

Preprepare Your



Wildcat

FOR COLLEGE AND BEYOND

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# Four *Maybe Not So* Easy Steps

- Launch Confidently
- Connect Quickly
- Talk Openly
- Notice Early



# Launch Confidently

- Daily Living Skills
- Emotional Regulation
- Self Advocacy



Environment doesn't  
necessarily determine direction.  
A plan, emotion regulation skills,  
and advocacy skills  
will help your student find  
a successful path.



# Launch Confidently

## Daily Living Skills



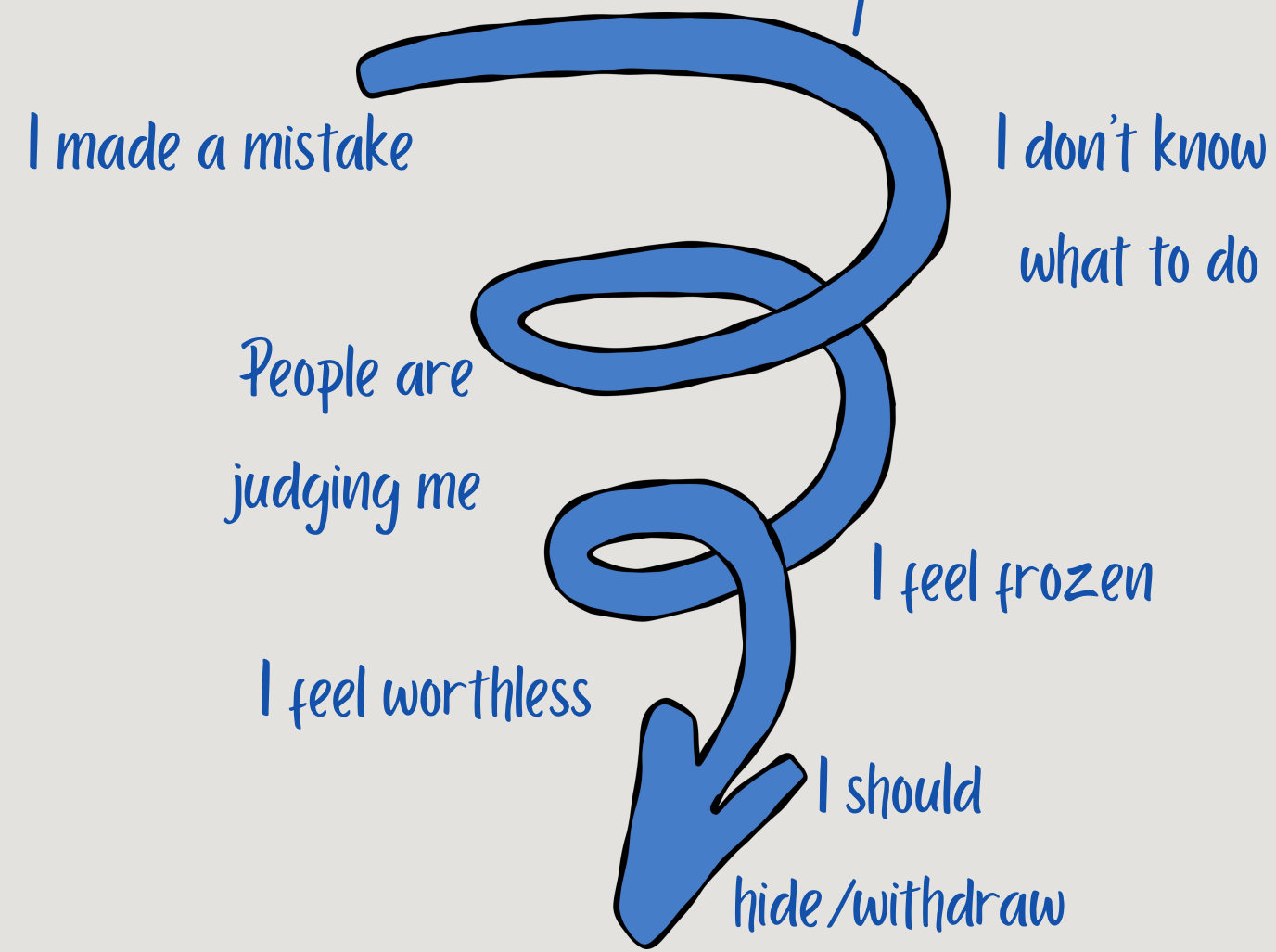
- Wake Independently
- Manage Time
- Handle Money/Banking
- Do Laundry
- Make/Keep Appointments
- Refill/Pickup Medication
- Clean Room/Bathroom/Change Sheets
- Personal Hygiene/Product Shopping
- Cooking/Groceries



# Launch Confidently

## Why is skill building important?

### The Shame Spiral



### Upward Behavioral Spiral



# Launch Confidently

## Self Advocacy

- Talking to/asking for help from professors, medical personnel, law enforcement, retail employees/staff
- Talking to roommates
- Working through conflict
- Making friends and connecting in groups
- Saying no
- Refusal skills/midstream refusal skills
- Writing emails
- Making phone calls



# Launch Confidently

## Emotion Regulation



- Notice emotions
- Name emotions
- Notice downregulation patterns
- Notice upregulation patterns
- Use grounding techniques
- Manage sleep, stress, hunger, and hydration



# Connect Quickly

## Humans are Social



- Make connections now
- Talk about joining groups
- Connect offline
- Understand the time and effort needed
- Use repetition as a strategy
- Know that quality matters
- Have a working knowledge of boundaries



# Talk Openly

## Manager to Consultant

- Communicate relational safety
- Practice resolving conflict when it arises
- Use open, connecting language rather than problem solving
- Tolerate discomfort as you watch them make their own choices
- Take care of yourself



# Talk Openly

## Example Language



- “That sounds hard.”
- “That sounds \_\_\_\_\_.”
- “I see why you would feel that way.”
- “What do you think the next step is?”
- “I’m sure you’ve already tried some things.” / “What have you already tried?”
- “I trust you to take the next right step.”
- “You sound like you’re really thinking through this. Good work. Let me know if you need help.”



Your child needs to know  
that you believe in them  
and their ability  
to make good choices.



# Notice Early

## Normative Adjustment

- Having a Down Day
- Seeing Friends on Socials
- Some Loneliness
- Stress About Schoolwork
- Roommate Tension/Conflict
- Emotional Ups and Downs
- Some Homesickness
- Uncertainty

## Signs of Struggle

- Changed Affect/Demeanor
- Loss of Appetite
- Increased Addictive or Compulsive Behaviors
- Increased Despair or Panic
- Missing Significant Amounts of Class
- Unable to Attend to Daily Tasks of Living



# Action Steps

## Notice and name

“You sound overwhelmed lately, and I want to check in.”

## Ask directly

Ask calmly and directly about self harm, suicidal thoughts, substance use, or disordered eating.

## Point to specific supports

Have a direct conversation about counseling services, tutoring, or other supports

## Step in directly, if needed

Suicidal ideation/language, substance abuse/addiction, and difficulty with daily living tasks are signs that a higher level of care is needed



The nature of your relationship  
with your young adult child  
may have changed,  
but you are still  
one of their best resources.



This presentation is for informational purposes only and is not a substitute for mental health care, medical care, or other professional services.

## **More Resources:**

[www.atlantacounselingcenter.org](http://www.atlantacounselingcenter.org)

[www.lifegategroup.org/](http://www.lifegategroup.org/)

[atlantaspecializedcare.com/](http://atlantaspecializedcare.com/)

[www.anxietyspecialistsofatlanta.com](http://www.anxietyspecialistsofatlanta.com)

<http://kaloncounseling.com>

## **Suicide Hotline**

**Call or Text: 988**

