



SOCIAL INTERVENTION HELPS ADULTS WITH AUTISM

Recent Study: Program improves social skills, reduces autism symptoms in adults

UCLA's Semel Institute for Neuroscience and Human Behavior

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SUGGESTED TEASE	STILL TO COME, AN INSIDE LOOK AT A PROGRAM THAT A NEW STUDY SHOWS HELPS YOUNG ADULTS WITH AUTISM LEARN SOCIAL SKILLS.
ANCHOR LEAD	<p>PARTIES AND SOCIAL EVENTS CAN BE NERVE-WRACKING FOR ANY YOUNG ADULT. BUT IMAGINE WHAT THESE SITUATIONS WOULD BE LIKE IF YOU HAD AUTISM?</p> <p>THE CHALLENGES ARE REAL FOR THOSE WITH THIS CONDITION THAT'S SHOT UP NEARLY 12-HUNDRED PERCENT OVER THE LAST THREE DECADES.¹</p> <p>BUT CLARK POWELL REPORTS ON NEW RESEARCH THAT SHOWS WHAT'S HELPING THEM GET OVER THEIR SOCIAL FEARS.</p>
<p>CG: Courtesy: UCLA's Semel Institute for Neuroscience and Human Behavior</p> <p>Joey getting dressed in front of mirror</p>	<p>LIKE MOST 25 YEAR OLDS, JOEY JUAREZ LIKES TO LOOK HIS BEST WHEN GOING OUT WITH FRIENDS. BUT BECAUSE HE HAS AUTISM, SOCIAL SITUATIONS CAN BE AWKWARD.. SO MANY TIMES HE'D AVOID THEM. :10</p>
<p>CG: Joey Juarez Has autism</p>	<p>"I was feeling lonely." (:02)</p>
<p>Group coming in, sitting at table</p> <p>Shots of class</p> <p>Shots of couple at table holding hands</p>	<p>BUT THAT WAS BEFORE HE ATTENDED A COURSE AT U-C-L-A'S SEMEL (Pronounced: SEMM-ull) INSTITUTE FOR NEUROSCIENCE AND HUMAN BEHAVIOR.</p> <p>IT'S A 16-WEEK CLASS THAT TEACHES STUDENTS WITH AUTISM HOW TO INTERACT IN SOCIAL SITUATIONS -- AND EVEN HOW TO DATE. :12</p>
<p>CG: Elizabeth Laugeson, Psy.D. UCLA's Semel Institute for Neuroscience and Human Behavior</p>	<p>"Most adults on the autism spectrum really want to have friends, and really want to have romantic relationships, but they don't know how to." :09</p>
<p>Shots of class</p> <p>Dr. Laugeson writing on board</p> <p>Wide shot of class</p>	<p>THE COURSE WAS DEVELOPED AT U-C-L-A AND IS THE ONLY ONE OF ITS KIND THAT HAS CLINICAL RESEARCH TO SHOW IT'S WORKING. IN A RECENT STUDY, RESEARCHERS CHARTED THE PROGRESS OF STUDENTS IN THE PROGRAM AND FOUND SIGNIFICANT SOCIAL IMPROVEMENT.² :</p>

<p>Dr. Laugeson (CG'd earlier)</p>	<p>“What we found was not only an improvement in overall social skills, particularly in the areas of cooperation and assertion, but also a decrease in autism symptoms.” :10</p>
<p>Program shots (parents in shot) Shots of book and app on phone</p>	<p>THE PROGRAM, CALLED “PEERS,” ALSO TEACHES PARENTS HOW TO COACH THEIR YOUNG ADULT CHILDREN IN SOCIAL SITUATIONS. RESEARCHERS ALSO CREATED A BOOK AND APP WITH TIPS ON SOCIAL INTERACTIONS THAT ANYONE CAN USE. :12</p>
<p>CG: Jose Juarez Joey’s dad</p>	<p>“Now that we have this knowledge, and I continue being his coach, it has really made my life a lot easier, as a parent too.” :10</p>
<p>Nat sound of Joey shaking hands/ (near door)</p>	<p>(insert nat sound here)</p>
<p>Party scene with Joey</p>	<p>JOEY NOW ENJOYS ATTENDING PARTIES AND FEELS MORE CONFIDENT THAN EVER BEFORE. :04</p>
<p>CG: Joey Juarez Has autism</p>	<p>“They taught me how to, like make and keep friends. Of course there’s many aspects that go into that.” :08</p>
<p>Joey walking with female on campus</p>	<p>AT UCLA’S SEMEL INSTITUTE FOR NEUROSCIENCE AND HUMAN BEHAVIOR, THIS IS CLARK POWELL REPORTING. :04</p>
<p>ANCHOR TAG</p>	<p>“PEERS” STANDS FOR PROGRAM FOR THE EDUCATION AND ENRICHMENT OF RELATIONAL SKILLS. TO LEARN MORE ABOUT THE PROGRAM, BOOK AND APP GO TO WWW.SEMEL.UCLA.EDU/PEERS.</p> <p>TO SEE IF THERE IS A PROGRAM BASED ON UCLA’S NEW RESEARCH NEAR YOU, GO TO THIS LINK: http://www.semel.ucla.edu/peers/training.</p>
<p>References -</p>	<p>¹<i>Facts and statistics, Autism Society</i>, July 2014. Online: http://www.autism-society.org/about-autism/facts-and-statistics/</p> <p>²<i>A Randomized Controlled Trial to Improve Social Skills in Young Adults with Autism Spectrum Disorder: The UCLA PEERS® Program, Journal of Autism and Developmental Disorders</i>, June 2015. Online: http://link.springer.com/article/10.1007%2Fs10803-015-2504-8</p>
<p> Share it! Suggested tweet:</p>	<p>UCLA researchers @UCLAPEERS develop first proven intervention to help adults with autism thrive socially. bit.ly/1IVV0PL</p>
<p> Suggested post:</p>	<p>Social situations can be challenging for any young adult. But what if you had autism? An inside look at a program that a new study shows helps young adults with autism learn social skills. Details: bit.ly/1IVV0PL</p>
	<p style="text-align: center;">Extra Bites</p>

<p>CG: Elizabeth Laugeson, Psy.D. UCLA's Semel Institute for Neuroscience and Human Behavior</p>	<p><i>Laugeson talks about the lack of help for adults with autism -</i> "Transition from adolescence into adulthood for people on the autism spectrum is typically very difficult. A lot of the services for individuals on the spectrum fall off when they reach adulthood." :13</p> <p><i>Laugeson talks about the approach of the PEERS program -</i> "In PEERS we teach ecologically valid social skills. And basically what that means, it's kind of a fancy term for teaching what actually works in reality. So we're not teaching what we think works in social situations, but what we actually know through research, works." :15</p> <p><i>Laugeson says students thrived socially, even after the program -</i> "These young adults were having about 3 additional get togethers per month after the end of treatment, and that's not just statistically significant, I think that's really clinically meaningful." :10</p>
<p>CG: Juan Juarez Joey's dad</p>	<p><i>Jose talks about the program -</i> "This is it's really amazing how this program works. Because although we were mentioning these issues in isolated instances throughout his life, hearing that in a more comprehensive way with a plan, it made a huge difference." :19</p> <p><i>Jose talks about the long-term effects for Joey -</i> "He's going through the program and applying the techniques, he's able now to have more meaningful relationships that is going to last him for a long time, maybe for life, and that is really really important." :13</p>
<p>CG: Margaret Juarez Joey's mom</p>	<p><i>Margaret talks about the challenges Joey faced -</i> "He didn't really have the social skills. It was very, very hard for him to try to get into a group and just be part of it." :08</p> <p><i>Margaret talks about the changes she's seen in Joey -</i> "He knows how to go into a conversation appropriately because he's got the tools here. He has all the training." :07</p>
<p>Producers & Reporters:</p>	<p>To download scripts, video and photos go to: http://ucla.multimedianeewsroom.tv</p>

For viewer information on this story, contact:
UCLA's Semel Institute for Neuroscience and Human Behavior
<http://www.semel.ucla.edu/PEERS>

Produced by:



1800 West 5th Ave.
 Columbus, Ohio 43212
 Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

Video content provided by: UCLA Health Sciences
Media Relations: Meg Sullivan - MegSullivan@mednet.ucla.edu / (310) 794-2265