

NEW PEERS® GROUPS & PARENT-TEEN COACHING

Brown ADHD Clinic
Fall, 2018

PEERS for Adolescents® is a 14-week, evidence-based social skills intervention for motivated teens in middle and high school who are interested in learning new ways of making and keeping friends. This acclaimed program was originally developed at UCLA by Dr. Elizabeth

Laugeson. During each group session students are taught key social skills and practice these skills in session during socialization activities. Parents learn how to help their teens make and keep friends by helping to expand their teen's social network and providing



Social skills make all the difference in your child's life at school, in their daily activities, and as part in their community. PEERS® can make it easier.

feedback through coaching during weekly socialization homework assignments. PEERS® may be appropriate for teens with Autism Spectrum Disorder, Asperger Syndrome, ADHD, Anxiety, Depression, or other social and behavioral disorders. Parent participation is required.

Teens will learn how to:

- ✓ Use appropriate conversational skills
- ✓ Use humor appropriately
- ✓ Use electronic communication
- ✓ Enter and exit conversations
- ✓ Be a good host during get-togethers
- ✓ Be a good sport
- ✓ Handle arguments and disagreements
- ✓ Change a bad reputation
- ✓ Handle rumors and gossip
- ✓ Handle rejection, teasing, and bullying



Parent-Teen Coaching

Don't let another school year go by with the usual challenges and arguments. Learn new strategies together with your teen. It will change daily life for the whole family.



Teens with impairments in motivation or ADHD frequently miss out on many positive adolescent developmental experiences. Their teen years are often filled with negative consequences and social and academic demands they are not prepared for. These sessions developed by Margaret Sibley, PhD help parents and their teen develop better working relationships and powerful skill to deal with the demands of school and daily life. In individualized, collaborative, one-hour

sessions, teen and parents will select skill modules to address the areas that most frequently lead to family struggle.

Skill Modules Include:

- ✓ Writing down homework
- ✓ Making a homework plan
- ✓ Organization checklists
- ✓ Time management strategies
- ✓ Study skills
- ✓ Note taking
- ✓ Problem solving

Frequently Asked Questions. Q. Which program is right for my teen?

A. If your teen struggles with making and keeping friends, talk with us about PEERS®. Groups start throughout the year and have

about 6 participants. If your teen has a hard time with school and organization then our parent-teen coaching sessions might be a better fit. These are individual sessions that begin when you need them.

Q. How long does treatment take?

A. The PEERS® program is 14 weekly sessions. It's important to attend weekly and to be present for all sessions. Parent-teen coaching sessions usually take at least 8-10 meetings but can be more individualized to meet individual schedule needs.

Program Director Liza Somilleda, M.A. is an experienced educator with both Education Specialist, and Education Administration credentials, more than 15 years of school based training, and extensive training in ABA. She assists parents in understanding the needs of their children with problems in attention, learning and behavior.



BrownClinic
for Attention and Related Disorders

For more information:

Email: lsomilleda@brownadhdclinic.com

Phone: 310.590.7181.

Our clinic is located at:

500 S. Sepulveda Blvd.

Suite 218

Manhattan Beach, CA 90266

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