



Project EXPRESS

EXamining interventions to PPromote
Executive function and Social Skills

The purpose of Project **EXPRESS** is to examine two programs, (1) the Program for Education and Enrichment of Relational Skills (**PEERS®**), which targets social skills, and (2) Unstuck and On Target (**UOT**), which targets executive function skills (e.g., planning, organizing, flexibility), that can be used by school-based staff for middle school students on the autism spectrum.

Contact Project EXPRESS for more information: project_express@unc.edu

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School Participation Criteria:

- Middle school in North Carolina or Southern California (San Diego area)
- Have at least 4 middle schoolers with autism
- Have administrative support and interest to participate
- Being willing to be randomly assigned to PEERS®, UOT, or services as usual (SAU)

Benefits of Participating:

- Students may receive programming that targets their social skills and executive functioning
- Parents of students may receive training sessions
- School staff will receive programming training and materials that targets their students' social skills and executive functioning
- Students, family members, and school staff will receive stipends for completing assessments

What We Ask:

- Students, families, and general educators complete pre, post, and follow-up assessments
- Students may participate in two 45-minute sessions per week across 16 weeks of either PEERS® or UOT at their school
- Key implementer (e.g., SLP, counselor) completes PEERS® or UOT training
- Space at the middle school to complete assessments, trainings, sessions, and observations