



Learning skills to be more successful in life.

*Meet individuals with similar interests and goals.*

*Supportive, Team-oriented environment*

*Group Education for individuals and their parents or guardians.*

*Social skills development and practice.*

*Work on the reasons there is a lack of social skills.*

*Independent Living Skills development and use.*

*Evidence-based interventions for common, co-existing challenges such as: OCD, anxiety, rigid thinking and more.*



## Transitioning Into Adulthood for Asperger's/High Functioning Autism

Jay H. Berk, Ph.D. and Associates



**We treat the reasons behind the lack of skills.**

### **Jay H. Berk, Ph.D. and Associates**

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## GOAL OF GROUP

We recognize that young people diagnosed with Asperger's Disorder, Pervasive Developmental Disorder, Not Otherwise Specified or High Functioning Autism, as it is sometimes referred to, (*collectively referred to here as ASP/PDD*) struggle with the demands of daily life. Preparing for the transition to work or college is usually challenging. Families are not sure if their son/daughter will be able to live away from home. They are unsure about what independent living skills their son/daughter truly possesses. Parents are unsure about how to begin to identify their needs. Parents are unsure about what services or structure may need to be in place for success.

Our goal is to help you identify what your ASP/PDD son or daughter can do well, what they can realistically learn to do, and to develop a plan that helps you achieve successful independence. From the initial assessment, to the groups themselves, ***our goal is for our clients to be as happy, productive, and independent as possible in their transition from home to college or work, and independent living.***



## WHAT OUR PROGRAM OFFERS

- *Learn the skills to help you be successful on the job or on campus.*
- *Learn ways to utilize your existing strengths and be more successful.*
- *Learn how to market your strengths to employers and professors.*
- *Individualized Assessment to identify your, and your families, needs.*
- *Access to multiple, additional services offered within our practice, should it be needed: Psychological testing, Academic Advocacy, Individual and Family Psychotherapy, etc.*
- *Development of a structured Independent Living Skills Plan specific to your and your family's needs.*
- *Group support and Education for you and **your Parents/Guardians** to teach needed transition skills.*
- *Treatments for the reasons some ASP/PDD individuals do not succeed in transition to school or work, including examples such as: rigid thinking, difficulty with change, everyday sensory challenges, taking time away from their primary interest, lack of social skills and awareness, etc.*

## ABOUT THE FACILITATOR

*Mr. Starcher is a Professional Clinical Counselor, with Supervisory status in Ohio. He has helped individuals and families in Northeast Ohio for over a decade. His specialties include (but are not limited to) treatment of Anxiety Disorders, including Obsessive Compulsive Disorder (traits of which are very common with ASP/PDD individuals), and ADHD and related Executive Functioning challenges.*

*This program is overseen by Jay Berk, Ph.D. who will also be a part of program design and some of the services offered. Jay Berk, Ph.D. has been in practice for over 20 years serving Autism Spectrum clients. He is a consultant to Hudson schools, Mentor Schools, and a well-recognized presenter at the Milestones conferences.*

For information on our practice, please visit our Web site: <http://www.jayberkphd.com>