



## YOUNG ADULT GROUP WINTER 2020

### Description: For Young Adults who have graduated High School:

- diagnosed with Asperger's Disorder or High Functioning Autism and/or ADHD
- may also be appropriate for individuals with Social Anxiety Disorder or have difficulty being in group settings.
- designed for young adults who have generally average speech and language skills
- designed to improve social skills and increase social engagement with same-age peers
- 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 8-10 per group
- developed and directed by Michelle DePolo, Psy.D. BCBA-D, Pediatric Psychologist
- facilitated by Rachel Pasquerilla, EdD, BCBA and Lindsey Trump, EdS, BCBA

### How

The program promotes social development, social engagement, and self-esteem in two formats:

- **Center-Based** - provides direct and indirect instruction about targeted social behaviors, coping, problem solving and emotions through formal and informal group discussions and activities. Participants will have the opportunity to "host" a group as if they were having friends over to their home for the evening. Group members may be paired up and will receive direct instruction and practice from facilitators in preparation.
- **Community-Based** - provides opportunities ("incidental teaching moments") for Young Adults to practice their skills in community settings appropriate for young adults, such as bowling and restaurants.
- Treatment goals are specifically tailored to meet the needs of the group. Targeted skills and topics include:

making/keeping friends  
resilience from depression  
two-way conversation

conversational manners  
non-verbal communication  
sportsmanship/losing

reducing social anxiety  
problem solving  
staying on topic

**When and Where**

- Thursday evenings at KidsLink NeuroBehavioral Center, 899 Frost Road, Streetsboro 44241
- Time: 6:15 - 7:15 PM

<b>WINTER (9 week program)</b>
January 16 <sup>th</sup>
January 23 <sup>rd</sup>
January 30 <sup>th</sup>
February 6 <sup>th</sup>
February 13 <sup>th</sup>
February 20 <sup>th</sup>
February 27 <sup>th</sup>
March 5 <sup>th</sup>
March 12 <sup>th</sup>

**Cost**

The program fee is \$450. A deposit of \$225 is required.

**Please note: Payment is due in full by the start of group**

KidsLink Neurobehavioral Center providers are out-of-network for all insurance. Per guidelines of your insurance, the program costs may be reimbursable under the CPT codes 90853 (group psychological treatment) and/or 90847 (family therapy).

**Enrollment Process**

To enroll please contact our office 330-963-8600 or by email at [groups@kidslinkohio.com](mailto:groups@kidslinkohio.com).

**PLEASE NOTE: LAST DAY TO ENROLL IS FRIDAY, JANUARY 10<sup>TH</sup>.**

For information on additional group programs, please visit our website at [www.kidslinkohio.com](http://www.kidslinkohio.com) or follow us on Facebook