

Case Study

Enhancing Student Success through Therapeutic Collaboration

Introduction

Colleges and universities are increasingly encountering students who face complex mental health challenges that impact their academic performance and overall well-being. Shoreline Therapy Center specializes in partnering with educational institutions to provide comprehensive therapeutic support that addresses these challenges, enabling students to thrive academically and personally.

The Challenge

A local college in Connecticut observed that one of their first-year students, a 19-year-old with exceptional academic potential, was struggling significantly. Despite a history of high achievement in various subjects during high school, the student exhibited a sudden decline in academic performance and campus engagement. Diagnosed with ADHD and Autism Spectrum Disorder, he faced additional stressors from his parents' recent divorce, which compounded his difficulties.

The student became socially isolated, spending extended periods in his dorm room engaged in gaming and online videos. His attendance dropped, and he began displaying aggressive behaviors when confronted about his withdrawal and excessive technology use. Traditional campus resources were insufficient to address the complexity of his needs.

The Intervention

Recognizing the need for specialized support, the college partnered with Student's Family and Shoreline Therapy Center to develop a tailored intervention program. The center provided a multidisciplinary team.

- » **Individual Therapy** - Focused sessions to help the student gain insight into his depressive thoughts, trauma, family dynamics, and learning differences associated with ADHD and Autism.
- » **Coaching Services** - Practical assistance in implementing healthy behavioral changes, including time management, organization, and reducing reliance on technology.
- » **Job-Training Skills** - Engagement in activities and professional skills that prepare students for future employment, fostering a sense of purpose and direction.
- » **Parental Involvement** - Regular check-ins with the student's parents to coordinate support strategies and discuss progress toward his goals.
- » **Transition Planning** - Assistance in finding a suitable transitional program that aligned with his educational and vocational aspirations.

The Outcome

The collaborative effort yielded significant positive outcomes.

- » **Academic Reengagement** - The student resumed attending classes regularly and improved his grades, eventually graduating from high school and completing three successful semesters of college.
- » **Behavioral Improvements** - Aggressive behaviors were eliminated as he developed healthier coping mechanisms and reduced his dependency on technology.
- » **Professional Development** - He gained 15 months of job training and professional experience, enhancing his employability and confidence.
- » **Enhanced Life Skills** - Through coaching, he improved his executive functioning, time management, and independent living skills.
- » **Emotional Wellbeing** - Ongoing therapy helped stabilize his mental health, allowing him to navigate personal challenges more effectively.

Conclusion

This case exemplifies how Shoreline Therapy Center's partnership with educational institutions can transform student outcomes. By providing specialized therapeutic services beyond the scope of traditional campus resources.

- » **Improve Student Retention** - Addressing mental health and learning challenges reduces dropout rates and fosters academic and career success.
- » **Enhance Campus Climate** - A supportive environment contributes to overall student satisfaction and wellbeing.
- » **Optimize Resources** - Outsourcing complex cases allows campus counseling centers to focus on a broader student population.

Partner with Shoreline Therapy Center

Shoreline Therapy Center is committed to collaborating with colleges and universities to support students facing mental health challenges. Our customizable programs are designed to integrate seamlessly with campus services, providing comprehensive care that meets the unique needs of each student.

For more information on how your institution can benefit from our services, please visit shorelinetherapycenter.com or contact us directly at **203.453.2999**