

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

**Jonathan I. Cloud
Planning and Management Consultant**

Workshop Description

Overview

This two-day highly interactive workshop explores the critical developmental tasks of emerging adulthood (approximately ages 18-24), emotional and psychological difficulties associated with these tasks, and developmentally informed approaches to planning and providing care to this population. A care planning framework is presented in relation to which participants can plug in and organize their current care planning and care delivery tasks. The aim is to both validate and enhance participants' care planning and delivery work, as well as offer some new care planning practices.

Based on neuroscience, three care planning and delivery principles are explained, which are: 1) ensure recovery; 2) foster change; and 3) activate growth. These three principles are embedded in a three-tiered care planning framework which consists of an integrative approach that combines three types of care or case plan goals, as opposed to the typical singular focus on behavior change or improvement. These three goal are: 1) recovery goals essential for healing from effects of harmful experiences and maintaining healthy self-regulation; 2) change goals essential for adjusting thinking, attitude, and behavior and maintaining healthy self-concept; and 3) growth goals essential for thriving, resiliency, and self-actualization and maintaining healthy self-efficacy.

Approach

The session utilizes a sequence of short lectures followed by group exercises and games that guide participants in planning care strategies appropriate for their work settings. Based on work related to a case study approach within groups, at the end of the session participants walk away with a generic care plan with care strategies that they have developed based on their own and/or their group's resources. The strategies are organized as a three-tiered hierarchy in which delivery of care can be involve "stages of care," when appropriate, as follows:

- Tier/Stage One: Strategies for Fostering Healthy Self-Regulation (Recovery Goals)
- Tier/Stage Two: Strategies for Fostering Healthy Self-Concept (Intentional Change Goals)
- Tier/Stage Three: Strategies for Fostering Healthy Self-Efficacy (Growth Goals)

Perspective

This workshop brings an outcome-focused perspective. This means that while the typical perspective of alleviating symptoms or reducing specific problem behaviors/actions is included (e.g., improving functioning), attention is also given to developmental outcomes, or growth. Ways of measuring improvement in growth and well-being are presented and implications for care provision practices are explored (e.g., a period of follow-up in order to assess well-being, including the consumer in goal-setting, engaging the consumer's natural supports to support continued healing, change, and growth).

The two outcome categories are: 1) reductions in languishing, which encompasses more familiar perspectives that emphasize reducing or alleviating pathologies (e.g., depression, anxiety, hyperactivity, obsessive compulsive, etc.); and 2) increases in thriving, which includes engaging in one's world in ways that include caring, confidence, character, connection, competence, and contributing.

Target Audience

This workshop is relevant to practitioners responsible for planning and providing care to emerging adults as well as young and older adults. These stages of adulthood are examined in light of the whole lifespan. Concepts and tools are applicable to out-patient care, office-based counseling, residential care settings and care provision to individuals through, support groups and drop-in center arrangements. A special emphasis is placed on the effects of trauma exposure and utilization of trauma-sensitive approaches. Practitioners responsible for developing written care plans will find the workshop's care planning framework to be a useful resource for organizing assessment and other information into care plan goals, strategies, outcomes, and monitoring processes.

Learning Objectives

1. Understand the critical developmental tasks of emerging adulthood and the effects of related difficulties on well-being.
2. Understand the four brains (primitive, emotional, thinking, and executive), how they develop and operate in a hierarchical manner as a single system, and the brain's role in recovery, intentional change, and growth.
3. Understand the immediate and lasting impacts of adverse, traumatic experiences on brain development and functioning and their effects on regulatory processes.
4. Understand three types of care strategies essential for fostering recovery of regulatory processes and well-being.
5. Understand the basic steps involved in developing effective plans of care that support recovery from emotional and psychological difficulties as well as growth.

Performance Objectives

1. Recognize nature of the harm or setback experienced by an emerging adult and how such harm dysregulates physiological, emotional, psychological, and spiritual functioning.
2. Plan and carry out care strategies that foster recovery from or effective management of dysregulated physiological, emotional, psychological, and spiritual functioning.
3. Interpret problem, unhealthy, or complex behavior in light of brain development and functioning and the effects on both of trauma exposure.
4. Specify as part of one's care plan outcomes that are indicative of restored or recovered healthy self-regulation, self-concept, and self-efficacy so that wellness and growth can be documented.



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