



Young Adult & College Support Program

PROGRAM HANDBOOK

Helping students build confidence,
independence, and momentum through
every stage of college and young adulthood.

Student-led. Family-supported. Campus-aware.

Accommodations

Organization

Self-Advocacy

Adulting Skills

Relationships

Family Support

hello@paradewellness.com • paradewellness.com • (240) 977-7744



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Support for the real-life parts of college and young adulthood — without having to figure it all out alone.

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Program Philosophy

Support for the whole student, not just the schedule.

Support that keeps the student at the center while helping the adults around them understand how to help.

Student-led

The student's goals, voice, consent, and autonomy guide the work.

Family-supported

Families may be involved in developmentally appropriate ways when the student agrees.

Campus-aware

Support is designed around college procedures, documentation requirements, deadlines, and systems.

What this program supports

- Accommodations, disability office communication, and campus meeting preparation
- Executive functioning, planning, study habits, routines, and follow-through
- Self-advocacy, difficult conversations, email communication, and boundary-setting
- Adulting skills, transition confidence, social life, relationships, consent, and independence

Independence isn't expected overnight - it's built one step at a time. Our role is to provide the structure, coaching, and support that helps students become increasingly confident navigating college and young adulthood.

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How to Use this Handbook

A quick guide for students, families, and referral partners.

This handbook explains how the program works, what is included, what is not included, and what students and families are responsible for.

For students

Use this as a roadmap for getting support, preparing for meetings, organizing school tasks, building confidence, and asking for what you need.

For families

Use this to understand how to support your young adult without taking over. Student consent, privacy, and independence remain central.

For referral partners

Use this to understand scope, fit, service boundaries, and the difference between therapy, consulting, advocacy, and skills-based support.

Important note

This handbook is a program guide and template packet. It is not legal advice, legal representation, academic tutoring, or emergency care.



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Services

Therapy, consulting, advocacy, and skills-based support are not always the same thing.

Therapy

Clinical services may be appropriate when the student is seeking support for mental health, relationship patterns, anxiety, adjustment, identity, family dynamics, or emotional distress. Therapy requires clinical intake, consent, documentation, and scope review.

Disability Consulting

Consulting may focus on understanding accommodation processes, documentation questions, functional access needs, and navigating school or workplace systems.

Advocacy Support

Advocacy support may include preparing for or attending meetings, clarifying questions, supporting student communication, and helping with accommodation follow-through.

Skills-Based Coaching

Coaching may focus on goals, organization, study habits, executive functioning, adulting skills, communication, social confidence, and relationship skills.

Every client begins with a comprehensive intake. Based on the client's goals, needs, and preferences, we'll recommend the most appropriate combination of therapy, disability consulting, advocacy support, and skills-based coaching. Some students benefit from a single service, while others benefit from an integrated support plan.

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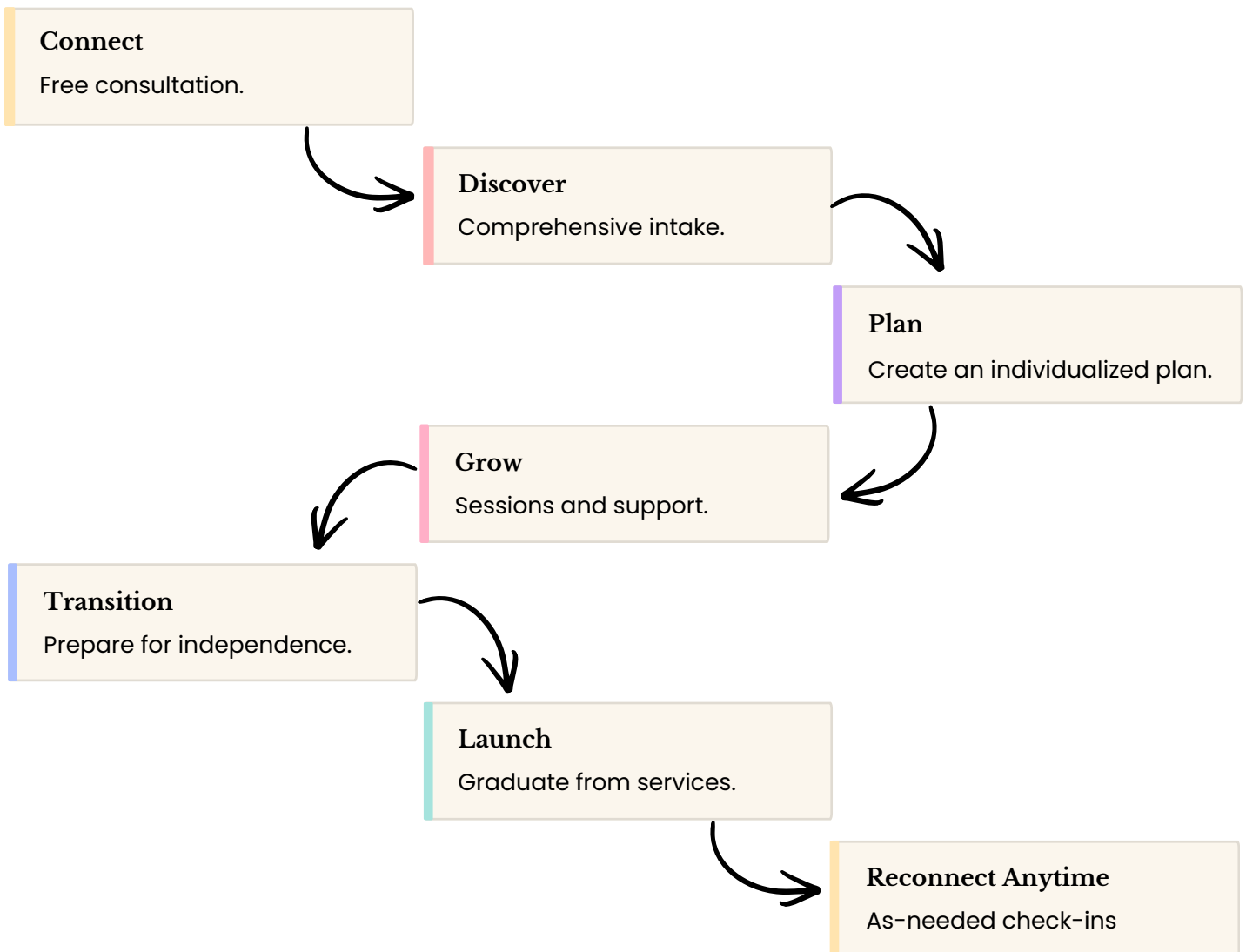
Adulting Skills

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Intake & Support Map

Start prepared and know what to expect.



Your journey isn't about simply starting and stopping services; it's about building lasting skills, confidence, and support. From your first conversation through transition and beyond, Parade Wellness is committed to helping you move toward greater independence while ensuring you know where to turn if your needs change in the future.

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Individual Services

Flexible support with no long-term commitment.

Complimentary Connection Call

A brief consultation to discuss your needs, answer questions, and determine whether Parade Wellness is the right fit.

15 min
No cost

Young Adult Support Session

Personalized support for college and young adulthood. Sessions are tailored to each student's needs and may include 1:1 therapy, executive functioning, self-advocacy, communication, relationships, adulting skills, and transition planning.

50 min
\$225

Advocacy & Campus Meeting Support

Preparation for or attendance at meetings with disability services, faculty, advisors, housing, or other campus support staff.

Per hour*
\$250

Comprehensive Intake & Assessment

A comprehensive intake and assessment to identify goals, strengths, barriers, accommodations, family needs, and recommended next steps. Results in a personalized roadmap with tailored recommendations and priorities.
Included with Support Plans

75–90 min
\$350

Parent / Family Strategy Session

Helping families navigate college transitions while strengthening communication, promoting independence, and reducing conflict.

50 min
\$225

Urgent Semester Support

Expedited support for urgent academic, accommodation, communication, or executive functioning concerns, including withdrawal decisions, incomplete requests, and other time-sensitive situations.

Per hour*
\$250

Services are private pay. Students enrolling in a Support Plan begin with a Comprehensive Intake & Assessment to identify their goals, needs, and recommended level of support. Services do not include legal representation or academic tutoring. Student consent, privacy, autonomy, and independence remain central to all family and campus collaboration.

*Advocacy & Campus Meeting Support and Urgent Semester Support may include preparation, meeting attendance, and related follow-up communication. After the first hour, services are billed in 15-minute increments.

Support should be accessible. Flexible payment plans are available, and a limited number of need-based scholarships are offered to qualifying families (application required). Rates valid until 8/31/2026.



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Support Plan Options

Invest in success before challenges become crises.

College Launch Plan

Accommodation planning, semester preparation, communication templates, and transition support.

Starting at \$1,500
one-time

Ongoing College Support

Ongoing support for executive functioning, planning, self-advocacy, communication, accountability, and follow-through.

Starting at \$1,050
per month

College Bridge Support

Integrated student and family support through coordinated planning, executive functioning, communication, and campus-aware guidance.

Starting at \$1,450
per month

Semester Rescue Intensive

Intensive short-term support to address urgent academic, accommodation, executive functioning, or communication challenges requiring immediate action.

Starting at \$1,750
short term

College Success Partnership

Comprehensive six-month partnership with near-weekly support focused on planning, executive functioning, communication, accountability, and progress monitoring, including summer and winter sessions when appropriate. Ideal for students seeking consistent, year-round support across multiple semesters and academic transitions.

Starting at \$4,500
per six months

Flexible, individualized support designed around each student's goals - not a one-size-fits-all program.

Support plans are customized and outlined in a written agreement identifying included services, number of sessions, service period, meeting attendance, between-session communication, and expiration date.

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Support Plan Details

Find the best fit for your needs.

Plan	Primary Goals	Ideal For	Duration
College Launch Plan	Build a strong foundation before college or a new semester with accommodations, planning, and transition support.	Students preparing for a successful transition into college or a new academic term.	4–6 Weeks
Ongoing College Support	Maintain momentum through coaching, accountability, executive functioning, and ongoing problem-solving.	Students who benefit from consistent structure, accountability, and ongoing guidance.	Monthly
College Bridge Support	Coordinate support between the student, family, and campus while strengthening communication, independence, and shared expectations.	Families who want collaborative support without taking over their student's experience.	1–6 Months
Semester Rescue Intensive	Stabilize urgent situations, develop an action plan, and address immediate academic, organizational, or communication concerns.	Students experiencing a crisis or falling behind who need focused, short-term intervention.	2–8 Weeks
College Success Partnership	Provide comprehensive six-month support through near-weekly planning, accountability, communication, and progress monitoring throughout the academic year.	Students seeking high-touch, long-term support throughout their college journey.	6 Months

Support plans may include advocacy preparation, care coordination, and campus meeting support. Campus meeting attendance may be included in select plans or billed separately as outlined in your written service agreement.

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Urgent Support Boundaries

Clear definitions help families choose the right option.

Urgent means time-sensitive, not an emergency.

Urgent Semester Support helps students address academic, accommodation, or campus communication concerns that require prompt action. It is not an emergency, crisis, or 24/7 response service.

Appropriate for Urgent Semester Support

- A withdrawal or incomplete deadline is approaching
- The student is at immediate risk of failing a course
- Missed assignments or academic concerns are escalating
- An accommodation issue must be addressed before an exam or deadline
- The student needs help communicating promptly with faculty or campus staff

Outside the Scope of This Service

- Medical emergencies
- Immediate safety concerns
- Risk of harm to self or others
- Psychiatric or behavioral health crises
- Emergency or after-hours crisis response
- Legal advice or representation

For Immediate or Emergency Help

For immediate danger, medical emergencies, or psychiatric crises, call 911, contact 988, use campus crisis services, or go to the nearest emergency department.



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Add-Ons & What Is Not

Clear boundaries make the support easier to use.

Available add-ons

- Campus meeting attendance
- Extra parent/family sessions
- Document review
- Email drafting support
- Disability office preparation
- Professor/advisor meeting preparation
- Semester planning intensive
- Relationship, consent, and boundaries skill sessions

Not included

- Legal representation
- Filing legal claims or complaints
- Academic tutoring
- Completing assignments
- Guaranteed grades
- Guaranteed accommodation approval
- Psychoeducational testing
- Medication or medical advice
- 24/7 availability

Campus meeting attendance

When requested and appropriate, Parade Wellness may attend disability services meetings, academic support meetings, or other campus meetings to help students prepare, communicate effectively, and advocate for themselves.



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Client & Family Responsibilities

What helps the work succeed.

Student responsibilities

- Attend sessions on time
- Bring syllabi, deadlines, emails, and questions
- Check school email and learning platforms
- Follow school procedures
- Communicate when stuck or overwhelmed
- Participate in meetings whenever possible

Family responsibilities

- Respect student consent and privacy
- Support independence rather than taking over
- Keep expectations realistic
- Avoid using support as monitoring or surveillance
- Follow agreed communication boundaries
- Encourage follow-through between sessions

Shared responsibilities

- Complete forms and releases before third-party communication.
- Provide accurate deadlines and relevant documents.
- Understand that schools, professors, and offices make their own decisions.
- Use services proactively whenever possible.



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Privacy, Consent & Releases

Student privacy stays at the center.

For students age 18 and older, the student controls their own information. Parent, school, or third-party communication requires appropriate consent and signed releases.

Education Records Release

Used when a student wants Parade Wellness to communicate with or receive information from a college, university, disability office, professor, advisor, housing office, or other school-related office.

Health Information Release

Used when health or therapy-related information may be shared with a provider, parent/guardian, school office, or other third party, when appropriate and permitted.

Legal review recommended. Release forms and privacy notices should be reviewed by an attorney or compliance professional before use.



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Your Support Journey

Start prepared and know what to expect.

Support is not meant to create dependence - it is meant to build confidence, strengthen skills, and prepare students to move forward with greater independence. When services end, students should leave with a clearer plan, stronger self-advocacy, and the knowledge that support remains available when life changes.

Phase	What Happens	What Clients Can Expect
Intake & Assessment	Comprehensive assessment of strengths, concerns, history, and goals.	Collaborative conversations, paperwork, assessment tools when appropriate, and development of an initial understanding of your needs.
Personalized Care Planning	Identify priorities and develop an individualized action plan.	Clear goals, identified priorities, recommended services, and a roadmap tailored to your unique strengths and circumstances.
Active Support & Growth	Ongoing therapy, coaching, transition services, education, or wellness supports.	Regular sessions, practical strategies, skill-building, progress monitoring, and adjustments as your needs evolve.
Progress Review & Plan Updates	Periodic review of goals and outcomes.	Celebrate successes, discuss challenges, refine goals, and ensure services continue to meet your needs.
Transition Planning	Prepare for greater independence or changes in services.	Conversations begin well before services end. Together, we'll identify ongoing supports, community resources, maintenance strategies, and a plan for continued success.
Discharge & Next Chapter	Formal completion of services when goals have been met or a different level of care is appropriate.	Review accomplishments, receive recommendations and resources, discuss maintenance strategies and ongoing supports, and leave with a clear plan for moving forward.
Continued Connection	Optional follow-up after discharge.	You're always welcome back. Whether you need a booster session, additional services, or support during a new life transition, we're here when you need us.



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Is Parade Wellness Right for You? Not sure where to start? You're in the right place.

Students who often...

- ✓ Miss deadlines
- ✓ Feel overwhelmed
- ✓ Don't know where to start
- ✓ Avoid difficult emails
- ✓ Have difficulty staying organized
- ✓ Want more independence

Families who...

- ✓ Aren't sure how much to help
- ✓ Want to reduce conflict
- ✓ Need guidance navigating disability services
- ✓ Want to prepare their student for adulthood
- ✓ Need support during college transitions

Referral partners who...

- ✓ Want collaborative care
- ✓ Need executive functioning support
- ✓ Want a student-centered approach
- ✓ Need help outside traditional therapy

Financial Accessibility

- ✓ Flexible payment plans available
- ✓ Limited need-based scholarships
- ✓ Scholarship application required
- ✓ We'll help you explore the best option for your family

**Ready to build a personalized plan for college success?
Schedule your complimentary connection call today.**

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Schedule Your Complimentary 15-Minute Connection Call



Continue the Journey

Every student deserves support that respects their strengths, encourages independence, and meets them where they are.

Whether you're preparing for college, navigating a difficult semester, or building confidence for what comes next, Parade Wellness is here to help.



Ready to Get Started?

Schedule a complimentary
15-minute Connection Call.



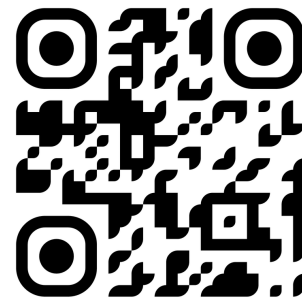
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