



Madison Youth and Family Services Presents:



Sociables Group for Grades: 9-12

Successful social functioning is important for teens to demonstrate at school, at home, and in the community. Those with Autism Spectrum Disorder struggle to generalize across these settings and often get stuck in novel situations. The primary goals of this group are to teach teens how to decode social situations and develop a repertoire of appropriate responses in accordance with social rules across various settings. Curriculum will be based on the works of Michelle Garcia Winner (Thinking About YOU Thinking About ME), James Loomis (Staying In The Game), Brenda Smith Myles, Melissa Trautman, and Ronda Schelvan (The Hidden Curriculum: Practical Solutions for Understanding Social Situations).

Students will have opportunities to practice and improve reciprocal social interactions with peers by:

- learning how to initiate conversations on novel topics, with new people, and when there's a lull in the conversation
- taking turns in a conversation and elongating the length of social exchanges
- strengthening listening skills
- attending to nonverbal forms of conversation such as facial expressions and body language and how these impact conversations with peers
- social problem solving and decision making

These skills will be taught through several different media including:

- analyzing video clips from appropriate ipad apps as well as popular TV shows/movies
- engaging in social games and activities as well as working on group projects and role playing

Week 1: Intro to Group & Members (Thursday, July 22nd from 12:00-1:00pm)

- Establish group rules & review the importance of understanding expected behaviors
- Outline skills to be addresses in Teen Sociables group
- Practice conversation starters

Week 2: Communication/Self-expression (Thursday, July 29th from 12:00-1:00pm)

- Learning & using the four steps of communication
- Attending to verbal cues: tone of voice, interrupting
- Attending to nonverbal cues: body language, eye contact, use of social media
- Practice maintaining reciprocal conversations

Week 3: Coping With Emotions & Behavioral Reactions (Thursday, August 5th from 12:00-1:00pm)

- Begin emotion identification and social behavior mapping
- Movement Strategies: scavenger hunt/nature walk
- Stationary Strategies: progressive muscle relaxation, breathing exercises
- Determining the correct coping strategy based on the situation

Week 4: Perspective Taking(Thursday, August 12th from 12:00-1:00pm)

- Learning & using the four steps to perspective taking
- Learn strategies to remember details about others
- Learning to read other people's reactions & thinking through hidden agendas

Week 5: Finding Similarities/ Accepting Differences (Thursday, August 19th from 12:00-1:00pm)

- types of diversity, similarities vs differences: looks can be deceiving
- how to improve tolerance & acceptance of others
- Human Bingo game

Week 6: Managing Transitions/ Behavioral Rehearsal of Social Skills (Thursday, August 26th from 12:00-1:00pm)

- Strategies to successfully manage transitions will be reviewed (end of group, start of new school year)
- Teens will have an opportunity to practice the skills they learned during this unstructured portion of the group

****All lessons will include an experiential activity, lesson that involves modeling or reinforcement of skills.***



SOCIABLES

MYFS Social Skills Group Registration Form

Parent/guardians must complete this form to register and need to submit their registration form in advance of the first session.

Demographic Information:

Child's Name: _____ DOB: _____

Grade Completed: _____ School Attending Next Year: _____

Child's Address: _____

Parent /Guardian Name(s): _____

Parent/Guardian's Cell Phone: _____ Other # _____

Parent/Guardian Email: _____

If we cannot reach you, who else should we contact in case of emergency?

Name: _____ Relationship: _____

Phone Number (s): _____

Program Fee Information:

MYFS Group session fees will apply to all participants of "Sociables" and these can be billed directly to insurance, if so authorized. Parent/guardians intending to utilize their insurance may provide insurance information at the time of registration in order to obtain pre-authorization and/or determine any portion of the fees for which they may be responsible. Parent/guardians will be responsible for any fees not covered by insurance, such as co-pays. Parent/guardians may inquire regarding self-pay fee if not utilizing insurance, and may request a fee reduction and/or fee waiver for special circumstances in accordance with agency policy. Parent/guardians must sign and submit a separate "Fee Agreement" and/or an "Authorization to Bill Insurance" form along with this group registration form, and all forms must be received prior to the child attending the first group session.

Child's Insurance Carrier: _____ Insurance ID # _____

Financial Paperwork Needed:

___ Authorization to Bill Insurance Form Completed

___ Copy of Insurance Card (both sides) Provided

___ Fee Agreement Completed (if applicable)

Additional Information:

No food will be provided by MYFS, however, children may bring their own food to Sociables group. Does your child have any food or other allergies we should be aware of? If so, please describe below:

Does your child have any medical conditions or sensitivities to environmental stimuli (sounds, tactile, etc) we should be aware of? If so, please describe below:

What do you hope your child will accomplish by participating in this group?

Parent/Guardian Authorization to Participate:

I, (*Parent/guardian*) _____ agree to have my child _____ participate in "Sociables," and acknowledge my responsibility to pay for program any fees not covered by my insurance and/or in accordance with my signed "Fee Agreement" form.

Parent/Guardian's Signature: _____

Date: _____