

## 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 senior college student with a strong academic record began struggling with anxiety related to post-graduation plans. As the pressure of job searching and career uncertainty mounted, the student became increasingly withdrawn, avoiding social gatherings and experiencing panic attacks tied to milestone events like graduation and award ceremonies. Despite genuine interest in coursework, focusing on assignments and exams became more difficult. The student's family, living out of state, was unable to provide the consistent support needed, contributing to feelings of isolation and increased emotional stress.



## 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** - Regular sessions helped the student process anxiety and fear about the future, identify coping mechanisms for panic attacks, and explore the emotional roots of academic and social withdrawal. Therapy also addressed the student's need for reassurance and validation during this critical life transition.
- **Coaching Services** - Practical assistance in establishing healthy routines and behavioral strategies to manage anxiety, build confidence, and increase daily motivation.
- **Career Exploration** - One-on-one coaching guided the student through job searches, resume-building, and interview preparation. Emphasis was placed on aligning career options with personal values and college-acquired skills.
- **Parental Involvement** - Consistent communication with the student's parents helped bridge the geographic distance, enabling coordinated support strategies and emotional encouragement.
- **Transition Planning** - Structured planning included a temporary move home after graduation, ongoing job search guidance, and preparation for independent living once employment was secured.

## The Outcome

The collaborative support plan led to meaningful and measurable improvements in the student's academic, emotional, and professional life.

- **Academic Reengagement** - The student regained focus and motivation, allowing for timely completion of coursework and graduation with strong academic standing.
- **Behavioral Improvements** - Through therapy and coaching, the student successfully managed anxiety and panic symptoms, reengaged socially, and rebuilt confidence in facing life transitions.
- **Professional Development** - With support in career exploration and job applications, the student gained valuable skills in interviewing and workplace readiness, ultimately securing employment aligned with their interests.
- **Enhanced Life Skills** - The student developed critical adulting competencies such as budgeting, apartment hunting, and managing the logistics of relocating for work, all key steps in building independence.
- **Emotional Wellbeing** - Continued therapeutic support enabled the student to develop emotional regulation strategies and maintain mental health stability while adjusting to post-college life.

## 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](https://shorelinetherapycenter.com) or contact us directly at **203.453.2999**