



*Change can be both exciting and overwhelming.  
Onward understands transitions.*

Motivated students and families tend to do great work at treatment programs. Even when this is the case transitions can be hard, and a shock to the system. Boarding Schools want their students to succeed, but are not designed like treatment programs. The territory between these two worlds can be difficult to navigate for everyone involved.

Onward Counseling and Coaching works closely with students, families, educational consultants and boarding schools to help guide the transition from a treatment program to a traditional academic environment. After initial student and family meetings in person, Onward continues providing weekly individual and family counseling and coaching. Onward works with faculty and staff from both the student's former program and new school environment to form a collaborative team to help support the transition, while still preserving as much autonomy as possible for the student.

Onward employs a strengths-based, family-centered and treatment team approach in guiding the transition from a highly structured to a more normalized environment. Honoring and building upon the strengths and solutions identified in past treatment experiences, Onward works to design individualized, continued support plans that help students transition their success forward in their lives.

### **The Process**

1. The family is referred to Onward by their educational consultant. The family calls Darrell at (603) 452-8225 or emails [onwardlcpc@gmail.com](mailto:onwardlcpc@gmail.com) to begin the application process.
2. The family completes the initial application, sends the application fee and sends other relevant documents (testing, evaluations, discharge summaries, treatment plans, IEPs, 504 plans, etc.) to Onward.

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3. Onward secures appropriate releases of information for:
  - a. All immediately relevant family members
  - b. Educational Consultant
  - c. Relevant therapists
  - d. Relevant boarding school faculty
4. Onward schedules Skype or phone interviews with the parents and the student.
5. The family and student are informed of formal acceptance.
6. Initial quarter fee is secured.
7. Onward schedules in-person meetings with the student and with the family.
8. Onward works with the student and family to develop long-term goals and short-term objectives for school and for home.
9. Onward works with the family to schedule regular weekly family counseling sessions.
10. Onward works with the student to schedule regular weekly individual counseling sessions.
11. Student and parents complete weekly electronic update assignments to communicate with Onward between sessions.
12. Onward maintains weekly contact with the student's support team at the boarding school.
13. Onward develops a treatment plan for the student, family and school to review and sign.
14. Onward schedules a follow-up meeting on-campus with the student and support team.
15. Onward provides weekly updates to the family's educational consultant.
16. The family works with ONWARD to decide if they will continue services for another quarter, or move towards closure.
17. Onward works with the family to design an appropriate closure and termination of services.
18. Onward provides the family and student with a discharge summary of services.

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