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# The Dragons of the Spectrum Group Information



## **DRAGONS OF THE SPECTRUM**

The Dragons of the Spectrum (DOTS) Social Skills Program is a group-based intervention that teaches social skills within the framework of an original, highly engaging and interactive role-playing game. The DOTS program is the first of its kind, teaching important socio-emotional skills using evidence-based psychological techniques and strategies, with skill practice and generalization taking place on fantastical DOTS “adventures”.

DOTS is simple, fun, and provides the perfect format for teaching, performing, and generalizing these key social skills.

### **DOTS Program Content**

The DOTS program focuses on improving a wide range of different socio-emotional skills in children and adolescents. The initial DOTS sessions focus on teaching participants how to play the DOTS RPG in a structured and highly social way, encouraging collaboration, interaction, and by fostering camaraderie. During subsequent DOTS sessions, participants engage in explicit teaching and practice of key social skills, before going on fantastical “adventures” that utilize the session’s learned skill. Each adventure requires participants to use their learned social skills and work together to solve problems, overcome obstacles, and defeat fantastical enemies.

The DOTS program explicitly focuses on the following areas:

- Developing participant self-awareness and social-awareness
- Increasing participant teamwork and turn-taking skills
- Improving participant’s ability to appropriately ask and respond to questions
- Increasing participant’s understanding of social expectations
- Developing participant emotional regulation skills, and their ability to cope with negative thoughts and feelings
- Improving participant’s independent- and group- problem-solving skills.

Participants completing the DOTS program will be provided all resources to engage in the intervention. The DOTS Program Pack includes the DOTS Activity Book, dice, tokens, and social skill cards. Additionally, in order to support the generalization of these skills, participants are also required to complete weekly take-home tasks with family and friends.



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### Program Information

- The DOTS program is facilitated by registered Psychologists.
- There are typically 4 participants per DOTS group. Participants are grouped with children of a similar age or developmental level. Participants may be required to attend a brief screening appointment to determine suitability for the program.
- The DOTS Program was originally designed for children and adolescents aged 10-13 years with high-functioning Autism Spectrum Disorder. The program requires some math and reading skills, however, can be run for older participants, or neurotypical participants, with only minor modifications.
- The DOTS program consists of 10 weekly sessions. Each session lasts 120 minutes.
- Held after school, DOTS is run to coincide with the school terms.
- Programs are run in the Adelaide metropolitan and hills areas. Sessions are held at the offices of Connect Psychology, located in Aldgate and Collinswood.

### Program Cost

The DOTS program is run through the Social Play Academy. The Social Play Academy offers the DOTS programs with Medicare or private health benefits applying to the session fees. As a part of an NDIS intervention, the entire program, including the Program Pack, can be fully covered if social skills goals or a social skills group are specified in the participant's NDIS plan.

<b>DOTS Program Pack</b> Includes all social skills resources required to participate in the DOTS program.	Once-off cost of \$234.83 <i>This cost is not claimable through Medicare or private health.</i>
<b>DOTS Social Skills Program</b> 10 x Weekly sessions, each session lasting 120-minutes.	Weekly session cost of \$176.13 <i>This cost is claimable through Medicare or private health.</i>
<b>Total</b>	<b>\$1996.13</b>

In order to access Medicare benefits, participants require a Mental Health Treatment Plan, obtainable from their GP, or a referral letter to William Ellison from your child's Paediatrician specifying a group if the doctor decides this program is appropriate.

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To register your interest, please complete the Expression of Interest Form, found at [www.socialplayacademy.com/expression-of-interest-form](http://www.socialplayacademy.com/expression-of-interest-form)