
Dragons of the Spectrum PLUS (DOTS+)

Social Skills Program

Location: 226a Glen Osmond Road, Fullarton SA 5064

Website: www.SocialPlayAcademy.com

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What is the 'Dragons of the Spectrum PLUS'?

Dragons of the Spectrum PLUS (DOTS+) is a neuro-affirming, role-playing social skills program designed for returning participants who have already completed the original DOTS program. DOTS+ builds upon the core principles of connection, confidence, and collaboration from the DOTS program—while introducing more advanced skills, such as leadership, self-reflection, and peer feedback.



In DOTS+, participants take turns becoming the Game Master, where they plan and lead their own story-driven adventures for the group. Through this playful leadership role, they continue to grow their communication, perspective-taking, and emotional regulation skills in a highly supported and fun format.

What Makes DOTS+ Unique?

- Structured and manualised learning program
- Built for returning players ready for more independence and challenge
- Emphasises leadership, reflection, and creative problem-solving
- Players design and run their own game sessions with support
- Encourages peer feedback, flexible thinking, and social adaptability
- Offers an affirming environment that supports neurodivergent strengths and fosters deeper social connection

What is Involved?

- **Duration:** 10 weekly sessions (120 minutes each)
- **Group Size:** 3-4 participants per group
- **Format:** Typically facilitated after-school, during school terms
- **Eligibility:** Ideal for children aged 10+ who have completed the DOTS program. Suitable for children with Autism Spectrum Disorder (Level 1-2), ADHD, or related profiles.
- **Program Pack:** Participation in DOTS+ requires a 'Program Pack' (includes all the necessary resources to participate in the program: dice, tokens, skill cards, Game Master's Guide activity book).



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What Skills Does DOTS Promote?

Explicit Focus

Self-awareness & communication
Teamwork & leadership
Perspective-taking & theory of mind
Reflection & emotional regulation

Embedded Social Skills

Listening & adaptability
Conflict resolution & turn-taking
Negotiation & group decision-making
Critical thinking & social problem-solving

Program Fees

Fees for participating in the Dragons of the Spectrum PLUS program are twofold:

The DOTS+ Program Pack

The 'DOTS+ Program Pack' is required for your child to participate in the social skills program. This program pack includes all resources needed to engage in this group: the program workbook, parent handouts, social skill cards, and gaming resources. Components of the program pack will be provided over the course of the ten-week group.

Once-off cost of \$244.00.

*This cost is not claimable through
Medicare or private health.
This cost may be covered by the NDIS.*

The DOTS+ Social Skills Program

The 'DOTS+ Social Skills Program' involves attending 10 sessions weekly, each lasting 120 minutes.

Weekly session cost of \$122.00.

*This cost is claimable through Medicare
or private health.
This cost may be covered by the NDIS.*

Total fee: \$1,464.00

NDIS: If your child has NDIS goals related to social skills or group therapy, the full program (including the Program Pack) can typically be covered under your child's plan.

Medicare: Medicare rebates are available if your child has a current Mental Health Treatment Plan (MHTP) from a GP, or a referral from a Paediatrician specifying a group program. For sessions facilitated by William Ellison, Clinical Psychologist, the Medicare rebate is \$68.30 per session attended.

How to Register

To express your interest or apply for an upcoming DOTS+ group, please complete the form at:
www.socialplayacademy.com/expression-of-interest-form