

New Day Psychological Services LLC

AUTISM AND INTELLECTUAL DISABILITY ASSESSMENT SERVICES



SOCIAL SKILLS PROGRAM

Rationale the Program

It has become clear that there is a significant need for social skills training. There is also a need for therapy services for persons diagnosed with an Autism Spectrum Disorder and/or an Intellectual Disability. New Day Psychological Services is beginning to take steps to meet this tremendous need in Lancaster County. As an initial step, beginning in the summer of 2017 New Day will be expanding current services to include a Social Skills Program.

Program Description

This Social Skills program will consist of groups that will focus exclusively on the development of effective social skills. The skills taught will be practical in nature and will work to teach participants how to effectively interact with others in the social context. This will include skills such as:

- *Beginning, maintaining, and ending conversations
- *Showing interest in the topics/interests of others
- *Reading social cues
- *Maintaining an appropriate level of eye contact
- *Social and communicative reciprocity
- *Taking turns, sharing, and following rules of games.
- *Skills related to personal space and boundaries
- *Safety in social settings/interaction with strangers.

There will also be a focus on the cognitive aspects of socializing, such as helping participants to think socially as opposed to individually.

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*Specializing in the Assessment and Diagnosis of
Autism Spectrum Disorders and Intellectual Disabilities*

These skills will be taught in a hands-on fashion and participants will learn through observation and practice of the skills presented. Participants will also have 'homework' assignments to work on between sessions and parents/caregivers will be expected to be active participants in furthering the social skills that are worked on each week in group. **Please note:** These groups will not address behavioral or emotional difficulties. The groups are skills focused, not treatment focused.

Summer 2017 Workshops

The social skills groups offered over the summer will involve a week long, intensive workshop. These groups will run for three (3) hours each day M-Th. There will be three (3) such workshops offered over the summer (more may be added based on demand). The same content will be covered in each group and as such, attendance at only one (1) group per participant will be permitted, allowing as many individuals to have the experience as possible. These groups will consist of a maximum of eight (8) participants with two (2) group leaders.

2017-18 School Year Groups

The social skill groups offered throughout the school year will consist of a group meeting one (1) time per week. Each semester will run for 6-8 weeks, with a one week break near the middle of the semester. There will be a total of four (4) semesters that will run during the school year. New groups may be started at the beginning of each of the eight (8) week semesters if there are enough participants to make up a group. Each participant will remain with the same group throughout the process to facilitate comfort and to foster the opportunity to develop meaningful relationships with peers. These groups will consist of a maximum of eight (8) participants with two (2) group leaders. These groups will occur in the late afternoon after school. Every effort will be made to run enough groups so that all interested participants may participate.

Participants may participate in both the Summer Workshop programs as well as the School Year Groups, and are strongly encouraged to do, if possible.

Group Division

For the school year groups, groups will be divided up by age level to the greatest extent possible. This will be less possible for the summer workshops, but it will be assured that each participant is provided with age-appropriate material to learn. There will be groups offered for those with a primary diagnosis of an Autism Spectrum Disorder as well as groups for those with a primary diagnosis of an Intellectual Disability.

Admission Criteria

Participants must:

1. **Have a documented diagnosis of an Autism Spectrum Disorder or an Intellectual Disability.** If such a diagnosis has not been obtained, this must be completed prior to consideration for participation. If desired, a documented diagnosis can be obtained via New Day or if you prefer, we can assist with finding an agency to provide the diagnosis.
2. **Be independent with self-care** (toileting, feeding etc.)
3. **Not have any significant emotional or behavioral difficulties that would interfere with the group** – this program does not focus on emotional or behavioral difficulties of any form. Disruptive behaviors that would impede the goals of the group will not be permitted.
4. **Have adequate communication skills to participate in the group process.** This can include verbal communication, basic sign language, or another forms of facilitated communication.
5. **Demonstrate an interest in participating in the group process**
6. **Be between the ages of 5 and 21 years of age.** (Adult groups may be added at a later date)

Other Admission Requirements:

Generally these groups will be predominantly aimed at those with higher functioning Autism Spectrum Disorders or Mild Intellectual Disabilities. If an individual is diagnosed with both an Autism Spectrum Disorder and an Intellectual Disability, New Day staff will decide which group setting will be most beneficial.

Additional staff such as Therapeutic Support Staff or Aides, or parents/caregivers will not be permitted in the groups. It is a requirement that participants be able to manage their own behaviors to the extent required to participate in the groups.

All participants will be required to participate in a 15-30 minute screening appointment prior to admission to the program.

Parents will be expected to be active participants in social skills training by actively assisting with the homework assignments that are assigned each week.

Additional participant information will be required (medical history, emergency contacts, etc.) which will be obtained by the completion of questionnaires. This information will be required to be on file prior to participation in the program.

Consent for Participation

For children/adolescents under the age of 18, both custodial parents will be required to Either:

Sign a Consent for Participation document prior to their child/adolescent participating,

Or:

Provide court documentation issuing sole custody to one parent, allowing the custodial parent to sign the consent.

There will be absolutely no exceptions to this requirement.

Tuition

Medical insurance will not be accepted as payment for this service. The Social Skills Program will not be addressing emotional or behavioral difficulties and therefore is not a mental health treatment, and is not a medically necessary service. This program will be private pay only. New Day is committed to keeping the tuition cost for the program as low as possible to enable all of those in need to be able to participate.

Summer Workshops:

200.00 per participant for the 12 hour workshop

Payment will be due as designated on the program calendar

School Year Groups:

135.00 per participant per eight(8) week session.

Payments will be due as designated on the program calendar

Payments forms accepted are cash or checks. We do not accept credit/debit cards.

Application

Applications for admission to the Social Skills program can be completed in the following ways:

1. **Online** (Highly Preferable) Go to our website: AutismServicesLancaster.com. Click on the Social Skills tab and complete the Application for Admission. The form can be completed and submitted directly from the website.
2. **Fax/Scan:** Complete the paper version of the Admission Application and fax it to: 866-568-5755 or scan it and e-mail it to: NewDayPsychological@gmail.com
3. **Over the Phone:** Call New Day at (717) 201-6737

About New Day Psychological Services.....

Dr. Carey opened New Day in June of 2009. Initially, New Day was a general practice providing a variety of mental health services including both therapy and evaluation services. In 2016 Dr. Carey shifted the focus of New Day to the assessment of Autism and Intellectual Disabilities. Since that time Dr. Carey has focused primarily on the diagnosis of Autism Spectrum Disorders as well as Intellectual Disability Determination.

Dr. Carey's goal has always been to provide a thorough assessment leading to an accurate diagnosis and the most appropriate and effective forms of treatment. New Day has remained small and personal and is a place where clients are not simply an appointment or a number, but are known by name and treated with the upmost dignity and respect. Dr. Carey also believes that persons with possible developmental delays should not be placed on waiting lists, but rather, should be provided with a prompt evaluation to assure that the services needed are provided as quickly as possible, as this offers the best chances for a favorable prognosis.

Due to the clear need for more services for those diagnosed with Autism Spectrum Disorders and Intellectual Disabilities Dr. Carey is beginning a gradual expansion of services for these two populations. The first step in this process is the development of a Social Skills program, which will target the practical teaching of social skills to those with developmental disabilities. Future expansion plans include the provision of more individualized treatments such as outpatient psychotherapy for these two populations. Additionally, the provision of family support and education will be added. The ongoing vision of New Day is to comprehensively meet the needs of those with Autism Spectrum Disorders and Intellectual Disabilities from initial diagnosis through the completion of treatment.

For more detailed information please visit our website: **AutismServicesLancaster.com**

You can also follow us on Facebook for daily updates on services as well as regular information regarding Autism Spectrum Disorders and Intellectual Disabilities.
www.facebook.com/NewDayPS/

