

## YOUNG ADULT GROUP-FALL 2023

### Description "Young Adult Group" is:

- for Young Adults diagnosed with Asperger's Disorder or High Functioning Autism
- designed to improve friendship behaviors and social skills
- designed to provide support for young adults who may be isolated from peers
- designed to promote self-esteem through success experiences
- designed to help improve the ability to act positively and effectively with others
- designed to have a maximum of 10 per group
- developed and directed by Michelle DePolo, Psy.D., Child/Pediatric Psychologist
  - Facilitated by Rachel Undercoffer, MEd, EdS and Bryan Thompson, MEd, EdS

### How

The program promotes social development, friendship skills, and self-esteem as well as addressing current issues and problem solving skills in a group format:

- Sessions will be held in-person and young adult participants will be guided through discussions on topics including but not limited to:
  - making/keeping friends
  - resilience from depression
  - two-way conversation
  - building self-esteem
  - conversational manners
  - non-verbal communication
  - navigating life's challenges
  - understanding social cues
  - reducing social anxiety
  - responding to teasing
  - staying on topic
  - problem solving

### Who: "YOUNG ADULT group" is for:

- Young adults who are 16 years and older
- Young adults diagnosed with Asperger's Disorder or High Functioning Autism
- Young adults who have/had primary placement in a regular education high school, attend post secondary training programs or are competitively employed.
- Young adults who have generally average speech and language skills

### When and Where

- Thursday evenings at KidsLink from 6:15-7:15 p.m.
- Groups meet for 1 hour for a 9 week program

FALL 2023 DATES
September 7
September 14
September 21
September 28
October 5
October 12
October 19
October 26
November 2

### Cost

- The program fee is \$450
- To reserve your spot, please send payment of \$100 with the attached application. The remaining \$350 is due at the first group
- Per guidelines of your insurance, the program costs may be reimbursable under the CPT code 90853 (group psychological treatment).

### Application and Enrollment Process

- Please complete the attached application and return it with your payment to: KidsLink NeuroBehavioral Center 899 Frost Road Streetsboro, Ohio 44241 Attention: Katrina Mullen
- **Parents or young adults are encouraged to reply as early as possible, as enrollment is limited.** Call KidsLink at 330-963-8600 with any questions.

*We look forward to working with you & your young adult!*



**YOUNG ADULT INFORMATION:**

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Medical Problems (if any): \_\_\_\_\_

Medications (if any): \_\_\_\_\_

**FAMILY INFORMATION:**

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Parent Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Parents are: \_\_\_\_\_ Married \_\_\_\_\_ Separated \_\_\_\_\_ Divorced;

Siblings (Names and Ages): \_\_\_\_\_

Who do you currently live with? \_\_\_\_\_

**EDUCATION/EMPLOYMENT INFORMATION**

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What is the name of your school/program or place of employment? \_\_\_\_\_

Please describe your current educational or vocational program.

What are your goals for participation? You may wish to develop certain skills, for example. If so, name the skills.

Please describe the best things about you.

How did you hear about the group? \_\_\_\_\_