

# Social Skills Training Program



Mosaic Behavioral Health Services in Colorado provides a significant, evidence-based social skills training program for autistic adults and adults with intellectual and developmental disabilities (IDD) and other diverse needs.

First developed at UCLA by Dr. Elizabeth Laugeson and expanded to locations in more than 70 countries, PEERS® is a caregiver-assisted, social skills intervention for individuals with social challenges. Mosaic's clinical team has been certified in this program and receives ongoing clinical supervision.

During each 60-minute group session, participants are taught important social skill behaviors and given the opportunity to practice them to build experience and behavioral aptitude.

Social coaches (parent, family member, adult sibling, life coach, job coach, or peer mentor) attend separate sessions and are taught how to assist the participants in making and keeping friends by providing feedback during weekly socialization homework assignments.

## Core Skills Program

This 16-week program introduces the core social skills and builds behavioral fluency through in-session practice and homework assignments. Skills built during the core program include trading information, starting and maintaining conversations, finding sources of friends, electronic communication, appropriate use of humor, entering group conversations, exiting conversations, and managing gatherings.

*Cost: 64 units of CO Waiver group counseling or \$560 private pay*

## Dating Skills Program

After attending the Core Skills Program, participants may elect to attend this eight-week session which focuses learning and behavioral skill development on various aspects of dating and romantic relationship building.

*Cost: 32 units of CO Waiver group counseling or \$280 private pay*

## Bullying and Dealing with Mean People

After attending the Core Skills Program, participants may elect to attend this additional eight-week program to build behavioral skills to manage disagreements, handle direct bullying, handle indirect bullying, and social exclusion.

*Cost: 32 units of CO Waiver group counseling or \$280 private pay*

*Prior Authorization Requests must be secured at least two weeks prior to the first class.*

For more information or to access our registration process, contact:  
[cobehavioralservices@mosaicinfo.org](mailto:cobehavioralservices@mosaicinfo.org) or call 970.295.4016.