

PEERS Social Skills Group for College Students with ASD

What: A social skills group for UVA students with autism. It is 16 sessions and is recommended that college student participants and their social coach attend all sessions.

The PEERS curriculum was developed at UCLA and high-quality research shows it is effective in improving social skills.

Students meet in a group of 6-9 peers for 1.5 hours each week to work on social skills like joining conversations, handling disagreements with others, dating skills, maintaining friendships, etc. The expectation is that a “social coach” participate each week as well – while the students meet, the social coaches meet separately as a group to learn to support the social skills of the student. The social coach is often a parent but can be an adult sibling, or a therapist, etc. It should ideally be someone who already has a supportive relationship with the student and will continue to be in their life after the social skills group ends.

Groups will be led by masters-level clinicians and will be directly supervised by Dr. Erica Rouch, licensed psychologist, with a specialty in ASD.

When/Where: Over telehealth on Mondays from 4:00-5:30

There will be 8 sessions during the fall semester and 8 starting again in January over the spring semester. We know that unexpected absences can happen, but the expectation is that the parents and students participate in all sessions, as the curriculum builds on itself.

Prior to beginning the groups, student clinicians will conduct free intake interviews with interested participants to determine whether they are a good fit for the group. If not a good fit, we will make recommendations about what else the student can try. If you are interested but the timing of the group does not fit your schedule, please contact us for options or to reserve a spot in a future group with alternative time slots.

Cost: As a service to UVA students and families the cost of this professionally-delivered evidence-based intervention is being offered for about \$16 an hour.

Payment: \$375 if paying in one installment (\$25 discount), or two payments of \$200.

