THRIVE EMERGE

HOW IS MY KID STUCK? YOUNG ADULT FUNCTIONAL ASSESSMENT

In addition to the specific symptoms of neurodivergence, functioning across a broad array of life arenas can be severely impacted. Which of the following challenges do you see for your kid?

OVERALL FUNCTIONING

- ☐ Does your kid seem overwhelmed by and unable to manage adult responsibilities?
- ☐ Does your child lack intrinsic motivation or show "learned helplessness" – "I give up, why bother, nothing turns out OK"?
- ☐ Does your child have a lack of clarity regarding their future?
- ☐ Does your child struggle with poor self-esteem or a lack of confidence?

ADDICTIONS/ OVERUSE

- ☐ Does your child use too much marijuana? alcohol? electronics?
- ☐ Does your child's use of electronics disrupt their sleep schedule?

ENERGY/ EMOTIONAL REGULATION

- ☐ Does your kid seem exhausted by the end of the school or workday and require a nap?
- ☐ Is your child "emotionally dysregulated" – unable to keep on an even keel?

EMPLOYMENT

- ☐ Does your child struggle with employment – not working currently, loses jobs, underemployed?

SOCIAL/ COMMUNICATIONS

- ☐ Does your child avoid or seem exhausted by face-to-face social encounters?
- ☐ Does your child have a limited, face-to-face social network?
- ☐ Is your child often anxious in social situations? Miss social cues?

ACADEMICS

- ☐ Did your child struggle academically in school or fail to complete post-secondary training?

AVOIDANCE/ NUMBING/ LYING

- ☐ Does your child frequently use avoidance as their coping tool?
- ☐ Does your child typically not take action unless pushed by parents?
- ☐ Does your child not share, lie, argue and manipulate situations?

STRUCTURE/ SELF CARE

- ☐ Does your child consistently have unstructured and unproductive days?
- ☐ Does your child have a poor sleep schedule? Exercise habits? Nutrition?
- ☐ Does your child struggle to plan and follow through on activities?

FAMILY

- ☐ Do your child's problems create family disruptions?
- ☐ Do you feel that both you and your parenting partner are "on same sheet of music"?
- ☐ Does the family tend to escalate emotionally when difficult issues arise?
- ☐ Do you feel helpless to effect change with your child and not know what to do?