



PEERS® for Adolescents

Children's Autism Center is proud to present the first evidence based protocol for teaching social skills: PEERS. PEERS was developed by Dr. Elizabeth Laugeson and her team at UCLA. Our staff are PEERS trained (by Dr. Laugeson) and certified in Young Adult and Adolescent protocols. Research support for these protocols can be found on the UCLA PEERS website www2.semel.ucla.edu/peers. These groups are appropriate for socially motivated Adolescents with a diagnosis of ASD, ADHD, ADD, Tourette's, Anxiety, Depression, or no diagnosis.

Overview

Program for the Education and Enrichment of Relational Skills (PEERS®) is a 14-week evidence-based social skills intervention for motivated adolescents in middle school or high school who are interested in learning ways to help them make and keep friends. During each group session adolescents are taught important social skills and are given the opportunity to practice these skills in session during socialization activities (e.g. playing sports, board games, etc.).

Parents are taught how to assist their teens in making and keeping friends by providing feedback through coaching during weekly socialization homework assignments.

Enrollment is limited. Classes are on Wednesday evenings from 4:30 to 6:00 pm or 6:30 to 8:00pm at CAC. Group instruction is provided in English. Regular attendance is imperative. Parent participation is required.

**Groups begin every 16 weeks, and enrollment is ongoing. Group placement is determined by clinician at intake appointment based on group dynamics. Please call (260) 459-6040 or email intake@childrensautismcenter.org to begin the enrollment process.*

Topics of Instruction:

- How to use appropriate conversational skills
- How to choose appropriate friends
- How to appropriately use electronic forms of communication
- How to appropriately use humor and assess humor feedback
- How to start, enter and exit conversations between peers
- How to organize successful get-togethers with friends
- How to be a good sport when playing games/sports with friends
- How to handle arguments and disagreements with friends and in relationships
- How to handle rejection, teasing, bullying, rumors/gossip, and cyber bullying
- How to change a bad reputation

PEERS for Adolescents Treatment Manual: This social skills manual assists teens in making and keeping friends.

Parent-Trade Book: Dr. Elizabeth Laugeson’s innovative book, “The Science of Making Friends: Helping Socially Challenged Teens and Young Adults” provides parents and families with evidence-based tools for building friendships and relationships, and includes a companion DVD.

Social Skills Role Play Videos: The UCLA PEERS Clinic recently released over 100 social skills role play videos. These videos are excellent resources for teens to learn basic rules of social etiquette. To view the videos, see the UCLA PEERS website at www2.semel.ucla.edu/peers.

Application

Pre-requisites:

What are the participation requirements?

- Have friendship problems
- Teens in middle school or high school
- Teens must be interested in attending the program
- Teens must agree to participate in the program voluntarily
- Teens must consistently attend the program
- Parent must be willing to participate

Application process:

1. Call our office at (260) 459-6040 to complete a 15-minute phone screen with a member of our staff, and subsequently receive an enrollment packet.
2. Complete and return your enrollment packet.
3. Come to CAC (parent and teen) for a 1.5-hour intake appointment with one of our clinicians to determine if our program is appropriate for you and your teen.

Dates and Availability

Duration: 14 weeks

Planned Days: TBD

Planned Terms: Year Round

Planned Frequency: TBD: 4:30 to 6:00 pm or 6:30 to 8:00pm

Cost

Please call our office for our current fees and for any discounts that may apply (260) 459-6040.

The initial intake appointment is \$150.00 if using insurance. If your insurance does not cover our programs, there is a cash pay discount of \$75.00 (50%).

The full fee for ongoing PEERS social skills groups (both Adolescents and Social Coaches) is \$100.00 per session if using insurance. If your insurance does not cover these groups, the cash pay discount price is \$50.00 per week.