

Completing College, Despite ADHD, Dyslexia, Anxiety, and Depression

Background

JoyGenea was contacted by Sam's parents after they bottomed out their first year of college and were starting sophomore year at a new school. Sam was struggling to navigate major anxiety, depression, dyslexia, ADHD, and sleep troubles. They are highly intelligent and were determined to be successful in college and graduate. The goal of our coaching was to add accountability and help them get through the college system.

Challenge

Sam's neurology and sleep issues meant it was hard to keep a consistent cadence. It was a priority to find a balance between accountability and honesty. Inconsistency was hard to work through especially because of the college schedule that meant classes, books, and professors changed every semester. If a class wasn't going to work, the goal was to figure that out in the first week or at least withdraw before an F ended up on the report card. These changes also mean that neurodiverse people have to have conversations with new professors about the accommodations they need over and over and recreate a system that works each semester. After graduation, the challenge became acquiring a full-time job.

Solution

Accountability and coaching from a non-parental figure made a big difference for Sam. JoyGenea helped them learn themselves and create an evolving system which included building a support team that would continue into adulthood. This team included a daily money manager and continued coaching with JoyGenea. The coaching JoyGenea provided included weekly meetings where they would set goals as well as text follow-ups to stay on track. At times Solutions by JoyGenea also helped educate Sam's parents and helped them support Sam. An example of this was when Solutions by JoyGenea and Sam's mother talked about Sam's medications and felt like they weren't helping. They decided to have a team meeting to go over all the diagnostic information Sam had. Through this meeting, everyone decided the combination of meds didn't seem like the right fit. This prompted Sam to see the Psychiatrist, where they got more testing, and she ended up with better anti-anxiety meds and tools to help keep their struggles with sleep in check. We made sure meds are filled and she's taking them regularly. As we identified struggles, JoyGenea coached them through learning what their strengths and weaknesses were and asking what they had control over and how to create a system to support their success.

Result

Sam succeeded in college and graduated! They are learning how to manage their anxiety and are fully employed in their field of study in a job that works for their neurodiversity where they can listen to audiobooks and music while working.