



Spring 2023 Socials Skills Group Specifically for Teens Ages 12-16 with Autism Spectrum Disorder (and related disorders)

Group Facilitator: Lila Kopelioff Kimel, Ph.D.

Sessions run for 10 weeks on Mondays from 4:15-5:45p.m., starting on March 13th and ending May 22nd (allowing for 1 session missed due to holidays and breaks). Kimel Psychological Services is proud to announce our Adolescent Social Skills Group for high functioning adolescents (with verbal fluency) who are in middle and high school (ages 12-16), with diagnoses on the autism spectrum and other related disorders (i.e., NVLD). Please consider this great opportunity to work on important social and life skills and enjoy making friends using an adaptation of the UCLA PEERS program. Skills to be introduced (**based on the goals and priorities of the group):

- Maintaining friendships
- Finding common interests by exchanging information
- Coping with stress related to social situations
- Understanding one's strengths and ways to build on them
- Electronic Communication
- Good sportsmanship
- Making plans
- Managing Conflict
- Entering and exiting conversations between peers
- Handling rejection, teasing and bullying
- Being a good host during get-togethers
- Making Phone Calls, Texting and Email
- Dating

About the group:

- Dr. Kimel has run a variety of social skills and anxiety treatment groups in the last 20 years. Morgan Jolliffe, MA has been running PEERS groups for the last 8 years and originally worked with Dr. Liz Laugeson directly in the UCLA PEERS program. Dr. Caren Rhodes-Doudna has run several girls' social skills groups in the past through KPS. Their extensive clinical experience ensures that this is a productive, meaningful and effective group.
- Regular attendance is imperative in order to promote a sense of comfort and continuity among group members. (No more than 2 sessions can be missed in the 10- week program.)

Parent Participation Required:

Participation from parents at every session is **required**. During structured center-based sessions, leaders meet with parents in a separate virtual room to discuss ways to assist their teens with social skills and any homework assigned for the week while the teens meet with their group leaders. Parents reunite with teens for the last 10 minutes of group to discuss upcoming practice-opportunity assignments for the week.

Ages: 12-16 years old. This group is designed for middle and high school students and their parents. The students should have a diagnosis of a high-functioning autism spectrum disorder (or other related diagnoses with significant social difficulties such as social anxiety and ADHD) and need to be verbally fluent. The group will hold a maximum of 10 teens.

Cost: \$200 a session for structured sessions, for 10 weeks (Payable in two installments regardless of actual attendance. Self-pay and Kaiser. Group participation can be paid for with cash or check made payable to Kimel Psychological Services.)

Time: Mondays from 4:15-4:45 p.m., starting on **March 13th and ending May 22nd**

Location: 2170 S. Parker Rd. Suite 290, Denver, CO 80231. We will have three group community outings as well to practice the skills we work on.

Steps for Enrollment:

1. Call Lila Kopelioff Kimel at 303-369-1777 to complete a 10-minute phone screening to determine if your teen would benefit from the program.
2. Meet virtually for a 20-minute intake appointment with one of our clinicians to discuss individual goals and priorities for your child's treatment (at no additional cost)- via Zoom or in person
3. Complete enrollment packet that is mailed to you, along with a \$50 deposit that applies toward the costs of the class and return to Dr. Kimel in order to hold your spot.

Questions about the group can be directed to Dr. Lila Kopelioff Kimel at 303-369-1777