

Working with Younger Adults

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18-27 Year Old Mindset



Who am I, really?

Where do I fit in?



What or who influences them?

Relationships



Critical Events

Media – Social, Print, TV, Radio



Where to begin?

- * Critical Events – limited control
- * Media – limited control via access
- * Relationships – our relationship with the individual

Relationship

Presentation is key...



Relationship cont.

Choose your battles...

- * Say “no” without using the word... reframe
- * Tell them what you need to see
- * Write expectations down both sides
- * Build positive bridges of communication



Relationship cont.

- * Give them control & let them fail (PSR)
- * Be honest (Now that you're 18...)
- * Understand their culture (trash bags)
- * Be consistent
- * Challenge them (brief therapy)
- * Laugh with them
- * Leave your prejudice behind
- * Stay in your lane
- * Show glimpses of the real you



The Chickens and the Eagle...





Teach Them to Fly!

Resources

- * Stages of Change:
<http://homelesshub.ca/toolkit/subchapter/stages-change>
- * WRAP – Wellness Recovery Action Plan
<http://mentalhealthrecovery.com/wrap-is/>
- * <http://www.nc-council.org/> discover new programs @ conferences
- * Church Programs -- Excellence
- * Family – legal custody vs emotion custody
- * Your Staff