



Innerbloom Psychology

Information for Secret Agent Society Social Skills Groups

Thank you for your interest in the Secret Agent Society (SAS) social skills groups. At Innerbloom Psychology, we are a big advocate for the SAS program and have seen great outcomes for participants and their families to develop essential social and emotional regulation skills. We ensure to tailor our approach to the needs of our clients and provide a safe space for children and young people to explore new skills.

Background on SAS

The SAS program is a 9-week intervention that is designed for children (aged 8 -12 years) to develop emotional regulation and social skills. Before commencing the program, a pre-assessment will determine whether the program will meet your family's needs. This assessment typically involves completing an intake interview with an SAS Facilitator and filling out a questionnaire booklet. The SAS Facilitator may also ask to meet your child and to talk with their teacher and other professionals who support them. In some cases, a school-based observation of your child may be beneficial in enhancing the Facilitator's understanding of your child's social difficulties.

If the program is considered to be beneficial for your family, you will be asked to purchase a Secret Agent Society Family Kit from the Social Skills Training Institute website (www.sst-institute.net) before the first session. This Family Kit contains all of the resources that your family will need to participate in the program, including a child Cadet Handbook, Gadget Pack, SAS Digital Headquarters Product Key, Parent Workbook, and Teacher Tip Sheets. If you have any questions or concerns about these resources, please contact your SAS Facilitator or the Social Skills Training Institute team.

Core Focus of SAS

SAS teaches children a range of skills, including how to:

- Recognize emotions in themselves and others
- Express their feelings in an appropriate way
- Cope with feelings of anxiety and anger
- Communicate and play with others
- Cope with mistakes, transitions and challenges
- Build and maintain friendships
- Solve social problems
- Prevent and manage bullying and teasing



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Things To Know

The SAS program is a comprehensive group that involves weekly or fortnightly child and parent meetings. Each group may run slightly differently, so please speak to your SAS Facilitator about the duration and format for the program. If you have other children who you care for, we recommend arranging child care for the parent group meetings to allow you to talk freely about your concerns and to focus on program content. Children will have access to SAS Digital Headquarters between sessions to complete their ‘missions’ with parental guidance. You may also be asked to forward weekly Teacher tip sheets to your child’s teacher. These tip sheets advise teachers how they can promote children’s social and emotional development at school. The program consists of:

- **Child Club Meetings:** delivered over 9 weeks of 90 minute sessions (or 18 weeks of 45 minute sessions)
- **Parent Information sessions:** delivered as weekly 30-45 minute sessions
- **Weekly Teacher Tip Sheets:** keep teachers informed with what children are learning and provide ways to support their application of skills at school
- **SAS Digital HQ:** computer-based game to practice and teach new skills on reading emotions and coping with social challenges.
- **Missions:** weekly tasks to practice skills learnt.

SAS Payment Schedule

ITEM	DURATION	FEE
Individual Assessment Session	60 minutes	\$250
Parent & Child Induction Session	90 minutes	\$250
Teacher Information Phone Call	<i>Included in assessment session. Will be organised between facilitator & the school.</i>	
Child Group Session	90 minutes 1x per week (Including parent feedback for 30 minutes)	\$250 per child/per session
3-month agent reunion	90 minutes 1x per week (Including parent feedback for 30 minutes)	\$250
6-month graduation	90 minutes 1x per week (Including parent feedback for 30 minutes)	\$250
Total Payable		\$3,250

Family Kit -
Purchased from SAS.

Includes access to Digital HQ computer game, parent and cadet handbooks, teacher tip sheets and gadget packs

\$230.45





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Handling of Information

It is important to know that Innerbloom Psychology handle sensitive information in a professional manner and maintain confidentiality. Notes are stored on a confidential electronic system that is only accesible by your psychologist unless subpoenaed by law. If there is a risk of harm, Danielle may be required to report suspected risk or child abuse. Feel free to ask more about what this means for you and your family.

Support

If you have any other questions that are not listed here, or would like to learn more about psychology services at your school, there are many ways you can seek support. Danielle is available via phone or email to answer any queries you may have.

Should you have any queries about your child's access to funded supports, you can contact the following services for more information

Medicare: 13 20 11

NDIS: 1800 800 110

Emergencies: 000

