

Autistry Core Workshops:

Project-Based Therapy Groups

We Build Independent Adults

The **Autistry Core Workshop Program** is a therapeutic Maker/STEAM program that prepares students for adult life by growing executive function skills and developing talents while building confidence, mental resiliency, and a robust sense of self.

Project-Based Therapy uses creative projects of various types, woodworking, film, art, etc. to engage, connect, and support the growth of the student. The projects are chosen by the student and are based on their interests. While working on projects, we address personal issues (anxiety, emotional regulation, depression) as well as social communication and executive functioning. Students also learn hands-on building skills, the proper use of power tools, and the use of various types of technology, including software and programming.



The groups are small – never more than 6 students, and are comprised of individuals of similar age and verbal ability. These cohorts allow for individual attention and provide the opportunity for developing meaningful peer relationships.

The goal of our program is that our students be prepared to succeed in employment and/or higher education. This involves pushing and supporting growth in three key skill areas: social communication, executive function, and specific job skills. We work with students with a wide range of disabilities and capabilities; our goal is for each individual to achieve the highest level of independence possible.

The **Autistry Core Workshop Program** is more than an art course, more than a social skills group, and more than a job training program. Autistry is **Project-Based Therapy** happening in a makerspace filled with state-of-the-art equipment, where students overcome personal obstacles to create fabulous projects.

Becoming independent is not a passive process. It takes courage and an inner fortitude to challenge oneself to learn a new skill, break an old habit, or create a dream.

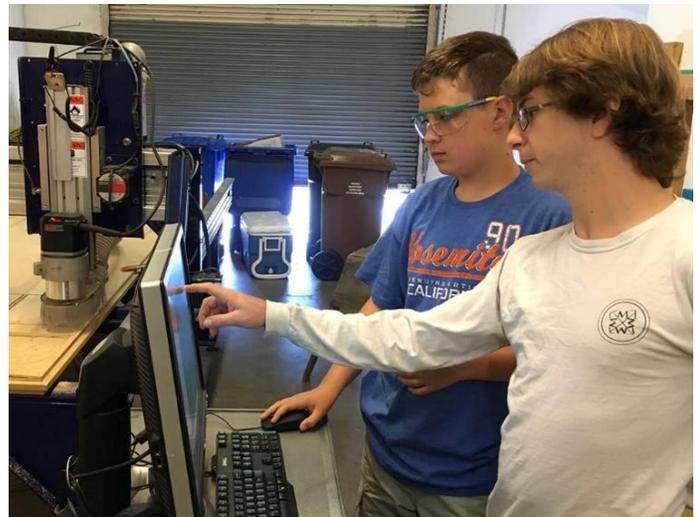
Admission Process

1. Contact Autistry Studios to arrange a phone conversation with one of our therapists. This is free of charge and this discussion allows us to make an initial determination of whether Autistry Studios' services might be helpful for your situation. If there is agreement to proceed we arrange for a studio intake meeting.
2. Pay scheduling deposit and schedule a Studio Intake Meeting. These meetings typically run 90 minutes and there is a \$50 creditable deposit which must be paid to schedule the meeting. The Studio Intake Meeting is a tour and meeting where we meet with the prospective student and tour the studio. The agenda for this first meeting is to explain what we do and meet the candidate student. These are scheduled at times when the workshop is not in use and the candidate student's attendance is mandatory.
3. If there is mutual agreement to proceed there will be at least one subsequent meeting with the student's current caregivers or support team to further discuss the student's history and objectives for the future. A short term treatment plan will be developed and discussed.

The Workshops

The Core Workshops offer nearly one-on-one staffing in small groups of 3-6 students. The emphasis is on producing projects, improving behavior and performance. The student chooses the projects and we facilitate the completion of projects while working on planning, communication, and problem solving skills. A wide range of behavior issues are also addressed in this program. Any skills required are taught and students gain competence in a wide range of technologies.

We work with ages 13 and up and all verbal levels in our Build Stuff groups. We group students by age and verbal ability. Our college age, higher verbal students attend College Support/Build Stuff groups.



Groups meet once a week for four hours. Groups for high school age students meet on either Saturday or Sunday. Groups for adults meet on Thursdays or Fridays.

A large meal is served at all workshops. Students are encouraged to help with meal preparation and clean-up. Around the table is where much of the social interaction happens as it is a warm, neutral, and natural setting for conversation.