



EVOLIBRI

Neurodiversity &
Career Counseling

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Young Adult Intake Form

Goals that were appropriate for us at an earlier age fall by the wayside as we acquire and uncover new skills, as our values become more certain, as our experience opens up new horizons. What we view as a great and exciting success today may fall into a more modest perspective later in life as we move toward greater maturity and fulfillment. Our definition of success changes as we grow.

Coming Alive from Nine to Five in a 24/7 World

Welcome to EvoLibri!

As a young adult facing the task of choosing a college and/or a career, thinking about leaving home, beginning to look for a job, this might be a very exciting time in your life. But it might also be a confusing time – too many options, too many pressures, not enough time...Welcome to world of adulthood!

EvoLibri provides assessment and counseling to help teens and young adults transition into independence and adulthood – college, careers, or moving away from home. My job is to help make this process a little less confusing and to help **you** sort out what it is you want to do and what makes you feel good about life. Once you can stand back and see clearly what it is that you're passionate about, deciding where to go becomes a relatively easy task. My job is to help you get there.

I cannot choose the right college for you, or choose the perfect career, or find you the perfect job. What I can promise is that you will have a better understanding of who you are, what types of colleges and jobs will work best for you and your personality, and what your values regarding college and work are. Given these discoveries, we can more easily plan a path to adulthood and independence that will work for you, fulfill you, and sustain you.

Do remember that becoming an adult and developing a career is an ongoing process. The work that you love in your 20s may not be the type of work that you are passionate about later in life. This is normal. Unlike previous generations, it is common for young workers today to have between 3 and 7 distinct careers – not jobs, careers! If you are aware of this going in to college, you may make wiser choices – you'll also come to realize that some choices can be 'unmade,' and that higher education can be a lifelong process.

Now that the boring stuff is said, let's get to the important part!

Introduction

Client Information

Name:
Address:
Home Phone:
Cell Phone:
Email:

Background

Age:

Who you live with...

Where you grew up...

What you enjoy doing for fun...

Education

Current Grade in School:

Educational Background (schools attended):

Are you on an IEP or 504?

What special classes or services are you receiving?

Are you satisfied or dissatisfied with your current coursework in school?

Do you generally like school?

What classes do you like the most?

What classes do you like the least?

Personal History

What is your diagnosis (AD/HD, HFA, etc.)?

How long have you been aware of this diagnosis?

How comfortable are you with sharing and talking about your diagnosis with others (close friends, family members)?

How much do you know about your diagnosis (how it is caused, how it affects people, how it can be treated)?

Are you currently taking prescription medication, and if so, what types?

Do you drink alcohol, and if so, how frequently?

Do you use recreational drugs, and if so what type and how frequently?

Counseling Goals

1. What goals do you have for counseling?

2. If you could describe your ideal job, career, or living arrangement, what would it be? Include the type of study, the environment, the people, the competition, the location, etc.

Assessments

Assessment Tools You will be taking the following assessments **marked with an X**:

- Newly Revised Strong Interest Inventory®
- MBTI Step I (Form G)
- Work/Values Checklist
- Coping Resources Inventory
- Problem Solving Inventory
- Interest/Skills Checklist

All of these assessments are available online.

Instructions

1. Type or copy this URL into your browser:
<https://online.cpp.com>
2. Log in as follows:
 - a. Login: evolibri
 - b. Password: testing123
 - c. UserID: <leave blank first time; if you are returning, enter the userid you were given the first time you entered>
3. Select one of the above tests first by clicking on its link.
4. Follow the instructions for taking the test.
5. Make a note of your username.
6. Go back and take the second test.
7. I will automatically receive notification when you have completed each test.

Please note: All of these tests have 'normed' results – so that if you try to purposefully skew the results (not that **you** would ever do that, right?), your keyboard will catch on fire, or I will receive a report noting that you faked the test. One or the other, I can never remember.

That's it! Once I review the results and prepare the report, I will send it to you.

IMPORTANT: Bring to Our Next Meeting!

Please bring a copy of your most recent IEP/504 along with your most recent psychological / educational testing to our first meeting. This information will remain confidential, but is critical to understanding your strengths and weaknesses as we plan for your future. Thanks!

Questions?

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Services and Fee Schedule

EvoLibri's services are designed to help older adolescents and adults move to and maintain an independent and fulfilling life. Because each client we see has different barriers and is at a different stage of life, we've broken down our fees to allow customization of services for each client.

After your initial meeting (which is free of charge), you may schedule an intake session, where we will recommend one or more services listed below. In the meantime, we invite you to read through this list to understand what services we offer and how our program works.

Intake, Recommendations & Case Management

Because we provide holistic services, it is important to provide both thorough intake services and ongoing case management to ensure the best of comprehensive care for our clients.

\$425

Average Cost breakdown – 1 hour of family/parent counseling (\$150), 1 hour of phone calls/emails to therapists/attending psychiatrists (\$150), 2 hours of records review (\$300), 2 hours of email/phone calls to parents or client (\$300) over six months = **\$900 if billed hourly.**

This one-time service charge Includes:

- Intake session with the client to determine basic assessment and desired goals
- Review of all past psychological and educational reports
- Consultation as needed with other professionals working with client
- Summary report of findings and recommendations
- Referrals to supportive services (i.e., neurofeedback, CBT, psychopharmaceutical assessment, legal advocacy, etc.) as needed
- Case management for direct and referred services for six months
- Warm line support (phone or email) for client and his/her family for six months

All services listed in this schedule include coaching on time management, pro-social interactions, and conflict resolution.

Notes: Prior to our scheduled intake session, you will be asked to fill out an intake form, release of confidentiality waivers for each specialist the client is currently seeing, and to provide us with copies of all educational and psychological assessments done within the last three years. Additionally, clients are continually monitored for anxiety, depression, and attention deficit. If a client is not currently being treated for a condition and it becomes evident, EvoLibri may formally assess for it at an additional charge. We use the **Beck Anxiety Inventory, Beck Depression Inventory** and **Brown ADD Rating Scale** for these purposes.

Prices effective 04/09 and are subject to change.

Average Cost breakdown – 6 hours of counseling (\$900), 2 hours of assessment analysis (\$300), cost of assessments (\$75), 5 hours of research (\$750), 5 hours of report writing (\$750) = **\$2775 if billed hourly.**

Our career assessment and post-secondary planning for neurodiverse youth comprises five to six meetings with the client, a written recommendations report (~16 pages) with all assessments attached, and a final meeting with parents to present our findings and recommended course of action. This assessment is *far more comprehensive* than you will find elsewhere, and includes:

- **Assessment.** EvoLibri uses the widely-recognized and researched-validated **Strong Interest Inventory** and **Myers-Briggs Type Indicator**, as well as other tools as needed such as Problem-Solving, Coping, and Work/Values assessments and interpretive reports to fully assess each client's interests, abilities, and personality preferences. All assessments are done online.
- **Vocation/Career Search and Selection.** We base our vocational/career search on the Holland Theory of career development. Clients are given both their SII preference codes and a specific URL to log in to, and then asked to do a comprehensive search of related careers that interest them. This allows clients to become invested in – and excited – about their futures.
- **Vocation/Career Review.** Based on what we have learned about the client, EvoLibri researches each vocational selection and performs an analysis of how the client can attain that career. Additionally, EvoLibri may propose additional, closely-related careers that may be more within reach. These findings are reviewed with the client, and the client selects three to five alternatives to pursue.
- **Salary, Demand, and Educational Research.** EvoLibri researches the average salary range and demand for each career, as well as investigates common educational paths to each career selection. This information is critical in choosing a successful path.
- **Educational Planning.** Next, EvoLibri researches specific schools and programs for the client, taking into consideration and documenting the specific support the client might need as well as the degree, certificate, or training needed.
- **Presentation of Findings.** In the final session, we present the findings report and educational choices to parents, discuss the pros and cons of each possibility, and answer any questions parents might have.

Average Cost breakdown – 5 hours of counseling (\$750), 1 hour of assessment analysis (\$150), cost of assessments (\$75), 3 hours of research (\$450), 4 hours of report writing (\$600) = **\$2025 if billed hourly.**

Our job and volunteer search service comprises five sessions of customized counseling and instruction, and will generate viable leads for the client's current search.

- **Interest Assessment.** If the client has not done a formal career assessment with EvoLibri, s/he will take an online **Interest Checklist** and **Work/Values Checklist** to confirm the type of jobs which will appeal to him/her.
- **Resume Building.** Working closely with clients, we build a professional resume together and instruct our clients on how to maintain it over time. Includes Microsoft Word softcopy version of resume, reference sheet, and cover letter.
- **Interviewing Skills Coaching.** Once we have the type of job identified and the resume ready, we spend the greater portion of two sessions coaching the client on what to expect during an interview, and how to respond to various questions. We role-play and provide corrective feedback on how best to present oneself, as well as offer tips for keeping anxiety manageable.
- **Job/Volunteer Search Coaching.** We instruct clients on how to get applicable work experience, where to look for employment, how to apply for a position and how and when to follow up, how and when to negotiate wages, what to do about disclosure, and how to accept a position. Includes listing of current job search resources and a Microsoft Excel softcopy spreadsheet to track resumes sent, interview dates and times, and follow up, along with instruction on how to use the spreadsheet.
- **Job/Volunteer Lead Generation.** In our last main session, we work with clients to search for viable leads on the internet together, using tools such as Monster.com, Yahoo! Jobs, Craigslist, and classified ads online. We have the client post his/her resume, prepare it for mailing, or call the employer, depending on the ad, and then fill in the client's Job Search Spreadsheet with the pertinent information. We then remind the client on what to wear, how to manage his/her anxiety, what to say and not say, and wish them luck on their impending interviews!
- **Follow-Up Counseling.** While we are on call for clients during their job search, we also schedule a follow-up two or three weeks after our last session to discuss how they are doing in their search, gather more job leads if necessary, fine tune their interviewing skills, and encourage them to keep at it until they land a good job.

Independence Readiness Assessment and Counseling

Moving from the family home is both exciting and anxiety-provoking for most youth. Having a plan for transition eases the way, and helps to ensure that the transition is successful.

\$1750

Average Cost breakdown – 3 hours of counseling (\$450), 2 hours of assessment analysis (\$300), cost of assessments (\$75), 5 hours of research (\$750), 4 hours of report writing (\$600) = **\$2175 if billed hourly.**

This service provides four sessions to determine independence readiness and gap analysis, recommendations for skills acquisition, and a step-by-step plan to move toward a successful (and lasting) transition from the family home.

- **Assessment.** EvoLibri uses the **Vineland-II Adaptive Behavior Scale** as well as our own **LifeSkills Worksheet** to determine independence readiness and to identify specific gaps in the client's skill set. Additionally, we use our own **Neurotypical Adaptability Scale** to determine how well a client can currently navigate the mainstream world.
- **Short-term and Long-term Goals.** After we have established current functionality, we work closely with the client to determine what s/he hopes to achieve, both long and short term, and where s/he will be happiest living.
- **Transition Planning.** With this information in hand, EvoLibri begins to research alternatives most suitable for this client and to build a comprehensive plan for skills acquisition, education, transition housing and eventual independence.
- **Presentation of Findings.** In the final session, we present the findings report and educational choices to parents, discuss the pros and cons of each possibility, and answer any questions parents might have.

Ongoing Counseling & Coaching Services

Developing independence, confidence, and self-fulfillment is a life-long proposition.

\$150/hr

To be wholly successful, many of our clients need post-service intervention to stay on track with their educational, vocational, or transition plan. Post-service, we normally recommend continuing counseling and coaching every other week for 2-4 months, and then once a month for another 6-8 months, depending on need.

Assessment

EvoLibri provides a variety of assessments for a variety of purposes. This is a partial list – please call for information.

\$275/hr

- Strong Interest Inventory
- Myers-Briggs Step 1 and Step 2
- Brown ADD Rating Scale
- Vineland-II Adaptive Behavior Scale
- Beck Anxiety Index
- Beck Depression Index