

Contact Us

We can provide early intervention, counselling, consultancy and training.

MITCHAM

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MALVERN

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Services are available to Government, Independent and Catholic school students and their families.

Fees

There is a schedule of fees based upon clients' income and their ability to pay.

Our Commitment

CatholicCare strives to maintain the dignity of each person and family in all their diversity. All cultures, religious beliefs and personal values are respected.



ABN 42 795 179 778

CatholicCare seeks to serve the community in all its diversity. See our website at www.ccam.org.au to learn more about our wide range of professionally delivered programs, services and locations in Melbourne, Geelong and surrounding areas.

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Formerly Centacare Catholic Family Services

cool2b@school School Refusal Program

Early Intervention, Counselling,
Consultancy and Training



Strengthening families and communities
www.ccam.org.au

“CatholicCare’s School Refusal Program offers assistance to children and adolescents who, as a result of refusing to attend school, risk developing school phobia and long-term mental health problems.”

(King, Tonge, Heyne and others)



Children often experience some degree of fear and anxiety about school. Yet sometimes students experience so much anxiety, they refuse to attend school.

What is School Refusal?

School Refusers are children and adolescents who have developed a fear of school attendance, often as a result of trauma in the school or home environment.

Contributing factors for school refusal may include:

- temperament of child/adolescent
- family influences
- negative school experience eg bullying
- stressful life events

What are the Indicators?

School refusal can present in the following ways:

- physical complaints (headaches and stomach-aches)
- crying spells/upset before school
- fear of some teachers and/or other students
- unwillingness to return to school after the weekend, holidays or illness

How Can We Help?

CatholicCare’s cool2b@school School Refusal Program includes early intervention for students showing the first signs of school refusal, counselling for children/adolescents

and their families, consultancy to schools aimed at supporting parents through counselling and education, and training for school administrators and teachers.

Our staff members are trained in child and adolescent counselling, cognitive behavioural strategies and family therapy. We work in consultation with Child and Adolescent Mental Health Services and other professional bodies.

The program takes an integrated approach, which includes:

- individual assessment and counselling of child/adolescent
- liaison with school
- family therapy
- secondary consultations to schools
- parent/teacher information workshops
- referral to specialist services (if required)

How are Referrals Made?

The service is available in all schools where teachers and parents have noticed a change in the child’s attitude towards school attendance.

Your options for referral include:

- clients may self-refer
- schools may refer students
- community agencies and Child and Adolescent Mental Health Services may refer students and families