



PI: Dr. Mary Baker-Ericzén Child & Adolescent Services Research Center (CASRC)

Collaborating Colleges: SDSU, RCHSD, UCSD, CSUSM, Southwestern Community College, San Diego City College, Grossmont Community College, Cuyamaca Community College, San Diego Community College District, USD

Community Identified Need: Our research-community collaborative group, ACHIEVE (Active Collaborative Hub for Individuals with Autism to Enhance Vocational and Educational outcomes), identified a significant need to improve the educational outcomes for individuals with Autism. **33% AS students attend College/University**

- **50,000 students** with Autism Spectrum conditions exit high school annually
- “Soft Skills” were noted as particularly difficult and research indicates the greatest cause of college drop-out.
- Lack of evidence-based interventions developed and used for College Students in Post-secondary Educational settings
- About **66% drop out and don’t obtain a degree**

Development of College SUCCESS: College SUCCESS was developed with the research-community collaborative group by adapting and integrating concepts from the Employment SUCCESS intervention (Baker-Ericzén, Fitch, & Kinnear, 2015)

Target Skills:

- * Executive Functioning skills (Prospective Memory, Attention, Working Memory, Retrieval, Cognitive Flexibility, Problem-Solving, Goal Oriented Thinking, Contextual Awareness)
- * Social Cognitive and Communication skills (Perspective-taking, Social Action Evaluations, Emotional Awareness & Regulation, Conversations with Professors, Conversations with Students, Collaborative Interactions, Using Help/Compliments/Feedback, Social Networking, Social Media Use, Self-Advocacy)

Intervention Delivered: Within Campus Disability/Accessibility services or course

- * 26 weeks in length
- * Variable between 1-3 hrs 1-3 xs per week group or course
- * College Students enrolled at campus
- * 4-12 participants per cohort
- * Psychoeducational group/course with hands on experiences and weekly practice assignments “Try It and Apply Its” and tests (if course).

Research Study: One study was conducted to date to test feasibility, acceptability and effectiveness of College SUCCESS. Second study is underway investigating training College Campus staff to deliver College SUCCESS and college student outcomes.

- FDD funded: Study 1: Open Trial n=22 UCSD n=5, SDSU n=4, CSUSM n=4, SDCCD n=4
- FDD funded: Study 2: Dissemination Trial n=12 to date GCCD n=8, PLNU n=4, CCD enrolling, SDSU enrolling, and working with 2 distal campuses

Outcomes to Date: Both studies collect proximal (skills) and distal outcomes (functioning, grades).

- Increased Executive Functioning Skills (self-reported, parent reported and observed performance ratings)
- Increased Social Skills (self-reported, parent reported and observed performance ratings)
- Increased Participation in College Life (self-reported and parent reported) 75-100% gained friendships, attended campus events, joined clubs, interacted with roommate, participated socially
- Improved Grades- 70-75% reported academic improvements