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# The Alliance of Dragons

## Group Information



The Alliance of Dragons (AOD) Social Skills Program is a group-based intervention that combines complex social and interpersonal skill development with a tabletop miniature “wargame”. In the AOD program, participants are tasked with building miniature, fantasy armies, and working cooperatively and competitively to overcome obstacles in “battle scenarios”. This format allows the AOD program to focus on developing the participant’s ability to engage in cooperative and competitive play, while also actively teaching complex social and relational skills.

The first of its kind, the AOD program focuses not only on developing participant’s skills, but also on generalizing their skills beyond the group setting. AOD is designed to promote autonomy, relying on independent goal setting, and goal progression and attainment away from sessions.

### AOD Program Content

The social-skill learning content of the AOD program is semi-structured, utilizing evidence-based techniques and strategies to teach important social skills, while also being driven by the individual goals of the participants. The initial AOD sessions focus on teaching participants how to play the AOD wargame, in a structured and highly social way. Additionally, initial sessions also focus on helping participants identify positive socio-emotional goals and breaking down and operationalizing these goals.

In addition to focusing on the goals of the participants, the AOD program also involves explicit social skill programming around a number of key socio-emotional skill areas:

- Establishing and developing friendships
- Theory of mind
- Managing conflict
- Complex problem-solving skills
- Emotional regulation

Due to the goal-driven nature of the AOD program, social skill development is largely reliant on the goals set by participants, goals set through the taught social skill content, and progress made towards these goals away from sessions. Participants are required to track progress towards their set goals each week, using their AOD Resource Book. Progress towards goals is reinforced in-session, with participants gaining access to new, powerful tabletop miniatures for their armies.



At the beginning of the program, all participants will be provided their AOD Program Pack, which includes all social skill resources required to engage in the program. Some resources will be slowly provided to participants across the duration of the program.

### Program Information

- The AOD program is facilitated by registered Psychologists.
- There are typically 4 participants per AOD group. Participants are grouped with children of a similar age or developmental level. Participants may be required to attend a brief screening appointment in order to determine suitability for the program.
- The AOD Program was designed for all children and adolescents aged 12+, including those with high-functioning Autism Spectrum Disorder.
- Due to the planned open-ended nature of the AOD program, groups can be run for any older participants, irrespective of age. AOD requires some fine-motor skills, however these skills are not vital for participation.
- The AOD program consists of 10 weekly sessions. Each session lasts 120 minutes.
- Held after school, AOD groups are run to coincide with the school terms.
- Programs are run at the offices of Minds in Motion Psychology, located in Fullarton.

### Program Cost

The AOD program is run through the Social Play Academy. The Social Play Academy offers the AOD 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.

<b>AOD Program Pack</b> Includes all social skills resources required to participate in the AOD program.	Once-off cost of \$367.24 <i>This cost is not claimable through Medicare or private health.</i>
<b>AOD Social Skills Program</b> 10 x Weekly sessions, each session lasting 120-minutes.	Weekly session cost of \$183.62 <i>This cost is claimable through Medicare or private health.</i>
<b>Total</b>	<b>\$2,203.44</b>

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](http://www.socialplayacademy.com/expression-of-interest-form)