
The Dragons of the Spectrum PLUS Group Information



The Dragons of the Spectrum PLUS (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 an extension of the original DOTS program and focuses on teaching a range of more complex socio-emotional skills. As with all Social Play Academy programs, DOTS+ uses evidence-based psychological techniques and strategies, with skill practice and generalisation taking place on fantastical, child-led “adventures”.

DOTS+ is simple, fun, and provides the perfect format for teaching, performing, and generalizing a set of more complex social skills.

DOTS+ Program Content

DOTS+ is structured differently to DOTS, and the number of sessions depends on the number of group members. All social skills learning content is covered in the first two sessions, as group members begin to create their adventures. After the first two sessions, each group member will become a Game Master for two sessions, or approximately 4 hours. Subsequently; 3-member groups only involve attending 8 sessions, and 4-member groups involve attending the full 10 sessions.

In order to support social skill use and generalisation, self-reflection and feedback are two pillars of the DOTS+ program, which helps maintain the focus on the social skills taught in sessions 1 and 2. When it is not their turn to lead the adventure, group members get to create new characters and participate in the adventures as members of the adventuring party, joined by their group facilitator.

The DOTS+ program explicitly focuses on the following areas:

- Developing participant self-awareness and social-awareness
- Improving communication skills
- Learning to become a leader
- Increasing participant teamwork and turn-taking skills
- Developing their understanding of ‘theory of mind’
- Improving their problem-solving skills
- Increasing their capacity to manage and respond to conflict



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.

Program Information

- The DOTS program is facilitated by registered Psychologists.
- There are typically 4 participants per DOTS+ group.
- The DOTS+ Program was originally designed for children and adolescents aged 10+ years with high-functioning Autism Spectrum Disorder. The program requires some math and reading skills; however, it can be run for older participants or neurotypical participants with minimal modifications.
- The DOTS+ program consists of 8-10 weekly sessions. Each session lasts 120 minutes.
- Held after school or on the weekend, DOTS+ is run to coincide with the school terms.
- Programs are run at the offices of Minds in Motion Psychology, located in Fullarton.

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.

DOTS+ Program Pack Includes all social skills resources required to participate in the DOTS program.	Once-off cost of \$244.83 <i>This cost is not claimable through Medicare or private health.</i>
DOTS+ Social Skills Program 10 x Weekly sessions, each session lasting 120-minutes.	Weekly session cost of \$163.22 <i>This cost is claimable through Medicare or private health.</i>
Total	\$1,877.03

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.

To register your interest, please complete the Expression of Interest Form, found at www.socialplayacademy.com/expression-of-interest-form