

Important Information for the Peer Volunteers and their Caregivers participating in the Multimedia Social Skills Project for Adults

Thank you for your interest in volunteering with our Multi-Media Social Skills Project for Adults! Below is important information for you to read prior to the first group.

Adults with Autism Spectrum Disorder or ASD will participate in a 16-week group therapy program designed to improve their social skills. The therapy takes a goal-oriented approach targeting specific problem areas of social competence. There are two parts of the treatment program: 1) group therapy and 2) peer generalization.

Volunteers will be participating in the peer generalization part of the group. During these times, volunteers will spend time with group members by playing games, role playing situations and having friendly conversations. Group leaders will be available throughout this time to help with any questions or concerns if needed. This is also an opportunity to help the teens with ASD practice and learn social skills. All games and materials are provided, so there is no need to bring anything except yourself. Volunteers are encouraged to bring snacks and/or drinks if needed.

Group runs for 16 consecutive weeks beginning Thursday, January 9th from 6:30 – 8 PM at 22 Northeast Drive Hershey PA in our Child and Adolescent ASD Clinic on side A. Peers are encouraged to attend each session; however, it is asked that peers are able to attend at least 8 of the sessions.**

****We would be glad to have you join even if unable to begin Jan 9th.**

Doors are locked for safety when the clinic closes. When you arrive at the clinic, please ring the doorbell next to entrance “A.” The group leaders will come to the door, and bring the volunteers back to the group room.

In the event of a cancellation, we will contact you to let you know. Therefore, the group leader will need your contact information to be able to notify you of a cancellation in a timely manner. If you are unable to make it to group, please contact me at (717) 531-0003 x285974 or at jnorthridge@pennstatehealth.psu.edu or In the event of a cancellation, group leaders will notify families as soon as possible.

We ask that volunteers maintain a friendly and welcoming attitude toward all in the group. It is asked that all peers and participants respect privacy and maintain confidentiality. That is, peers and participants are asked not to discuss names or other identifying information about those in the group with others outside of the group.

Again, thank you for volunteering to participate in this group! Many individuals with ASD have been helped by this group and this could not be possible without your help! If you have any questions, please do not hesitate to call (717) 531-0003 x285974 or email jnorthridge@pennstatehealth.psu.edu

SCHEDULE

MODULE A: Basics of Relationships (1/9/20 – 1/30/20)

- Week 1: Evaluating Social Relationships
- Week 2: Establishing Social Contact
- Week 3: Conversation Skills
- Week 4: Review and Fluency Building

MODULE B: Barriers to Social Relationships (2/6/20 – 2/27/20)

- Week 5: Overcoming Anxiety
- Week 6: Conflict Resolution
- Week 7: Self-Advocacy and Self-Disclosure
- Week 8: Review and Fluency Building

MODULE C: Workplace Relationships (3/5/20 – 3/26/20)

- Week 9: Interview Skills
- Week 10: Professional Communication Skills
- Week 11: Interactions with the Public
- Week 12: Review and Fluency Building

MODULE D: Dating Relationships (4/2/20 – 4/23/20)

- Week 13: Setting Appropriate Expectations and Recognizing Interest
- Week 14: Relationship Maintenance
- *Week 15: Sexuality
Volunteers are not needed during the week on sexuality (4/16/20)
- Week 16: Review and Fluency Building

***In the event of inclement weather or unexpected closings, dates may be changed. All topics will be done in order.*