

MoCo PEERS® Groups

Social Skills Group for Older Teens (ages 15-19) and Young Adults (ages 20-26) with Autism Spectrum Disorder (Asperger's Syndrome, HF Autism) or Social Communication Challenges



These evidenced-based social skills groups will help older teens and young adults learn relationship skills, improve their abilities with making and keeping friends, expand their social networks, and prepare for life after high school.

Concurrent Older Teen / Young Adult and Parent Groups

Older Teens and Young Adults will learn how to:

- Start and maintain a conversation
- Plan and follow through to connect with peers
- Find a source of friends
- Use humor appropriately
- Enter and exit group conversations
- Handle disagreements
- Manage rejection
- Manage rumors and gossip
- Plan get-togethers
- Learn Dating Etiquette

Parents will learn:

- How to be an effective social coach
- The meaning of “ecologically valid” social skills
- Ways to expand your older teen and young adult’s social network
- How to provide appropriate encouragement, support, and feedback to your older teen and young adult
- Support from other parents

TO REGISTER OR FOR MORE INFORMATION CONTACT:
Caron Starobin, LCSW-C: 301-417-5979
Jamell White, Ph.D., LCSW-C: 301-613-1766
email: MoCoPEERS@gmail.com

MoCoPEERS®



MoCo PEERS® Teen or Young Adults Social Skills Group- Information Sheet

PEERS® is an evidenced-based, parent-assisted social skills group model, and it is proven to be highly effective for teens, and young adults on the autism spectrum and with social communication challenges. MoCo PEERS® is offered by certified PEERS® instructors trained by Elizabeth Laugeson, Psy.D., Founder and Director of the UCLA PEERS® Clinic (<https://www.semel.ucla.edu/peers>).

WHAT: The groups emphasize learning, rehearsing, and practicing social skills in a warm, supportive, enjoyable, and focused group setting. Group members support each other to take risks with their peers as they learn and practice skills to improve their relationship skills. The groups also include social coaching sessions for parents or family members. These sessions support parents and family members by teaching them how to be effective social coaches with teens and young adults whom require a greater sense of independence during this time in their lives.

TOPICS:

- How to use appropriate conversation skills including starting and maintaining conversations
- How to find sources of friends
- How to find common interests by trading information
- How to appropriately use humor
- How to enter and exit group conversations
- How to handle rejection and bullying
- How to organize and have successful get-togethers
- Rules for forms of electronic communication
- How to handle arguments and disagreements
- Dating Etiquette (for Young Adult Group only)

PREREQUISITES for TEENS or YOUNG ADULTS:

- Have friendship problems
- High Functioning Teens in middle school or high school or HF Young Adults
- Teens or Young Adults show interest in attending the program
- Teens or Young Adults agree to participate in the program voluntarily
- Parent or adult family member is willing to participate

Jamell White, Ph.D., LCSW-C and Caron Starobin, LCSW-C
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MoCoPEERS®



WHERE: Starobin Counseling / Jamell White, Ph.D., LCSW-C -- 3413 Olandwood Court, Suite 104, Olney, MD. 20832

WHEN: Mondays 7-8:30pm, March 2—June 1, 2020 (11 weeks total between March and June)

HOW TO GET STARTED:

1. Interested individuals or families should contact MoCo PEERS® (see contact info below) to obtain more information and to receive a link to complete a phone screening.
2. Following the phone screening process, Caron and Jamell will guide the family through the registration and evaluation process which helps determine if MoCo PEERS® is an appropriate program for the teen or young adult and the parents.

For more information and to register, please contact:

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