



283 Cranes Roost Blvd, Suite 180, Altamonte Springs, FL 32701
(407) 314-3529 <http://asdachievement.org/>

For immediate release

Contact: Paul Mauceri
Email: prmauceri@fullsail.edu
Phone number: 718-809-7153

ASD Adult Achievement Center Hosts “Exiting Conversations” Training as Part of PEERS® Social Skills Program

Training to Help Adults with ASD Improve Conversational Skills

Orlando, FL, August 20, 2017 – The ASD Adult Achievement Center will be hosting a training called “Exiting Conversations” on Tuesday, September 19, 2017 from 6:30 pm to 8:00 pm at their headquarters at 283 Cranes Roost Blvd, Suite 180, in Altamonte Springs, Florida. The training is part of the [PEERS® for Young Adults Social Skills Program](#), the first evidence-based program for young adults (ages 18-35) with ASD (Autism Spectrum Disorder), developed by [Dr. Elizabeth A. Laugeson](#), licensed clinical psychologist at the [UCLA Semel Institute for Neuroscience and Human Behavior](#).

ASD Adult Achievement Center Founder, President, and CEO [Paula Breeden](#) will conduct the training. She says, “The purpose of ‘Exiting Conversations’ is to help young adults recover from unsuccessful attempts at entering conversations by helping them recognize and better understand the social cues related to acceptance and rejection in conversations.” Participants will also have the opportunity to practice the conversational skills they have learned amongst their peers. The cost to attend this one training is \$24.25. Please follow [this link](#) to register. The cost for the entire [16-week PEERS® program](#) is \$488.

According to the [Centers for Disease Control and Prevention](#) (CDC), as of 2012, approximately [1 in 68 children](#) in the United States were diagnosed with ASD, an increase of 119.4 percent from 2000, when it was [1 in 150 children](#). A [2015 study](#) estimated autism services costed U.S. citizens approximately \$268 billion, and this is estimated to be more than [\\$1 trillion by 2025](#) if the rate of ASD diagnoses continue to rise at the rate it did over the past decade. In addition, based on a [study](#) conducted in October 2013, the total cost of autism services for adults was estimated to be between \$175 and \$196 billion, as opposed to between \$61 and \$66 billion for children.

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“When conversations among peers don't go as expected, socially challenged young adults might become confused about how to respond and find themselves stuck in an awkward situation,” Breeden says. “Although this could happen to anyone, for a socially challenged young adult, this can lead to frustration for them and their conversational partners.”

Adults in the Central Florida area diagnosed with ASD are encouraged to attend the “Exiting Conversations” training to learn valuable conversational skills. This is one of several skills addressed in the PEERS® Social Skills Program, whose overall goal, Breeden says, is “to help young adults with ASD learn how to develop and maintain friendships and romantic relationships, handle peer conflict and rejection, and ultimately foster independence in social relationships.”

For more information, please visit the [website](#) for the ASD Adult Achievement Center.

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The ASD Adult Achievement Center was formed as a 501(c)3 non-profit organization in the fall of 2016. Our founder, Paula Breeden is passionate about helping ASD adults reach new levels of achievement. Inspired by her journey raising a son with ASD (Autism Spectrum Disorder), Paula has been serving the Central Florida ASD adult community as a Life Coach, Career Coach, Social Skills Coach and Executive Function Coach since 2014. Her coaching practice, [Transform Your Life Coaching](#) is located nearby. After leading several workshops as the Adult Programs Facilitator for [UCF CARD](#) (Center for Autism and Related Disabilities), Paula began to develop her own programs and the ASD Adult Achievement Center was born.

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