

Addressing Self-determination in Transitions

Transitions Booster, Sept 2021

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Elements of Presentation

- Present three case studies
- Discuss clinical features
- Review case studies
- Influence of Pandemic

Carl

- College Freshman, online
- Dropped some classes, still failing one
- Avoiding asking for help
- Comfortable, but low mood
- Taking spring semester off?
- Grinding to a halt

Rebecca

- Pandemic high school graduate
- Delay college entry, part time job/volunteer
- Unprepared for job search process
- Videos all day

Roy

- Vocational track
- Disability support services
- Compliant, cheerful, self-contained
- Major service disruption
- Low maintenance, but low progress

Self-determination

- Low drive
- Is it laziness?
- Social rewards
- Skills deficits

(Social) Rewards and Incentives

- Examining the nature of rewards
- Influence of resource and status
- Materialism and simplicity
- Enjoyment over status
- Not laziness

Skills Deficits

- Much adult activity is planned or routine
- Heavy dependence on EF and organizational skills
- Paying specialists for specialized, important tasks
- Goal setting
- Complicated, tedious tasks

Feebleness

- Lack of exposure to stress
- Avoidance of effort, risk, or experience
- Emotional and social atrophy
- Additional obstacle in the goal of forward progress

Carl (recap)

- College Freshman, online
- Dropped some classes, still failing one
- Avoiding asking for help
- Comfortable, but low mood
- Taking spring semester off?
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What's Happening Carl?

- Depression (needs a professional evaluation)
- Address EF deficit
- Problems with reducing expectations
- Exercise, socialize, screen time reduction
- Semester "off" only with something to take its place

Rebecca (recap)

- Pandemic high school graduate
- Delay college entry, part time job/volunteer
- Unprepared for job search process
- Videos all day

What's New Rebecca?

- Loss of superstructure of academic institution (i.e., high school)
- Needs a job immediately
- Needs planning/organizing/social support
- Examine incentives
- Don't have to go home, but can't stay here...
- Use positive and negative reinforcement to physically leave the house

Roy (recap)

- Vocational track
- Disability support services
- Compliant, cheerful, self-contained
- Major service disruption
- Low maintenance, but low progress

What's Up Roy?

- Too easily satisfied (hardest parenting challenge)
- Needs a job, and a skilled case worker
- Clear, specific directions with follow through
- Great risk for feebleness even without pandemic
- Perpetual independent living goal

Transition

- Transitions are hard
 - Skills Deficits
 - Incentives
 - Feebleness
- Question laziness theory
- Ask good questions/gather info
- Learn to transition