



## **STAND Program (Supporting Teen's Autonomy Daily) Academic and School Related Coaching and Therapy**

This is a coaching program designed in a modular fashion. It includes a workbook for parents and teens to use in the session and for brief "homework" assignments. There is a one-time fee of \$150 to cover a pre-treatment assessment phone call and workbook.

All sessions can then be filed through insurance for you, or you can do self-pay without using insurance benefits. This program is best for you if you need to have a limited number of sessions. It is behavior change and goal setting-centered and geared towards helping the parent create independence for the teen with his or her schoolwork.

### What to Expect with STAND

1. You will receive some assessment forms to complete and send to me before we meet.
2. We will arrange a one-hour phone meeting between the parent and coach to allow me to develop a case conceptualization for you and your child.
3. Parent(s) and Child Attend 4 Engagement Modules: Each Engagement Module = a one-hour session
  - i. Understanding Your Family
  - ii. Focusing the Treatment Goals
  - iii. Partnership Skills
  - iv. Creating Structure at Home
4. Parent(s) and Child Attend your Choice of Skill Modules\*: Each Skill Module = a one-hour session  
We will review your skill use during the past week, introduce a new skill, discuss how to introduce the new skill into your family's routine, and create a plan for practice.

\*Skill Modules include Writing down homework, Making a homework plan, Organization checkups, Time Management strategies, Study skills, Note taking, and Problem Solving.