



# 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.

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Project EXPRESS is supported by the National Center for Special Education Research and the Institute of Education Sciences, U.S. Department of Education through Grant R324A210163 awarded to the University of North Carolina at Chapel Hill.

## 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