



This is an example of a plan you can use with an adult child with a learning difference; mood, eating, or attention disorder; or addiction who is going away to school. Remember there is no ‘one size fits all’ and you must tailor this for YOUR family.

The goals for parents:

- Allow your child to have independence and autonomy
- Stop controlling
- Honor your child’s decisions while enforcing natural logical consequence
- Freely give love and encouragement
- Stop shaming, nagging, lecturing and other relationship-damaging behaviors

The goals for adult children:

- Find the best way to manage your difference, disorder, addiction
- Lose the shame and ask for help
- Be brave and advocate for yourself
- Celebrate and publicize your successes
- Understand that going home doesn’t mean failure

While this plan is full of examples you can use and modify to fit your child’s needs, there are four things we highly recommend. They are:

- Make the disorder/difference the priority ahead of grades and social life
- Check your child’s bank transactions
- Drop in unannounced
- Form a relationship with an adult advocate on campus



Our Family Plan for _____

This plan will outline our expectations for _____ while he is at _____ University.

As a family, we agree:

1. You are doing an amazing job working with your learning difference/disability/disorder and we have faith that you will continue to do so.
2. Dealing with the difference/disability/disorder comes before academics and socializing.
3. We will know you are dealing with your difference/disability/disorder in a healthy way when we see that you are (**these are examples**):
 1. Making a B or above in your course work
 2. Maintaining a positive bank balance with minimum cash withdrawals each week
 3. Using your meal plan
 4. Attending your counseling sessions/doctor appointments/recovery groups (**Parents will see the credit card charge or EOB from insurance**)
 5. Keeping your apartment/dorm/room reasonably neat
 6. Attending classes
4. If we (the parents) feel like you are not dealing with your difference/disability/disorder in a healthy way, or if we have been notified by the campus advocate _____ that you are not dealing with your difference/disability/disorder in a healthy way, then we will do the following:



1. Talk about our concerns with you
2. Give you an opportunity to follow through with the things we agreed to
3. Drop in unannounced to see if you are following through
5. If we (the parents) feel like you are still not dealing with your difference/disability/disorder in a healthy way, or if we have been notified by the campus advocate
_____ that you are still not dealing with your difference/disability/disorder in a healthy way, then we will offer the following choice:
 1. Come home to attend school
 - or
 2. Remain away at school completely financially independent

No matter what you choose you will always have our love and encouragement. We know you can do this!