

Tier II Interventions: Social Skills for Small Groups

2017 RTI2-B SUMMIT
FOR MIDDLE TENNESSEE SCHOOLS

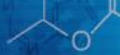
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Kristin Dorris, MS, CCC-SLP



Objectives

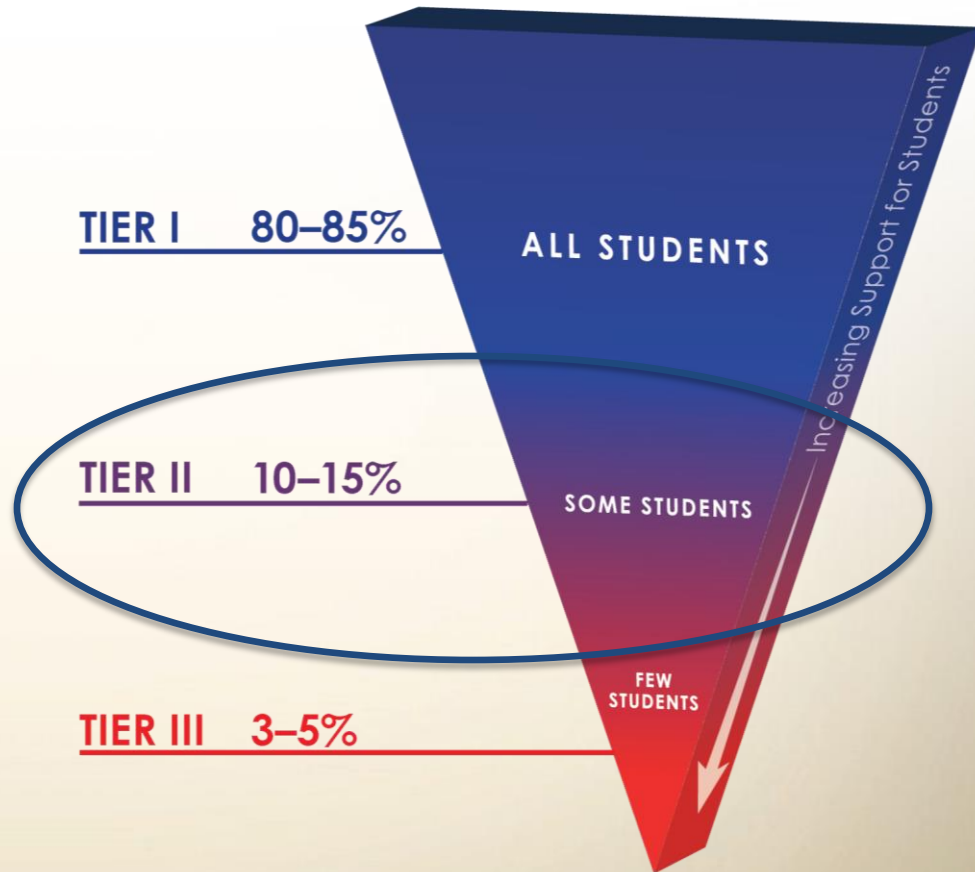
- Discussing why social skills training is an evidence based practice
- Describing the structure of social skills groups
- Demonstrating how to implement a social skills group

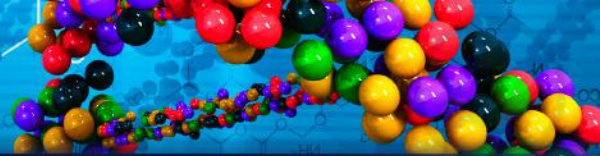




Tier II Interventions

System for targeted or group-based interventions for students needing additional support beyond the universal or Tier I system





Check-In/
Check-Out
(CICO)

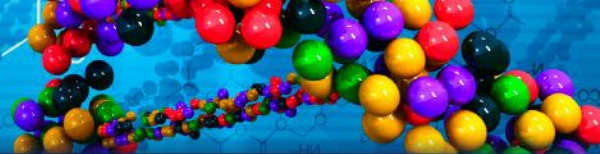
Social Skills
Groups

Check and
Connect

Breaks are
Better

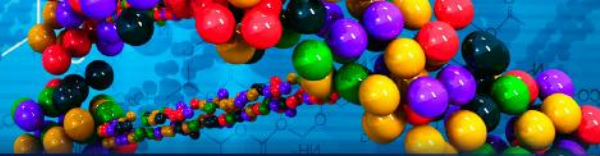


Mentoring



Effectiveness of Social Skills Instruction

- Mastering social skills corresponds to academic, social, and work success and achievement
- Students with strong social skills experience less peer isolation and rejection, and have a higher probability of graduating from high school
- Social skills are...
 - Predictive of job success in adulthood
 - Associated with better mental health status
 - Associated with an increase in pro-social behaviors

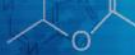


Social Skills are the Hidden Curriculum

1. Teacher expectations
2. Students who are okay to interact with and those you should avoid
3. Behaviors that attract positive attention and those that cause trouble
4. Any “sensitive” topics appropriate for the age of the student

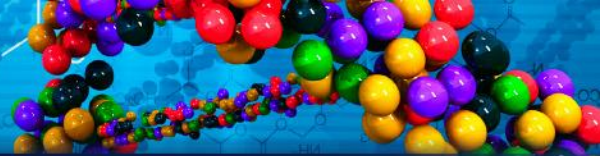
From Hudson, J. & Myles, B.S. (2007). *Starting points: The basics of understanding and supporting children and youth with Asperger syndrome*. Shawnee Mission, Kansas.

www.asperger.net/



So, how do you provide social skills instruction?





Steps for Social Skills Group Instruction

Organize the Group

- Select participants
- Choose skills to target
- Establish group rules
- Describe Session Format

Teach Skills

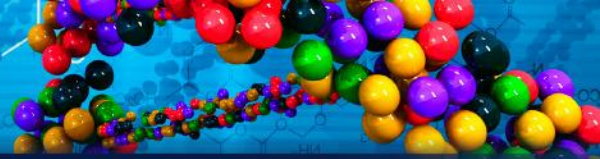
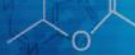
- Introduce skill
- Highlight social importance

Practice

- When, Where, and How
- Vary levels of support
- Progress from simple to more complex skills

Reinforce

- Target student
- Peers



Organize the Group

Students

Tier II Students

Peers

Topics

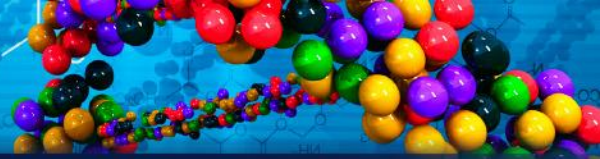
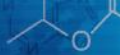
Survival,
Interpersonal,
Problem-solving,
Conflict Resolution

Packaged Lesson
Plans

Format

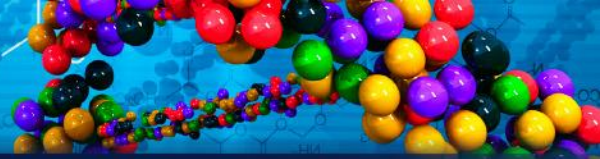
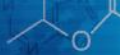
Rules

Structure



Who to include?

- Things to consider:
 - Age
 - Maturity level
 - Current skill level
 - Motivation
 - Other problems that may interfere with being part of a group
 - Single or mixed gender groups
 - Tier II Students, Peers



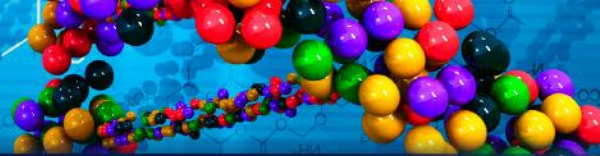
How to Identify Tier II Students

ODRs

Attendance

Screening
Tools

Teacher
nomination



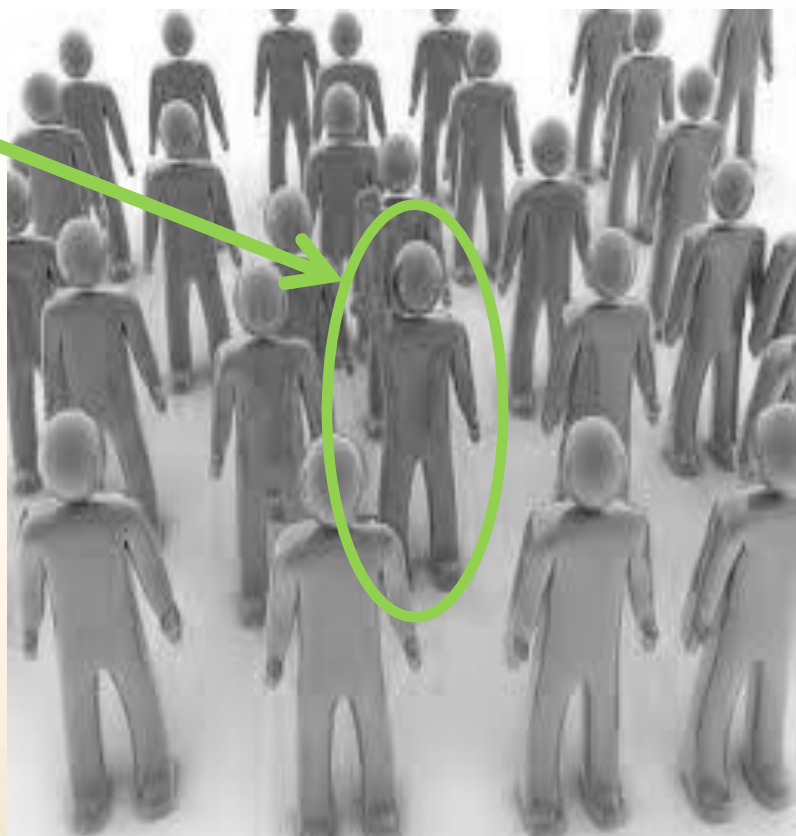
How to Identify Peers

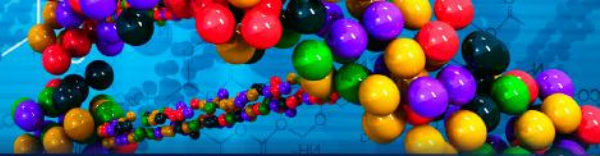
I am socially **competent**

I am compliant with instructions

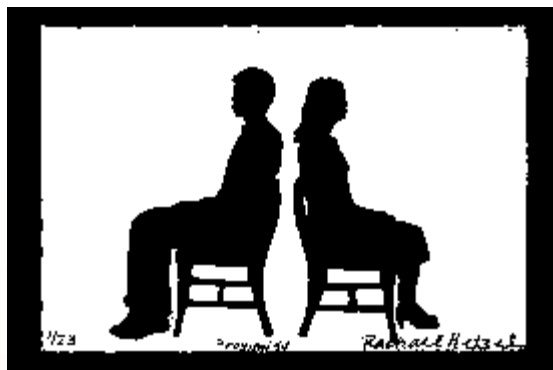
I attend school regularly

I am willing to participate





Why use peer training?

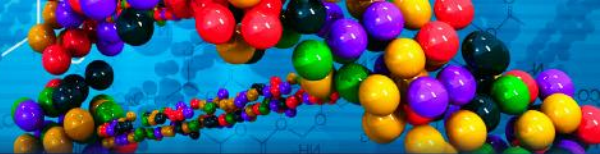


The Proximity Assumption

Proximity =
Opportunity
to practice
social skills

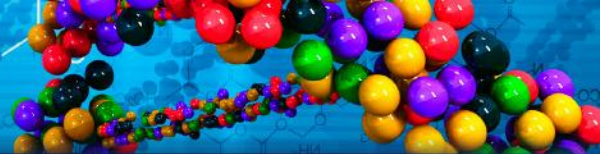
Proximity =
Opportunity
for
meaningful
participation

Proximity =
Opportunity
for
acceptance



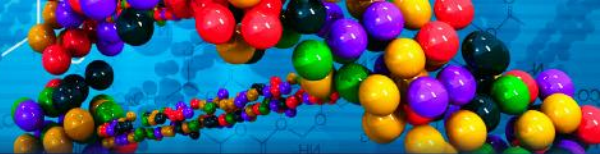
Survival Skills

- Survival skills include:
 - Following directions
 - Obeying rules
 - Listening
- Survival skills help maintain order and help students to thrive in the school environment



Interpersonal Skills

- Interpersonal skills include:
 - Sharing
 - Taking turns
 - Showing empathy
 - Greetings
 - Manners
- Interpersonal skills help foster healthy relationships and collaborative learning

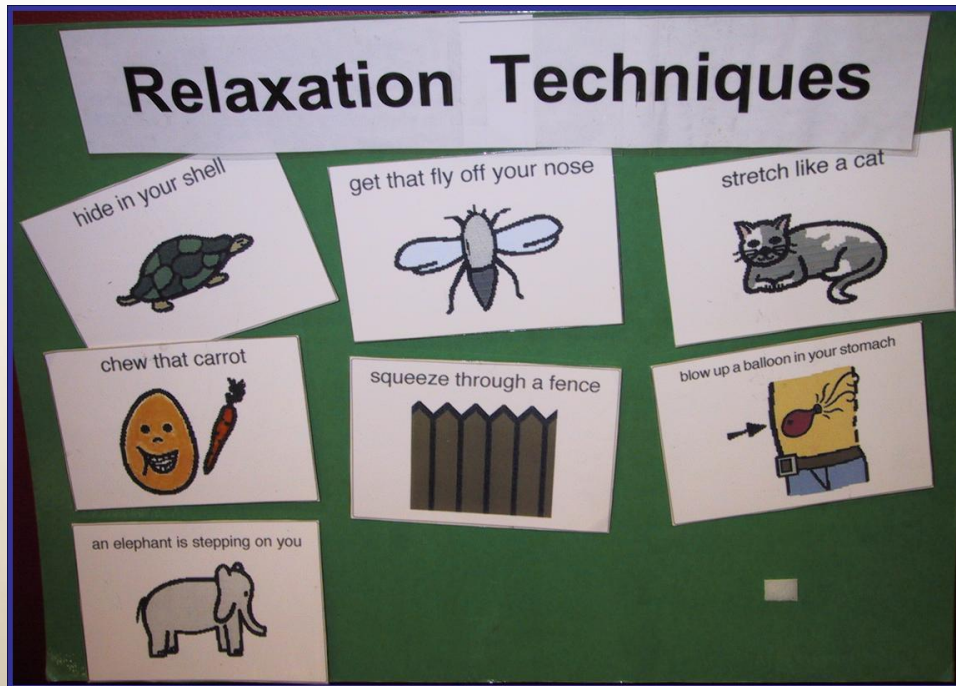


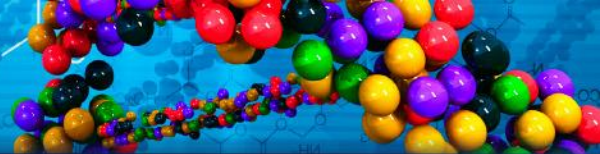
Problem-solving Skills

- Problem-solving skills include:
 - Making decisions
 - Asking for help
 - Taking on responsibility
 - Following rules
 - Expressing emotions appropriately
 - Giving directions to others
 - Starting a conversation
 - Respecting personal space
 - Showing interest in others
- Problem-solving skills help promote personal success and independence



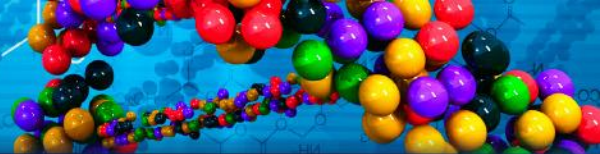
Conflict Resolution Skills





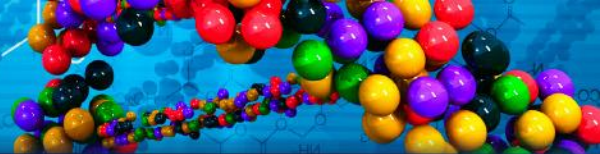
Conflict Resolution Skills

- Conflict resolution skills include:
 - Asserting oneself
 - Apologizing
 - Using appropriate coping skills
- Conflict resolution skills help students navigate difficulties found in interpersonal conflict and resolve issues of internal conflict



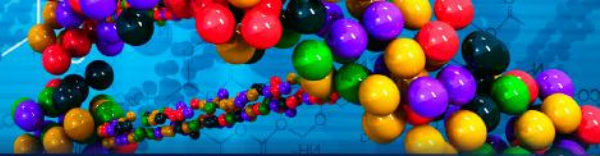
Should I use a specific curriculum?

- Some school systems may already have a prescribed curriculum
 - PREPARE
 - Positive Action
 - Social Skills in Our Schools
 - The EQUIP Program
- Does the curriculum provide:
 - Lesson plans and activities?
 - Skill assessment?
 - Tips/guidelines for running groups?



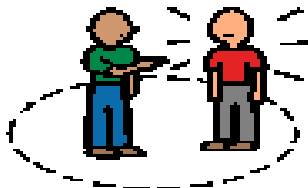
The First Session

- Introducing Group Members
- Establishing Group Rules
 - Help students make appropriate rules and keep these posted at each session
 - Listen when others are talking
 - Participate when it is your turn
 - Use nice words
- Discuss Session Format

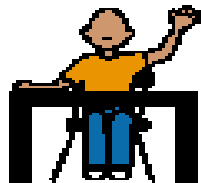


Group Rules

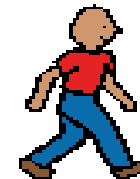
Take Turns



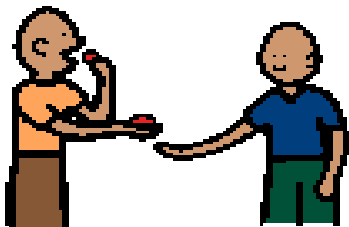
Raise hand



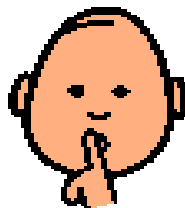
Walk



Share materials



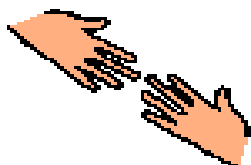
Use a quiet voice



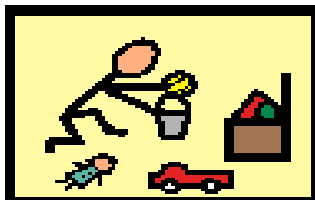
Hands to self



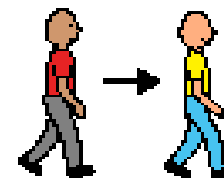
Help friends

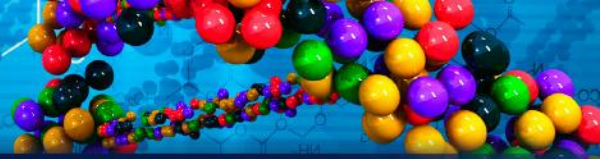
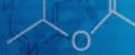


Pick up



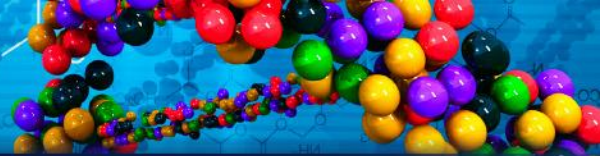
Follow directions





Session Format

- Hello and review of group rules
- Skill Introduction
- Demonstration of new skill
- Practice of new skill/Activity
- Feedback/Reward



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Teach Skills

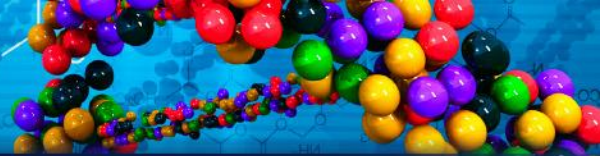
- Introduce skill
- Highlight social importance

Practice

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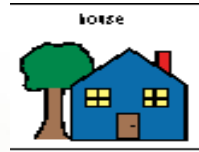
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Role Plays



You are going to a friend's house to play.



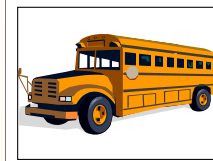
His cousin from California is in town.



You have never met his cousin.



How would you greet him?



You are on the bus going to school



A kid from your neighborhood gets on the bus



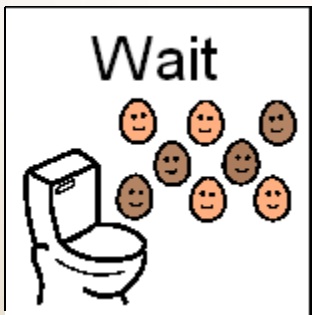
He has on a Black Eyed Peas T-shirt. You want to ask if he went to the concert.
You say, "_____"



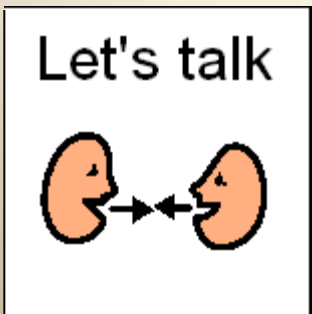
He says "yes I did, do you like them"
You say, "_____"



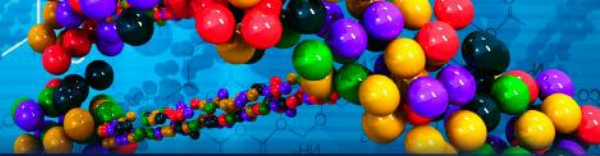
You are at a workshop about social skills.



**There are a lot of people at the workshop.
Sometimes we will have to wait for the restroom.**



**Practice having a conversation with someone
while waiting for the restroom.**



Scripting

Greeting Steps

Stop

Make Eye contact

Decide

*Is it
a person I know or
a person I don't know*

A person I know

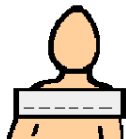
A person I don't know

Hello



Hello. My name is _____.

What is your name?



Hi!



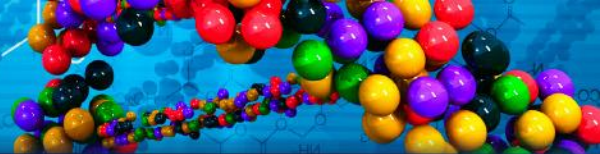
What is the weather like today?

What are you doing this summer?

What is your favorite sports team to watch?

What is your favorite video game?

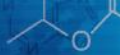
Where did you get your shirt?



Social Stories

Talking to My Friends

Most days, my class eats lunch in the cafeteria. We talk and eat and talk some more. I really like to talk about space. I can talk about space a lot and never get tired! Sometimes, my friends stop talking to me at lunch. They like to talk about other things too. Sometimes they talk about movies, sports, or what they are going to do after school. I can try to talk about those things too. Then maybe my friends will talk about space with me again. We might even talk about Star Wars! Then we would both be happy.



A 5 is against the law

5-PHYSICALLY HARMFUL BEHAVIOR (COULD SEND YOU TO JAIL):
Hitting someone, grabbing someone in their private areas.

4-SCARY BEHAVIOR (COULD GET YOU FIRED OR SUSPENDED FROM SCHOOL):
Swearing, staring at someone, or following someone home from school without their permission.

3-ODD BEHAVIOR (MAKES PEOPLE UNCOMFORTABLE):
Sitting too closely to someone, showing up at a party you weren't invited to, or getting too close to someone's face.

2-REASONABLE BEHAVIOR (PEOPLE ARE ENJOYING EACH OTHER'S COMPANY): Talking to someone you know, saying hello to a friend at school

1-VERY INFORMAL SOCIAL BEHAVIOR (THE WAY PEOPLE NOTICE EACH OTHER): Smiling at someone in the store



Friday
April 4, 2008

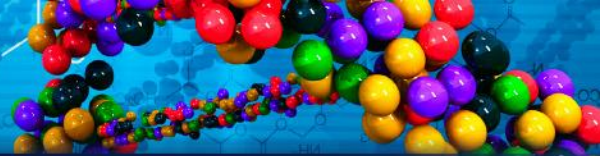
The best way to help a friend whose pants are unzipped or whose underwear is showing is to tell him in a quiet voice about the issue. Don't just yell it out or walk up and try to fix the problem for him.

Saturday/Sunday
October 23/24, 2010

If your friend says she will go "fifty/fifty" with you on something, that means she wants to split the cost, with each of you paying half

From 2008 and 2010 Hidden Curriculum One-A-Day Calendar

www.asperger.net



Steps for Social Skills Group Instruction

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Teach Skills

- Introduce skill
- Highlight social importance

Practice

- When, Where, and How
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Feedback



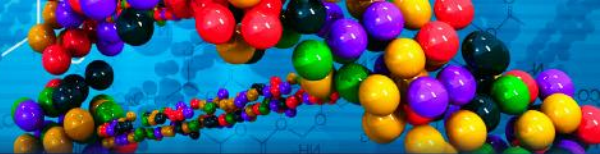
FREE HOMEWORK PASS



NAME: _____

DATE: ___/___/___

ASSIGNMENT: _____



Ideas for Generalizing

- Lunch bunch
- Play group
- Circle of friends
- Student mentor programs
- Peer tutoring



Staying Connected



Browse and sign up for upcoming events by
TRIAD.

<http://kc.vanderbilt.edu/triad/events>



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