulties.

HOW IS ACE RUN?
- ACE is run:
  - In small groups of 8 students.
  - In eight 60 minute sessions, once a week.
  - During normal school hours.
  - By 2 Group Leaders: the College Counsellor, and an Adolescent Mental Health Counsellor from the 360 Health + Community.

WHO ATTENDS ACE?
- ACE targets 13-15 year old students.
- Students are selected by Expression of Interest.
- Should there be a high response to the Expression of Interest, selection will be based on who may benefit most from learning the strategies introduced in the program and prioritised accordingly.

WHATS IN THE PROGRAM?
The following are key concepts that are introduced during the program:

1. Identifying our Thoughts and Feelings.
2. Thinking more realistically (“Get Real!”).
3. Getting on Better with Others.
5. Problem Solving Strategies.
6. Help-Seeking Information.