



Date: September 28, 2022

New free program for central coast teens with problematic use of video games

Dear GPs and health professionals,

I am writing to you to let you know about a new, free program we are running for teenagers with problematic use of video games (i.e., their gaming interferes with at least one important area of their life such as schoolwork, relationships, mental health or physical health).

RES@T-A is a program jointly developed by German Psychiatrist Dr Kerstin Paschke and her team at the German Center for Addiction Research in Childhood and Adolescence at the Hamburg University Medical Centre, and by Ass. Prof. Wayne Warburton and his team from Macquarie University. RES@T-A has already been successfully trialled at Hamburg, and is now being offered in Australia. The program is being facilitated by a team which is overseen by Dr Warburton (a registered psychologist) and by clinical psychologists, Bree Tebbutt and Adriana Glusman.

Participants commit to between 13 and 16 sessions, some of which are group sessions, and some of which are individual sessions where the parent(s) and teen meet with a program facilitator. As this is the first offering, the program is being fully evaluated, and so participants also commit to testing at several time points to assess each teenager's progress, and to evaluate the efficacy of the program on various aspects of function and behaviour. Some participants will be randomly allocated to a 'treatment as usual' control group, who will be tested earlier in the program, but will do the program proper at a later date (offerings 2 and 3).

The program is being held at the rooms of the Mind and Me psychology practice in Wyong, with the first individual sessions beginning mid-October 2022, and the first group sessions starting on Thursday October 27, 2022. Participating teens must be in high school, not suffering from a psychotic illness, and not having a concurrent addiction. We will consider applications from teenagers on the autism spectrum if the child is high functioning, attends a regular school, can cope in a group situation, and is unlikely to be at risk from attending the program.

There is a website for the program at www.resataus.com which has a detailed description of the program, the full schedule for all offerings, and information for prospective participants. Those interested can also email us at admin@resataus.com.

If you have any questions, feel free to email me at my email address above, or to email the program administrators at the program email address.

What we are hoping is that you would consider referring potential participants to the program – teens you are seeing who you believe might benefit from it. Also, **if you are willing for us to put up a poster where you practice, please let us know** – that would be very helpful.

Thanks so much for reading this letter.

Best wishes,

Wayne Warburton (on behalf of the RES@T-A team)