

Unstuck and On Target Group (for grades 6-8)

What is Unstuck and On Target?

Unstuck and On Target is an evidence-based executive functioning intervention for middle school students and their families. Executive functions are a set of skills (e.g., planning and flexible problem-solving) needed to achieve goals.

Who should take part in Unstuck and On Target?

This program serves middle school students (grades 6th-8th), who have executive functioning deficits and average cognitive skills.

Students who qualify for Unstuck and On Target are often those who:

- get “stuck” and have a hard time being flexible, struggle with solving problems, setting goals, planning, and following through with plans

Who runs the Unstuck and On Target Group?

We use a team approach to support the Unstuck and On Target program. Our team is made up of:

- Laura Anthony, PhD, one of the Unstuck authors, psychologist
- Psychology and other trainees

What is included in the Unstuck and On Target Program?

The Unstuck and On Target Group focuses on building executive functioning skills.

- Executive functioning skills that are targeted include:
 - Flexibility
 - Organization
 - Planning skills
- Parents will be able to watch the group and discuss how to implement the strategies at home with the group leaders.

How much does it cost to participate in the Unstuck and On Target Group?

Each group session costs \$20 per group member, self-pay only. The group runs for 12 weeks, so families can expect to pay a total of \$240 for the group.

Where does the Unstuck and On Target Group meet?

Mondays from 4:30-6pm
Fitzsimons Building, 2nd Floor
13001 E 17th Place
Aurora, CO 80045

For more information, call the scheduling department at 303-724-1668.

