

## Teens and Young Adults: Baby steps into adulthood

### **Addressing challenges for today, Building skills for tomorrow**

Specially designed for teens and young adults, this program helps participants develop self-confidence and skills toward independence. Packages may include help with building natural support systems and community connections and resources. Success is measured through ongoing check-ins, follow-ups and/or a plan of action for parents or support persons.

## The best investment you can make — yourself

Each day, your ability to influence your teen – whether during a simple shared moment or when pondering life’s larger choices – depends on the trust and understanding that has grown between you. Taking the time to focus on building skills and self-confidence in an atmosphere of patience and trust can make a world of difference.

Brief consultation makes efficient use of time and resources by zeroing in on the obstacles to your teen’s or young adult’s ability to learn and grow. Working together, we identify any challenges – including anxiety, difficult emotions or behaviors, and academic or social struggles – and develop a plan that not only addresses today’s concerns, but recognizes the skills needed to become a self-sufficient and socially connected adult.

## What does the process look like?

Each consultation process begins with an intake meeting to review recent history, strengths, challenges, and goals. By the end of the session, we discuss a proposed plan that is tailored to meet your needs within a brief time frame (typically six, nine, or twelve sessions).

At this point, you can agree to the proposed plan or take time to consider the options presented. Plans may be re-negotiated based on length, focus of sessions, and other factors. Typically, sessions are designed to promote competence, growth, positive change, or to produce feelings of motivation within a basic framework of goals that have been mutually identified.



Your specially-designed plan may include a brief report, a six-month or twelve-month treatment plan with a step-by-step action plan, recommendations and resources, and regular sessions scheduled to revise our plan after you have had time to practice and see progress.

## Why is this approach different?

My approach is a cost-effective alternative to traditional ongoing psychotherapy appointments and costly assessments, because I provide a combination of assessment services, parent support, and connection with community resources. I am then able to consolidate therapeutic services into a brief treatment model. The result is a personalized plan of action that is clear and easy to follow. Our individualized Baby Steps to Adulthood packages include many of the following components, some of which may be 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
- Coordinate with other service providers
- 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

## Why would we choose to work with you?

As a parent, I've managed the challenges and demands of my own children who have unique learning styles, but who were poorly understood by schools, professionals and a world where they didn't quite fit in. In the words of one of my sons, "I'm a puzzle piece that doesn't fit, and people keep trying to push me into the space that they want me in."



Often parents of poorly understood children share similar feelings with their child—frustration, anxiety, depression, or anger, – and are isolated. They all can benefit from someone who understands their world. Now that my sons are in college, one of my greatest rewards is to support the development of parent-child relationships that produce genuine, lifelong learning, growth and independence.

## What's Next?

To schedule an intake or informational session, please call us at 253-639-7146, or email us at [help@mindsourcecenter.com](mailto:help@mindsourcecenter.com). Feel free to contact us with your questions. We look forward to hearing from you!

