



Online Peers® Program

(Program for the Evaluation and
Enrichment of Relational Skills)

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Focus Community Care



PEERS® (Program for the Evaluation and Enrichment of Relational Skills) for Adolescents is a 14-week evidence-based social skills intervention for motivated teens in primary and high school who are interested in learning new ways of making and keeping friends and developing or improving social skills.

PEERS® may be appropriate for teens with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioural disorders.

Key Focus Areas for Teens:

- Use appropriate conversational skills.
- Use humour appropriately.
- Use electronic communication.
- Enter and exit conversations.
- Be a good host during get-togethers.
- Be a good sport.
- Handle arguments and disagreements.
- Change a bad reputation.
- Handle rumours and gossip.
- Handle rejection, teasing and bullying.

Parents will learn to:

- More effectively support your teen's efforts in building social skills.
- More effectively support your teen's efforts at finding suitable friends.
- More effectively support your teen's ability to make new acquaintances and develop close friendships.
- Foster your teen's independence with their social relationships.

Strong evidence-base:

Peers® is an internationally acclaimed program, used in over 35 countries, was originally developed at UCLA by Dr. Elizabeth Laugeson. PEERS (Program for the Evaluation and Enrichment of Relational Skills) is an evidence-based parent-assisted intervention focusing on teens in middle school and high school who are having difficulty with social and emotional challenges. The ages for our adolescent program range from 13 – 17 years old.



Program Overview

The program runs over 16 weeks and during each session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialisation activities. Parents attend separate sessions and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialisation homework assignments.

The Peers Program includes the below:

- Induction/ Meet and Greet
- Pre and Post Assessments
- 16 facilitated teen sessions by a trained and experienced Behaviour Support Practitioner.
- Family resources and real-life practice lessons and a system to monitor skill development.
- Parent support meetings

How it is delivered:

We deliver the Peers Program online via zoom for video streaming by and trained and registered PEERS® Provider. The programs can be delivered one to one or in a group of 5-10. The program focuses on skills such as having conversations; entering and exiting conversations; using electronic forms of communication; choosing appropriate friends; handling teasing, bullying, and other forms of social rejection; handling arguments and disagreements with friends; and having appropriate get-togethers with friends, including how to be a good host and a good sport.

Time frame:

The program runs for a total of 16 weeks (weekly)

Teen session lengths:

Group: 60-90mins

Individual: 45-50min

Session times:

After school hours available

During business hours available and during school holidays (morning, lunchtime, early afternoon)

Please contact us for available dates

Implementation and Delivery:

Once enrolled in the program, the teen and parent will receive an induction meeting. A electronic device is required such as a iPad, Android, Laptop or Computer with stable internet access. We do recommend either a laptop or computer for ease of use to split screen.

Parents do not need to be involved in teen meetings. Parent meetings are held throughout the program to advise and support parents on the content of teen meetings and how to help their children apply their PEERS® skills in real life.

Eligibility Requirements:

- Age between 13-17.
- Parent/Guardian Participation.
- Medium - high functioning with average IQ level surrounding communication, reading and understanding.
- An electronic device such as an iPad or laptop for telehealth
- Stable internet (WiFi).

Cost:

Please contact us for costing

Payment methods:

NDIS or Private

The program cost can be paid in full through a participant NDIS plan. This can include individual or combined categories for self and plan managed participants. Payment plan options available upon request.

NDIS Funding Categories include:

- Improved Daily Living, Increased Social
- Community Participation
- Improved Relationships

The program can also be paid for privately if not on the NDIS.

To get started please fill in our **Appointment Form** and we will contact you.