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Baby Steps to Adulthood Package Options

Building skills for employability, independence, and relationships

Thank you for contacting us about Baby Steps to Adulthood. The MindSource center is located at 27023 164th Ave SE in Covington, WA 98042 across the street from the Covington Library driveway.

Baby Steps to Adulthood packages offer a multi-faceted, customized service designed to support young adults in building skills and confidence to move forward in areas of life where they may currently feel “stuck” or overwhelmed. This cost-effective alternative to traditional psychotherapy appointments provides a combination of assessment services, parent support, connection with community resources, and a personalized plan of action with small, clearly defined steps that can lead to a sense of success. Through our specialized Baby Steps to Adulthood packages we may include some of the following components, as appropriate to your specific needs:

- Assess & identify treatment needs
- Assist parents and/or the young adult in learning tools and skills for managing specific challenges effectively
- Provide a treatment plan for home-based intervention
- Make recommendations for educational or vocational programming
- Develop strategies for managing difficult emotions, such as anxiety, one step at a time
- Provide resources to enable the young adult to continue learning skills independently, using support system efficiently
- Suggest new community resources, or improved use of existing resources
- Identify specific goals, work on increasing motivation for success, break down each goal into small, manageable steps that can easily be mastered, and recognize successful moments
- Expand social connections and improve the quality and health of relationships
- Identify a “niche” for occupational, academic, and/or social success
- Address personal safety, money management, appropriate communication, problem solving, and other critical skills for independence
- Other goals and/or services, to be determined at intake

Package 1: 6- Consultation Package

Includes the following:

1 1/2 hour Intake Appt.
Records Review
Assessment
Planning/Professional Consults
Consultation
Consultation
Consultation
Parent Feedback
Treatment Plan & Recommendations
Total Cost \$ Please call
5% Discount if paid in full
Insurance Discount Available Please ask
*Only available for direct service time and not for other specialized services such as assessments, professional consults, a home treatment plan and other services not normally provided within a standard psychotherapy practice.
Free attendance to any MSC classes offered. You must still call and register for the classes you plan to attend.

Package 2: 9- Consultation Package

Includes the following:

1 1/2 hour Intake Appt.
Records Review
Assessment
Planning/Professional Consults
Parent & Client Session
Consultation
Consultation
Consultation
Consultation
Parent Feedback
Treatment Plan & Brief Report
Follow Up Consultation 2 Months Later
Total Cost \$ Please call
5% Discount if paid in full
Insurance Discount Please ask
*Only available for direct service time and not for other specialized services such as assessments, professional consults, a home treatment plan and other services not normally provided within a standard psychotherapy practice.
Free attendance to any MSC classes offered. You must still call and register for the classes you plan to attend.

Package 3: 12- Consultation Package

Includes the following:

1 1/2 hour Intake Appt.
Records Review
Assessment
Planning/Professional Consults
Parent & Client Session
Consultation
Consultation
Consultation
Consultation
Consultation
Consultation
Consultation
Parent Feedback
Treatment Plan & Written Report
Follow Up Consultation 2 Months Later
Total Cost \$ <i>Please call</i>
5% Discount if paid in full
Insurance Discount <i>Please ask</i>
*Only available for direct service time and not for other specialized services such as assessments, professional consults, a home treatment plan and other services not normally provided within a standard psychotherapy practice.
Free attendance to any MSC classes offered. You must still call and register for the classes you plan to attend.
*Additional Consultations may be purchased if needed towards accomplishing goals.

Washington state law requires all licensed mental health counselors disclose their training, education, experience, and approach to therapy to prospective clients. Please feel free to discuss this information with me if you have any questions.

- EDUCATION:** University of Minnesota, B.A. in Psychology, 1982.
Boston University, M.Ed. in Counseling Psychology, 1985.
Boston Institute for Psychotherapy, Advanced Clinical Fellowship, 1990.
RDI® Certification, Connections Center, Houston, TX, 2004.
- LICENSE:** State of Washington Licensed Mental Health Counselor #LH00003921
State of Washington Child Mental Health Specialist
- EXPERIENCE:** Provided psychotherapy services to individuals and families, Boston/Cambridge, MA, 1984-87.
Child & Family Psychotherapist, private mental health clinics, Salem/Beverly, MA, 1987-91.
Psychotherapist, clinic settings, Washington state, 1991-1997.
Psychotherapist, private practice, Washington state, 1992-present.

My goal as I learn about you is to assist you to use your inner resources more fully, and to be empowered to pursue solutions that are effective for you. Each course of treatment is unique to those who participate in it, and thus your consultations will be a blend of what you and I do together. I am responsible for developing and implementing a course of treatment that will most effectively deal with your issues for the next 6 months. You are responsible for your decisions and for changing. Effective treatment and accurate assessment depend to a significant degree on your openness, commitment to change, and collaboration. Much of the responsibility for a successful outcome is yours.

My approach to therapy, when working with parents of children on the autism spectrum, is primarily from a psycho-educational standpoint. That is, important information about child development and your child's specific developmental needs is discussed within the context of formulating a plan that you will carry out at home. I may utilize traditional play therapy or other specialized techniques and approaches when working with your child, as may be appropriate. Please feel free to ask questions, as it is always appropriate to inform yourself regarding your child's therapy process and the therapist's reasons for the selection of any particular technique to address therapeutic goals.

If you do not already have a diagnosis for your child and you would like to obtain one, we have a pediatric neuropsychologist, Rudy Lorber, Ph.D., ABPP, who is able to evaluate and provide a diagnosis as soon as possible. Please contact our office manager at 253-639-7146 to find out more and schedule an intake appointment.

Please feel free to call us at 253-639-7146 to schedule a parent consultation. Feel free to ask questions, as it is always appropriate to inform yourself regarding your child's therapy process and the therapist's reasons for the selection of any particular technique to address therapeutic goals.

We look forward to hearing from you!

Sincerely,



Caroline Sheppard, M.Ed., LMHC

Tips for Preparing for Your Visit

- If you have other children, it may be useful to arrange child care, so as not to distract you from getting the most out of your assessment and feedback session.
- Please bring your completed paperwork and copies of your developmental evaluations in advance of your first appointment.
- If you would like suggestions for preparing for the first assessment session together, please ask.
- On the day of your appointment, if you have concerns about your ability to participate fully, due to illness, anxiety, or for any other reason, please discuss this with me.

Prior to your first intake appointment I would appreciate it if you would complete the following and bring it with you to your first intake appointment.

- Baby Steps to Adulthood Contract (1,2 or 3)
- Policies & Procedures
- Intake Information Questionnaire
- Office Agreement form
- Insurance Card (If you want to bill insurance for partial face to face services)
- Reports and evaluations that will help me to understand your development and treatments

Enclosed you will also find information to review and keep for your reference:

- Washington State Department of Health: Client & Counselor Responsibilities and Rights
- Notice of Privacy Practices

Please call or email me for more information or to schedule an appointment. I look forward to working with you and your family.

Carrie Sheppard, M.Ed., LMHC