Program for the Educational and Enrichment of Relational Skills® – PEERS®



The Program for the Education and Enrichment of Relational Skills, is an evidence-based social skills intervention program. The groups support those diagnosed with Autism Spectrum Disorder or other social disorders who have difficulty with peer interactions and relationships.  It has a strong evidence-base for use with adolescents and young adults with autism spectrum disorder, but is also appropriate for preschoolers, adolescents, and young adults with ADHD, anxiety, depression, and other socioemotional problems.

PEERS differs from other social skills programs in that it is:

* Evidence-based
* Includes parents
* Is structured like a class and not a therapy group
* Teaches ecologically valid social skills based on how socially successful individuals behave
* Breaks down social skills into understandable steps taught in an effective way
* Builds in the generalization of skills to “real life” settings and for the teen and young adult programs it teaches skills that transfer to the workplace.

We offer two PEERS programs at Metro-Atlanta Vocational Solutions, LLC - **PEERS® for TEENS**, **PEERS® for YOUNG ADULTS**.

***PEERS® for Teens* (Ages 13-18)**

The Teens group involves motivated teens in middle school or high school who are interested in learning how to make and keep friends. Through didactic instructions, live demonstrations, and extensive practice teens are taught important social skills. It requires parent involvement where they learn how to assist their teens outside of the group setting.

**Enrollment process**: Phone conversation with MAVS Administrative Assistant, Kim Brown, in-person intake with clinician.
**Application Deadline**: Ongoing
**Start Date for next group: Ongoing**

***PEERS® for Young Adults* (Ages 18-29)**

PEERS® for Young Adults is for motivated young adults who are interested in learning how to make and keep friends, navigate social interactions, manage conflict and rejection and developing romantic relationships. Young Adults are taught these skills through didactic lessons and role play models. Parents are taught how to assist their young adults in these areas and provide feedback through social coaching.

**Enrollment process**: Phone conversation with MAVS Administrative Assistant, Kim Brown, in-person meeting with clinician.
**Application Deadline**: Ongoing
**Start Date for next group**: Ongoing

# **PEERS® for Young Adults**

PEERS® for Young Adults (Ages 18-29) is a 16-week evidence-based social skills intervention for motivated young adults, who are interested in learning ways to make and keep friends, navigate social interactions, mange conflict and rejection and develop romantic relationships. During each group session, young adults are taught important social skill by didactic and role play models. They are given the opportunity to practice these skills in session while receiving individualized coaching from our clinical staff.

Parents/Caregivers are taught how to assist their young adults in making and keeping friends by providing feedback through social coaching during weekly socialization homework assignments.

**Topics of Instruction:**

* How to find common interests by trading information
* How to use appropriate conversational skills including starting and maintaining conversations
* How to find sources of friends
* How to appropriately use humor
* How to enter and exit group conversations
* How to handle rejection and direct or indirect bullying
* How to organize and have successful get-togethers
* Rules for forms of electronic communication
* How to handle arguments and disagreements
* Dating etiquette/skills

## How to enroll:

We are currently recruiting individuals who are motivated to make and keep friends. The young adult program is appropriate for individuals 18-30 years old. Enrollment is limited. Regular attendance is imperative. Parent/Caregiver participation is required.

### Pre-requisites:

* Have friendship problems
* Young adults ages 18-30 (graduated high school)
* Young adults must be interested in attending the program
* Young adults must agree to participate in the program
* Young adults must have a consistent social coach willing to attend the program each week

### Application process:

1. Call MAVS Administrative Assistant, Kim Brown, at **484-433-1661** to discuss enrollment.
2. Come in (parent/caregiver and young adult) for a 1-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, one session per week,

**Availability:** New groups are forming regularly!

# **PEERS® for Teens**

PEERS® for Teens is a 16 week evidence-based social skills intervention for motivated teens in middle school or high school who are interested in learning ways to help them make and keep friends. During each group session teens are taught important social skills through didactic instruction, live demonstrations by trained coaches, and extensive practice of these skills during real play activities (e.g. playing sports, board games, etc.) while receiving live individualized coaching from our clinical staff.

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

**Topics of Instruction:**

* How to use appropriate conversational skills
* How to find common interests by trading information
* How to appropriately use humor
* How to enter and exit conversations between peers
* How to handle rejection, teasing, and bullying
* How to be a good host during get-togethers
* How to choose appropriate friends
* How to be a good sport
* How to handle arguments and disagreements
* How to deal with peer pressure

## How to enroll:

We are currently recruiting individuals who are motivated to make and keep friends.  The teen program is appropriate for teens 13-18 years old. Enrollment is limited. Regular attendance is imperative. Parent/Caregiver participation is required.

### Pre-requisites:

* Have friendship problems
* Teens in middle school or high school
* Teens must be interested in attending the program

### Application process:

1. Call MAVS Administrative Assistant, Kim Brown, at **484-433-1661** to discuss enrollment.
2. Come in (parent/caregiver and young adult) for a 1-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, one session per week.
**Currently Enrolling:**  NOW ACCEPTING APPLICATIONS FOR Summer/Fall 2018!