



West Bergen's Social Discovery Program



The SOAR Experience

For children and teens with solid verbal skills who experience the social communication and social skills challenges seen in Level 1 Autism Spectrum Disorder.

Social Skills, Outdoor Fun, Arts & Crafts, & Relationships

When: NEW this year! 3 program sessions now available from July 8th - August 16th !

Program Options:	6 Week Program (30 days):	Tuition: \$4,300 (a \$200 saving)
	4 Week Program (20 days):	Tuition: \$2,900 (a \$100 saving)
	2 Week Program (10 days):	Tuition: \$1,500

Program Hours: 9 a.m. – 3.p.m. Families must provide transportation to and from the program.

Location: West Bergen's Center for Children & Youth
1 Cherry Lane
Ramsey, NJ 07446

- Small, nurturing, summer program specifically designed to assist your child in thriving with his/her peers and provides a fun filled camp-like experience
- Trained staff who work with children, 6-16 years of age, with Level 1 Autism Spectrum Disorder (ASD), Nonverbal Learning Disabilities and other disorders affecting social communication/interpersonal skills
- Weekly Program Themes: History, Science; Music, Art, & Drama
- Fun filled activities, games, arts and crafts, drama, music, yoga, outdoor play and sports, movies
- Weekly trips and Swim days (transportation provided for all trips)
- Daily snacks and one lunch per week provided (families to provide lunch 4 days per week)
- Counselor in training (CIT) program for teens and young adults with Level 1 ASD (ages 14-24) - offers valuable vocational experience. Please see separate flyer on the CIT program.

A \$500 deposit is required at time of application for all SOAR Experience participants. Applications must be completed in full and returned with all requested records. An interview may also be required. The application, record review and interview assist in predicting whether this program is a good fit for your child. Deposit to be returned in full should applicant not be accepted.

Please note there is a maximum number of participants that can be accommodated. Early application is recommended. There is also a minimum number of participants that must be registered in order for a specific age group to run. In the unlikely event that we do not meet the threshold full program tuition refunds will be issued. **Please note, deposits will not be returned if you withdraw from the program after being accepted.** Payment options: Credit cards or checks payable to West Bergen Mental Healthcare. For schools or agencies guaranteeing payments, a contract, confirmation letter, purchase order and any additional documents required by sending entity must accompany application and full deposit.

For more information or to receive an application, please contact The Social Discovery Program Director Richard Miller, LPC 201-934-1160 x 7234 or check out our website: www.westbergen.org

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, peer relationships and other module topics occur two times per day on non-trip days. 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 will be 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 will be 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 will be 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 will be 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 will be 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 will be 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 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 will be able to demonstrate that they have learned the 5 Step Problem-Solving Model and can implement the model effectively
Reduction of Anxiety	Participant will decrease level of anxiety	Participant will be able to participate in anxiety-reducing activities (i.e. deep breathing, progressive muscle relaxation)