



West Bergen's Asperger's Related Services

The SOAR Experience

Goal: Participants will learn social skills necessary to successfully participate in the therapeutic day camp-like program. Social Skills are integrated in the programs in two ways. Formal social skills groups focusing on nonverbal communication, conversation skills, social problem solving, per relationships and other module topics occur two times per day on non-trip days. On trip days, one formal group is delivered, time permitting. Social skill development is also infused throughout the day during program activities. Below are some examples of objectives worked on throughout the SOAR Experience.

Objective	Outcome (Benefit to Participant)	Outcome Indicator (How we know participant gained the benefit)
Transitioning	Participant will increase ability to transition from one activity to another	Participant is able to shift from preferred activity with reduced prompting and redirection, to be assessed individually for each participant.
Social Scanning	Participant will increase ability to attend to social information	Participant is able to identify fellow group members each day; able to say something about their peers each day; able to look around environment, attend to and respond to social information.
Cope with sensory issues	Participant will increase ability to deal with sensory issues that provoke an avoidant response or one that interferes with social participation	Participant is able to identify coping techniques so as to increase amount of time participant is able to tolerate the sensory input they have been avoiding or decrease sensory input they might be seeking.
Perspective taking	Participant will increase ability to reflect on fellow participants behavior in a socially appropriate manner	Participant is able to provide one accurate reflection on or interpretation of behavior by others per day and respond accordingly.
Social play	Participant will engage in interactive play with peers	Participant is able to demonstrate three instances per week of appropriate initiating, maintaining or terminating play.
Making friends	Participant will increase the number of times they initiate friendship building behavior (FBB)	Participant is able to demonstrate three appropriate FBB interactions per week (i.e. initiating play or conversation, providing appropriate compliment, offering assistance, etc.)
Flexibility	Participant will increase ability to cope with the unexpected and be able to do the same thing in a different way	Participant will reduce the number of times that he/she reacts in a rigid and/or anxious way, to be assessed individually for each participant
Resolving conflicts	Participant will increase ability to work through a conflict to a successful conclusion	Participant demonstrates that he/she has learned the 5 Step Problem-Solving Model and can implement the model effectively
Reduction of Anxiety	Participant will decrease level of anxiety	Participant is able to participate in anxiety-reducing activities (i.e. deep breathing, progressive muscle relaxation)

