



# Online Secret Agent Society (SAS) Program

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**FOUR SKILL  
AREAS IN  
ONE!**

Secret Agent Society (SAS) Program is an evidence-based breakthrough approach to teach children:

1. Emotion Recognition (in other people and self).
2. Emotion Regulation (particularly anxiety and anger).
3. Diverse Social Skills (including for both friendship and teamwork).
4. Problem Solving (as an individual and in a group).

SAS is effective for children with Autism Spectrum Disorder, ADHD, Anxiety, social/emotional behavioural challenges.

## Key areas include:

- Recognise emotions in themselves and others;
- Express their feelings in appropriate ways;
- Cope with feelings of anger and anxiety;
- Communicate and play with others;
- Cope with mistakes, transitions and challenges;
- Build and maintain friendships;
- Solve social problems;
- Prevent and manage bullying and teasing and
- Acknowledge their personal strengths.

The evidence-based curriculum captivates children with its espionage-themed games and activities including multi-level gamified learning through the SAS Digital Headquarters dashboard.

## Strong evidence-base:

The program was originally developed for children aged 8-12 years with Autism by its author Clinical Psychologist, Dr Renae Beaumont, through the University of Queensland. The SAS framework combines theories of cognitive function and behaviour change. Originally designed and demonstrated to be effective for children on the autism spectrum, the evidence-based program is delivered to children aged 8 to 12 with identified social and emotional goals, including autism, attention deficit hyperactivity disorder (ADHD), and anxiety disorders. A variety of different SAS resources have been developed over time to support children's social-emotional development. Evidence supporting the program continues to grow, expanding to include a range of diagnostic profiles, and with global application across clinical and educational settings.

SAS program content, resources and products are continuously evolving to respond to the expanding evidence base and community needs.



# Program Overview

The program runs for 9 weeks and has 2 follow up sessions, one at 3 months and the next at 6 months with progress parent meetings throughout the program. The SAS Program includes the below:

- Induction/ Meet and Greet
- Pre and Post Assessments
- SAS activation Cadet Place: Game Code valid for 12 months (this gives the child access to virtual learning lessons with facilitator and access to the the four-level Secret Agent Society game)
- 11 facilitated sessions by a trained and experienced SAS Facilitator.
- Family resources, parent mentor portal, real-life practice missions and a system to monitor and reward skill development at home and at ( school if required).
- Parent progress/support meetings

## **How it is delivered:**

We deliver the SAS program online through the SAS online portal and via zoom for video streaming. The program can be delivered one to one or in a small group ( 3-4 children) to develop and build social emotional skills. The content and program structure are accessed through an intuitive and engaging software package that streamlines program delivery and participation for all child and adult users in tele-health sessions and between session activities.

## **Time frame:**

The program runs for a total of 9 weeks (weekly) followed by 2 follow up sessions (1 at three months and 1 at six months to do a review of strategies and check on the child's skill building is progressing.

## **Session lengths:**

Group: 90 mins  
Individual: 50-60min

## **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 child ( SAS cadet) will receive an online game code to access the 4-level game alongside the therapist/SAS Facilitator weekly sessions. 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 splitscreen. Alternatively, you can have video streaming (zoom) running on computer and child completing SAS lessons on iPad or Android.

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

## **Eligibility Requirements:**

- Age recommended between 8-12 (youngest would 7 years of age depending on level of IQ and the oldest 14).
- Medium - high functioning with average IQ level surrounding reading and understanding.
- An electronic device such as an iPad or laptop to access program.
- Stable internet (WiFi).
- The child can be supported by an adult through to log on to video tele-health and log on to the SAS portal.

## **Lessons over 11 weeks:**

The program runs for 9 weeks and has 2 follow up sessions, one at 3 months and the next at 6 months with progress parent meetings throughout the program.

## **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.