



SOCIAL SKILLS DEVELOPMENT



Social Skills Development is designed to help children and adolescents with social-cognitive challenges build social communication skills. This program helps individuals with social learning difficulties to understand other perspectives, distinguish between appropriate vs. inappropriate behavior, and interpret non-verbal and verbal communication cues. Using the *Social Thinking® model* developed by Michelle Garcia Winner, therapists teach children and teens the nuances of social communication and provide caregivers with strategies to build upon and reinforce their children's social skills development.

GOALS OF SOCIAL SKILLS DEVELOPMENT MAY INCLUDE:

- Understanding the difference between expected and unexpected behaviors
- Regulating emotions and behaviors
- Matching communication to setting
- Forming meaningful social connections
- Understanding the thoughts and emotions of others
- Increasing the child's confidence in his or her ability to interact with peers
- Learning how to work as part of a team

HOW TO GET STARTED:

In order to get started, participants must be authorized to receive Behavioral Health Rehabilitation Services and have a qualifying behavioral or mental health diagnosis from a licensed psychologist or psychiatrist.

Parents and guardians can make a direct referral for the BHRS program by contacting the Barber National Institute. Social Skills Development may then be recommended through a psychological evaluation or an Interagency Service Plan Team (ISPT) meeting.

WHAT CAN I EXPECT FROM SERVICES?

Social Skills Development is conducted by a Master's level therapist who works in conjunction with the individual in treatment and his or her parent or caregiver to help strengthen social competencies, connect with others and develop the skills necessary to form meaningful friendships.

WANT TO KNOW MORE?

To learn more about Social Skills Development and our other services, please visit our website at www.BBHI.org