

# INTERACT

Social Skills Program

## Cheshire

- For children and adolescents with social difficulties; including those with Autism Spectrum Disorders, social anxiety, ADHD, and related conditions.
- Helps to develop social skills in a structured, positive environment.
  - Work on social skills in a fun group atmosphere.
- Groups of 3-6 children with 1-2 highly trained staff.
- Summer session and 3, 12 week sessions during the school year.
- Each session is 1 hour in length.
- Insurance and private pay accepted.



## REGISTRATION

For an Intake Form and further information, please call the office at:

**203.271.1430**

A half hour parent/child meeting with the program supervisor is required prior to registration. To maximize skill development, children should attend all sessions.

All sessions are facilitated by professional and experienced instructors. Our team consists of Master's and Doctorate level BCBA's (behaviorists), social workers, and psychologists.



# INTERACT



Connecticut Behavioral Health, LLC

# INTERACT



A Social Skills Program designed to build and strengthen children's and teen's social skills



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# What Skills Will

The INTERACT Social Skills Program Teach?



## 1. Survival Skills

- Listening
- Following Directions
- Ignoring Distractions
- Using Appropriate Language
- Self Motivation

## 2. Interpersonal Skills

- Sharing
- Waiting Your Turn
- Asking For Permission
- Joining An Activity

**“Appropriate social skills enable children to develop positive relationships with their peers and adults.”**

## 3. Problem Solving Skills

- Apologizing
- Accepting Consequences
- Asking For Help
- Deciding What To Do

**“It is important that we help children master social skills, to enable them to develop positive relationships.”**

## 4. Conflict Resolution Skills

- Dealing With Teasing
  - Accusations
  - Being Left Out
    - Losing
  - Peer Pressure



# Why Should My

Child/Adolescent Participate in INTERACT?

## Our Focus

is on facilitating the expected behavior while reducing or eliminating the unexpected behavior. Social skills groups help children and adolescents to learn, demonstrate, generalize, and maintain appropriate behaviors by:

- Implementing strategies step by step
- Modeling the skill
- Coaching each individual through the skill
- Role play using different scenarios
- Providing immediate feedback/reinforcement
- Utilizing positive behavior strategies
- Offering training and practice opportunities
- Parent involvement to encourage use of skills outside of group



# What Will My

Child/Adolescent Gain From INTERACT?

- Meet and make new friends
  - Keep the friends they make
    - Be assertive
  - Build self-esteem
- Initiate and maintain appropriate communication
  - Engage in socially acceptable behavior
- Understand and put into practice the use of non-verbal cues and body language

# Group Structure

INTERACT Age Groups

## 6-8 Years Old

Co-Ed

## 9-11 Years Old

Girls/Boys

## 12-14 Years Old

Girls/Boys



- Meet and greet
- Nonverbal cues and body language
- Conversations and Communication
  - Dealing with anxiety
- Dealing with the school environment
- Dealing with the home environment
  - Bullying and Teasing
- Building and maintaining friendships

**“Facilitating the expected behavior while reducing or eliminating the unexpected behavior.”**

## 15-17 Years Old

Girls/Boys

- Above topics
  - Functional self-help skills such as managing money and dealing with emergencies
- Community outings

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