

# PEERS® Social Skills Group for Adolescents



The Division of NeuroBehavioral Health at Akron Children's Hospital is pleased to offer an evidence-based social skills group for motivated middle and high school students who would like to learn how to make and keep friends and handle social difficulties. Groups will be facilitated by Allison Burke, Ph.D., licensed clinical psychologist and certified PEERS® for Adolescents provider, with the assistance of trained clinic staff.

Teens and parents attend weekly 90-minute group sessions for 14 weeks. Group sessions will be offered through telehealth (availability of in-person groups will be decided in accordance with public health recommendations). Teaching consists of didactic lessons, role-play demonstrations of skills, and behavioral rehearsals. Parents learn how to be "social coaches" for their teens to help them apply the skills they are learning.

#### **Session topics include:**

- Conversational skills
- Electronic communication
- Identifying sources of friends
- Entering conversations
- Handling teasing and bullying
- Resolving disagreements
- Changing a bad reputation
- Planning and hosting get-togethers
- Using humor appropriately

#### **Participation requirements:**

- Reliable Internet connection (for telehealth groups)
- Parent/caregiver involvement (it is best if the same parent/caregiver attends sessions)
- Regular attendance
- Teen motivation and willingness to participate
- Teen is in middle or high school
- Teen has friendship problems
- Teen has conversational speech and can participate in group learning

Enrollment is ongoing, and group assignments are determined at intake based on group dynamics. Instruction is in English. For more information or to start the intake process, contact Katie Elliott, Director Secretary of NeuroBehavioral Health, at 330-543-4894.