

New Social Skills Awareness Program for Adolescents with Autism Spectrum Disorder (ASD)

A generous grant from TD Charitable Foundation has allowed CentraState Healthcare System to partner with The Arc of Somerset County to provide a **free** program to help adolescents with autism spectrum disorder (ASD) develop and enhance their social skills. This program will be held at CentraState's Star and Barry Tobias Health Awareness Center in Freehold, NJ.

The SUCCESS (Students Using Communication and Collaboration to Enhance Social Success) Program is now accepting applications for participants aged 16-19. Participants in the program will meet as a group twice per week for 13 sessions. Sessions to be held Tues/Thurs 2-3:30pm beginning July 6th.

Making friends, creating plans, and navigating social spaces can be confusing in adolescence. Safe practice spaces to improve social confidence and independently move toward personal levels of comfort are important for young adults as they experience the many changing work, academic, and interpersonal environments at this transitional age. This program will support adolescents with ASD as they discuss and practice the social skills necessary to reduce social uncertainty and improve their quality of life as they enter adulthood. Each participant will work toward the development of a personal "toolkit" for social interactions to provide a starting point for continued social and emotional wellbeing.

What the program is:

- A weekly meeting with facilitator-led guided discussions to explore ideas about friendship and answer questions such as: What are friends? How do we make them? What are some challenges related to friendship?
- A safe practice environment with age peers
- An opportunity to role play and gain confidence

Please note that the program is NOT:

- A behavioral intervention environment
- A speech therapy environment
- Free-play or unstructured respite
- A branded Social Thinking® workshop
- No transportation will be provided
- No medication can be administered

For more information or to apply to the program, please contact Chris Corvino at 908-725-8544 x615 or christopherc@thearcofsomerset.org