



The Adulting Program focuses on learning and using necessary core habits for success in adulthood. This is an intensive program designed with a “check-in” feature, executive function coaching, individual, group, and family therapy, parent consultation, and regular objective assessment to assist young adults with ASD successfully transition to adulthood.



The Conative Group
is a collective of independently
licensed clinicians founded by clinical
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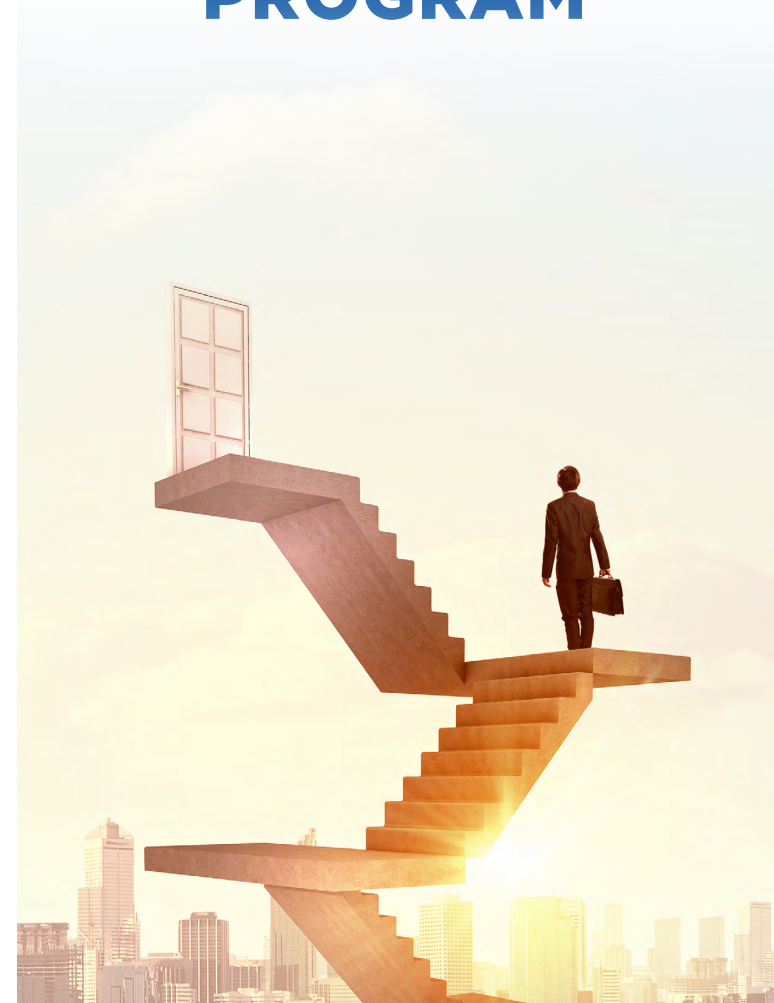


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THE CONATIVE GROUP PLLC
— THINKING, FEELING, GROWING —

THE ADULTING PROGRAM





SKILLS DEVELOPED:

- Integrity
- Visioning
- Positive Attitude
- Planning
- Problem Solving
- Solid Communication Skills
- Critical Thinking
- Time Management
- Accountability



OUR 7 STEPS

1 DEVELOPMENTAL ASSESSMENT

Often young adults with ASD have the life skills of someone younger. It's important to pinpoint their functional age so that successful intervention can be implemented.

2 CUSTOMIZED PLAN

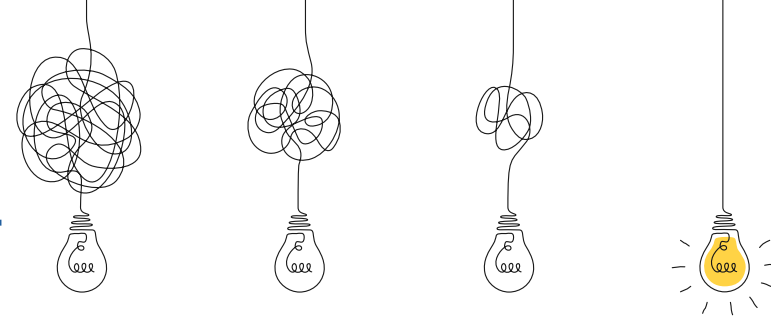
After assessing specific needs and goals, a unique plan is developed to address problems and/or growth areas. This is a road map to assist the young adult develop personal habits and skills to move forward in life. The core components of this plan include individual, group, and family therapy.

3 REGULAR CHECK-INS

This is a key component of the Adulting Program and provides a structured way for young adults to check progress toward goals and troubleshoot issues before they get out of hand.

4 SOCIAL ACTIVITIES

Part of Group Therapy involves planning and going on social outings. Members of the Adulting Program will plan, coordinate, and participate in a variety of social events in the community.



5 VOCATIONAL & EDUCATIONAL PLANNING & SUPPORT

A variety of services are provided which prepare young adults for the world of work. This part of the program is customized based on individual needs.

6 PARENT EDUCATION

Often parents are unsure about how to help change habits and move forward into adulthood. The Adulting Program provides weekly connection with parents via family sessions and weekly written reports to assist with developing healthy boundaries within the family and learning how to implement appropriate reinforcers and consequences.

7 COLLABORATIVE FAMILY SESSIONS

Because families are a key part of support for the process of transitioning to adulthood, it's important for parents to be involved in the process. Regular family sessions are scheduled based on individual treatment plans.