



“Am I a failure?”

How to shift your focus from “What’s wrong with you?” to “What happened to you?”



A Few Reminders:

1

Submit your questions through the chat pod.

2

Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.

3

Check your email later today for a copy of these slides and a replay of this webinar.



Meet Your Experts



Christopher O'Reilly
VP of Clinical Services
at Milestones



Terence Smith
Primary Therapist
At Milestones



MILESTONES

Milestones is a one-of-a-kind holistic and specialized residential trauma treatment experience. Serving individuals adversely affected by symptoms of unaddressed trauma, including anxiety, depression, codependency, and PTSD, this innovative and integrative program offers a variable-length of stay from 30 to 90 days specific to individual needs.





Failure

DEFINITION:

1. Lack of success
2. The omission of an expected required action.
3. The action or state of non-functioning.



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**Just because you failed at something, does not make you a failure.
Be aware of how you talk to yourself. Words matter.**

"I failed at achieving my goals." vs. "I am a failure."

"My marriage failed." vs. "I am a failure."

"I can't find a job." vs. "I am a failure."



**“I can be changed by
what happens to me.
But I refuse to be
reduced by it.”**

— Maya Angelou



Failure to Launch

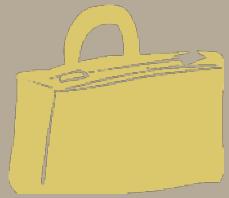
DEFINITION:

1. The elongation of the period of emerging adults
2. A "delay" in "transition of young adults from parental dependence to economic self-sufficiency"
3. "Adult children living at home and highly dependent on parents"



Expected Cultural Norms

AN (OUTDATED) TIMELINE:



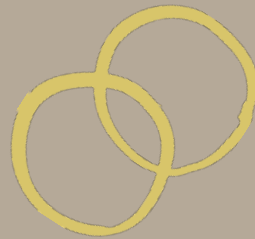
First Job



Financial
Independence



Live
Independently



Marriage



Kids



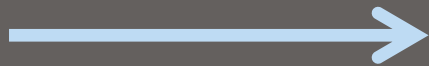
Grandkids



Retirement



**What's this
actually
look like?**



OUR DEFINITION OF FAILURE
TO LAUNCH:

Individuals who are struggling
with the opportunity to grow.



MOVING FROM

**What's
wrong
with you?**



TO

**What
happened
to you?**

Trends We're Seeing in Young Adults

- Difficulty with day-to-day functioning
- Overwhelming feelings of depression and/or anxiety
- Relational difficulties including social anxiety, low self-worth
- Unhealthy patterns with food, exercise, drugs, alcohol, etc.
- Tendency towards isolation
- Feeling unsafe, intrusive thoughts
- Hypervigilant to surroundings





Systemic Trauma vs. Acute Trauma

DEFINITION:

Trauma held by an individual that extends to the family and/or generations prior.

EXAMPLES:

- Poverty
- Institutional Trauma
- Content
- Family Patterns

DEFINITION:

Trauma that occurs from a single, isolated traumatic event.

EXAMPLES:

- Rape
- Car Accident
- Tornado
- Medical Emergency



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The Long-Lasting Effects of Trauma

- Low self-worth and lost sense of self
- Loss of connection to their body
- Loss of safety
- Reduction and/or exaggeration of danger cues
- Disassociation
- Loss of trust
- Physical health problems
- Difficulty focusing
- Intrusive thoughts around the event
- Suicidal ideation



Mental Health

DEFINITION:

A person's condition with regard to their psychological and emotional well-being.

How we see mental health issues present in young adults:

- Launching becomes scary.
- Young adults may be experiencing undiagnosed anxiety, depression, ADHD, Bipolar or personality disorders.
- Without treatment or intervention, launching can be virtually impossible.
- Addiction to substances and processes.



The Importance of Hard Things





“Persistence and resilience only come from having been given the chance to work through difficult problems.”

— Gever Tulley



Window of Tolerance

The optimal zone for a person to function in everyday life.



For young adults with trauma or acute stress, it is difficult for them to regulate their emotions. Especially when their family system didn't or doesn't know how to hold, move through or support feelings.

When stress occurs, they are easily pushed outside of their window of tolerance. If a young adult struggles with a narrow window of tolerance, they will have difficulties managing anger, overwhelm, the need to run, zoned out, spacey, and feeling numbed out.



HYPERAROUSAL



WINDOW OF TOLERANCE

HYPOAROUSAL



Resilience

DEFINITION:

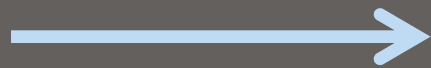
The ability to cope, bounce back, and transcend certain circumstances.

Resilience requires motivation. Motivation requires healthy levels of dopamine. Dopamine is involved in motivation and reward.

When we compulsively engage in behaviors such as video games, sex, porn, shopping, food, without prior effort, we trigger a cascade of dopamine and eventually burn out our dopamine receptors resulting in a lack of motivation.



For those who are struggling



- Normalize your experience
- Stop the shame spirals
- Reframe negativity
- Heal developmental trauma
- Explore the connection between past and present
- Create structure in your day
- Accept where you are



For those supporting a loved one who is struggling



- Do your own "work"
- Create healthy boundaries
- Explore co-dependency resources
- Find support (groups/others to talk to who get it)



For those supporting a client who is struggling



- Explore Connection Between Present Circumstances with Past Trauma
- Connect with our Business Development and Milestones Team



Questions for the experts:

Submit your questions through the chat pod.