



PEERS® for Young Adults

Children's Autism Center is proud to present the first evidence based protocol for teaching social skills. 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 Young Adults 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®) for Young Adults (Ages 18-35) is a 16-week evidence-based social skills intervention for motivated young adults, who are interested in learning skills to make and keep friends and develop romantic relationships. During each group session, young adults are taught important social skills and are given the opportunity to practice these skills.

*Young adults must attend each session with a social coach (i.e., parent, family member, adult sibling, life coach, job coach, peer mentor, etc.). Social coaches are taught how to assist young adults in making and keeping friends by providing feedback during weekly socialization homework assignments.

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

**Groups begin every 16 weeks, and enrollment is ongoing. 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 develop romantic relationships and use appropriate dating etiquette
- How to handle arguments and disagreements with friends and in relationships
- How to handle rejection, teasing, bullying, and rumors/gossip

PEERS for Young Adults Manual: Dr. Laugeson's newest book, "PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges" presents the first evidence-based group treatment program for young adults with Autism Spectrum Disorder, as well as other neurodevelopmental disorders and social challenges.

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 videos. These videos are excellent resources for teens to learn basic rules of social etiquette. Visit the UCLA PEERS website for access to these videos.

Application

Pre-requisites:

- Have friendship problems
- Young adults ages 18-35 years old; graduated from high school
- Young adults must be interested in attending the program
- Young adults must consistently attend the program
- Young adults must agree to participate voluntarily in the program
- Young adults must have a consistent social coach willing to attend the program each week

Application process:

1. Call our office at 260-459-6040 to complete a brief 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 (young adult and social coach) for a 1.5-hour intake appointment with one of our clinicians to determine if our program is appropriate for you and your young adult.

Dates and Availability

Duration: 16 weeks

Planned Days: Thursday

Planned Terms: Year Round

Planned Frequency: Thursday evenings: 4:30 pm to 6:00 pm and 6:30 pm to 8:00 pm

Cost

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

The initial intake appointment is \$200.00 if using insurance. If your insurance does not cover our programs, there is a cash pay discount of \$100.00 (50%).

The full fee for ongoing PEERS social skills groups (both Young Adult 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.