The Program for the Education and Enrichment of Relational Skills (PEERS®) is world-renowned for providing evidence-based social skills treatment to preschoolers, adolescents, and young adults with autism spectrum disorder (ASD), attention deficit/hyperactivity disorder (ADHD), anxiety, depression, and other socio-emotional problems. First developed at UCLA by Dr. Elizabeth Laugeson and expanded to locations in more than 70 countries, PEERS® is a parent/caregiver-assisted, 16-weeks social skills intervention for youth with social challenges.

THREE PROGRAMS:

1) **PEERS® for Adolescents**

- Parent assisted social skills intervention for motivated adolescents in middle or high school who are interested in learning ways to make and keep friends and develop more meaningful connections.
- During each group session, adolescents are taught important social skills and given the opportunity to practice them in session during socialization activities (e.g., playing sports, games, etc.).
- Parents simultaneously attend separate sessions and are taught how to assist their teens in making and keeping friends by providing feedback during weekly socialization homework assignments.
- Groups meet at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA on Wednesday evenings from 4:30-6:00 p.m. or 6:30-8:00 p.m.

2) **PEERS® for Young Adults**

- Caregiver-assisted social skills intervention for motivated young adults ages 18-35 who are interested in learning ways to make and keep friends and develop more meaningful connections and romantic relationships.
- During each group session, young adults are taught important social skills and given the opportunity to practice them.
- Social coaches (i.e., parent, family member, adult sibling, life coach, job coach, peer mentor) simultaneously attend separate sessions and are taught how to assist young adults in making and keeping friends by providing feedback during weekly socialization homework assignments.
- Groups meet at the Semel Institute on Monday evenings from 4:30-6:00 p.m. or 6:30-8:00 p.m.

3) **PEERS® for Preschoolers**

- Parent-assisted social skills intervention for children ages 4-6 who have difficulty in their peer interactions and friendships.
- During each group session, children are taught fundamental play and social skills through a live puppet show, followed by a range of games and activities designed to rehearse newly learned skills and reinforce them in a naturalistic setting.
Parents simultaneously attend separate sessions and are taught how to help their children make and keep friends by acting as social coaches outside the group.

To maximize parent training, each session includes parent-coached play consisting of mock play dates between group members, during which parents receive performance feedback from the treatment team on their social coaching.

Groups meet at the Semel Institute on Tuesday afternoons from 3:30-5:00 p.m.

Facts at a Glance
- PEERS® is for motivated adolescents, young adults, and preschoolers struggling with making and keeping friends.
- All programs meet once a week for 90 minutes over a 16-week period.
- Participants attend with a parent/caregiver who learns how to assist their preschooler, adolescent, or young adult in practicing and maintaining the skills they have gained.
- PEERS® teaches ecologically valid social skills that address the core social deficits in ASD.

Accomplishments
- PEERS® is one of the few evidence-based, parent/caregiver-assisted, social skills programs available accompanied by empirically-supported manuals.
- PEERS® has been translated into more than a dozen languages.
- PEERS® is used in more than 70 countries.
- PEERS® has a well-established, evidence-base use for adolescents and young adults with ASD, but also is appropriate for preschoolers, adolescents, and young adults with ADHD, anxiety, depression, and other socio-emotional problems.
- PEERS® also has a strong evidence-based use for middle or high school adolescents with ADHD, fetal alcohol spectrum disorder, and intellectual disability.

For more information, please contact:
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