

Empowering the Transition Into Adulthood: A Developmentally-Informed Approach to Care Planning and Provision

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Training Agenda

Day One

8:00 am	Registration & light breakfast provided
8:30 am – 10:15 am	Emerging Adulthood: It's Challenges, Opportunities, and Perils <ul style="list-style-type: none"> ▪ Nature's Formula for Making Growth Happen: Exploring, Discovering, and Engaging ▪ Emerging Adulthood Developmental Tasks: Exploring Self, Discovering Self, and Engaging Self (Self-Knowledge) ▪ Developing Identity, Making Meaning, and Career/Work Planning and Engagement ▪ Group Exercise on Developmental Tasks
10:15 am	Break (light snacks and beverages provided)
10:30 am – 12:00 pm	When Developmental Tasks Become Overwhelming: Emotional and Psychological Disturbances (seeing diagnoses through a growth lens) <ul style="list-style-type: none"> ▪ Self-Regulation, Stress, and Dysregulation ▪ Adverse Childhood Experiences, Trauma, and Lasting Effects Into and Beyond Emerging Adulthood ▪ Psychological Disintegration (identity diffusion, meaninglessness) ▪ Psychological Reintegration (identity formation, meaningfulness)
12:00 pm	Lunch provided
1:00 pm – 2:00 pm	Introduction to a Developmentally Informed Approach to Care Planning and Provision <ul style="list-style-type: none"> ▪ Past Orientation and the Feared Self (what's been happening) ▪ Present Orientation and the Actual Self (what's happening now) ▪ Future Orientation and the Ideal Self (what'll happen in the future)
2:00 pm	Break
2:15 pm – 4:30 pm	Exploration of the Developmentally Informed Approach to Care Planning and Provision (series of interactive group sessions with planning tools) <ul style="list-style-type: none"> ▪ Past Orientation (the feared self): group exercise on assessing harm and developing recovery goals essential for healing from effects of harmful experiences and maintenance of healthy self-regulation ▪ Present Orientation (the actual self): group exercise on assessing poor daily functioning and developing change goals essential for adjustments in thinking, attitude, and behavior and maintenance of healthy self-concept ▪ Future Orientation (the ideal self): group exercise on assessing strengths, sparks, potential, and aspirations; developing growth goals essential for thriving, resiliency, and self-actualization and maintenance of healthy self-efficacy

Day Two

8:00 am	Check-in & light breakfast provided
8:30 am – 10:15 am	The Brain Game Exercise: Four Intelligences for Recovery and Growth <ul style="list-style-type: none"> ▪ Body Intelligence: How I Move About My World ▪ Emotional Intelligence: How I Interact With My World ▪ Psychological Intelligence: How I Get Work Done in My World ▪ Spiritual Intelligence: How I Contribute to and Change My World
10:15 am	Break (light snacks and beverages provided)
10:30 am – 12:00 pm	Developing Care Strategies for Recovery and Growth <ul style="list-style-type: none"> ▪ Overview and discussion of effective practices and strategies for healing from effects of harmful experiences and maintenance of healthy self-regulation ▪ Overview and discussion of effective practices and strategies for adjustments in thinking, attitude, and behavior and maintenance of healthy self-concept ▪ Overview and discussion of effective practices and strategies for thriving, resiliency, and self-actualization and maintenance of healthy self-efficacy
12:00 pm	Lunch provided
1:00 pm – 2:45 pm	Case Discussions and Care Planning Group Work <ul style="list-style-type: none"> ▪ Service Planning Exercise Case Handout & discussions ▪ Group work: Complete Service Planning Worksheet (workbook p. 47 & 48)
2:45 pm	Break
3:00 pm – 4:00 pm	Care Plan Presentations by Groups <ul style="list-style-type: none"> ▪ Discussions ▪ Review of Tools and Resources ▪ Review of Developmentally Informed Care Planning Framework
4:00 pm – 4:30 pm	<ul style="list-style-type: none"> ▪ Participant Post-Workshop Action Plans ▪ Workshop Evaluation



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