

LaunchPoint Living

A Guided Path to Independent Living

For Families of Neurodivergent Young Adults | Orem, Utah

*Your young adult is ready for more than home — and not quite ready to go it alone.
This is the space in between.*

If you're reading this, you've probably been holding two things in your mind at once for a while now: a young adult who is genuinely capable, motivated, and ready to grow — and a set of very real concerns about what happens when the structure of home or school is removed.

LaunchPoint Living was created for exactly that family.

It is not a group home. It is not a treatment program. It is not a step-down facility or a clinical placement. It is a carefully structured private rental — in a quiet, standards-based home near UVU in Orem, Utah — where up to three young adults live as independent tenants while having access, separately and voluntarily, to the professional support of a Licensed Clinical Social Worker (LCSW).

Think of it as the runway before the flight.

Who This Is For

LaunchPoint Living is designed for young adults who:

- Are 18–26 years old and motivated to live more independently
- Are enrolled in school (UVU, BYU, MTECH, or online) or working
- May manage ADHD, anxiety, executive functioning challenges, or similar neurodivergent profiles
- Can handle their academic or professional responsibilities — but struggle with what's been called the “hidden curriculum” of adulthood: scheduling, budgeting, laundry, meal planning, conflict navigation, and self-regulation outside a structured environment
- Are not currently in crisis, do not require 24-hour supervision, and are not appropriate for a higher level of care

This IS the right fit if your young adult:

- Wants to live more independently but feels overwhelmed by the jump
- Has the ability but lacks the systems and scaffolding
- Would benefit from a low-stimulus, structured, substance-free home environment

This may NOT be the right fit if your young adult:

- Requires 24-hour supervision or daily personal care assistance
- Is in active crisis or requires a higher level of clinical care
- Has active substance use that is not in recovery

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| <ul style="list-style-type: none"> • Is open to voluntary coaching or counseling support • Can manage their own daily schedule, hygiene, and academic or work obligations with minimal prompting | <ul style="list-style-type: none"> • Has behaviors that could compromise the safety or quiet of housemates • Is not willing to abide by an alcohol-free, substance-free, no-overnight-guest household policy |
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The Home

The property is a private residential rental located near the UVU campus in Orem, Utah. It offers:

- Three private bedrooms for individual tenants
- Shared kitchen, common areas, and laundry
- A quiet, low-stimulus environment maintained by clear community standards
- An alcohol-free, substance-free household
- Walking or short driving distance to UVU, grocery stores, and public transit

Each resident signs a standard Residential Lease Agreement and a Tenant Conduct & Community Standards Agreement. These are the same documents used by structured student housing providers across Utah. They establish clear expectations — quiet hours, no parties, no overnight guests, shared space responsibility — so that every resident can count on a predictable, low-drama home environment.

The housing arrangement is a standard private rental governed by Utah landlord-tenant law. Residents are independent adults and tenants — not program participants, clients, or patients — in the context of their housing. Any professional services described below are offered separately, under a distinct agreement, and are entirely voluntary.

The Support — What's Available

Separately from the housing, residents may voluntarily access professional services provided by the property's owner, who is a Licensed Clinical Social Worker (LCSW) licensed in the State of Utah. These services are governed by a separate clinical services agreement and are not a condition of tenancy.

Available services include:

- **Individual Therapy.** Licensed mental health counseling provided under the LCSW's Utah license. Addresses anxiety, ADHD, autism-related challenges, executive functioning, emotional regulation, and transition to adulthood. Billed separately.

- **Life Skills Coaching.** Practical, goal-oriented support for the real-world challenges of independent living: budgeting, meal planning, time management, chore accountability, appointment scheduling, and building sustainable daily routines.
- **Executive Functioning Support.** Structured support for planning, prioritizing, task initiation, and follow-through — the areas where many neurodivergent young adults are capable but need an external scaffold while they build internal ones.
- **Family Consultation.** Periodic check-ins with parents and family members to discuss progress, calibrate support, and navigate the shift in roles as your young adult moves toward greater independence. Offered with resident's consent.
- **Crisis Support.** On-call availability for acute stress, anxiety, or situations where the resident needs a grounded professional perspective before a small problem becomes a larger one.

Important for families: All professional services are voluntary. A resident may live in the home without accessing any clinical services. Residents who do choose to engage professionally do so under a separate signed agreement that clearly delineates the clinical relationship from the housing relationship. The LCSW's dual role as landlord and potential clinician is disclosed in writing, and residents provide informed consent before any clinical services begin.

The Four Phases of LaunchPoint Living

Independence isn't a switch — it's a gradual handoff. LaunchPoint Living is organized around four natural phases that most young adults move through on the path from supported to independent living. These phases are not a formal program; they are a practical framework that helps residents and families understand where they are and where they're headed.

Phase
1

LANDING

Settling in, building routines, understanding expectations

Timeframe: Typically the first 4–8 weeks.

What this looks like: The resident is adjusting to a new home, new housemates, and new responsibilities. The focus is on basics: getting to school or work consistently, managing sleep and meals, learning the household rhythms, and building a sense of stability in the new environment.

Support focus: Establishing a weekly schedule, identifying the biggest friction points in daily life, and building the first simple routines. Sessions (if the resident chooses to engage) focus on orientation and practical systems-building.

What families can do: Resist the urge to over-help. Check in warmly but briefly. Let the home do some of the work.

Phase
2

BUILDING

Developing skills and systems, navigating early challenges

Timeframe: Typically months 2–5.

What this looks like: The resident is past the initial adjustment and beginning to encounter the real challenges of adult life: managing finances, handling conflict, navigating academic stress, or sitting with discomfort without defaulting to avoidance. Growth happens here — and so does struggle.

Support focus: Executive functioning skill-building, problem-solving, emotional regulation strategies, and early work on independence-related goals. Family consultation (with resident's consent) may be most useful during this phase.

What families can do: Hold steady. Your young adult will likely hit a wall at some point during this phase. The goal is not to remove the wall — it's to help them find their way through it. Ask how things are going, then listen more than you advise.

Phase

3

STRENGTHENING

Testing independence, consolidating gains, increasing self-direction

Timeframe: Typically months 6–12.

What this looks like: The resident is functioning with more consistency and beginning to trust their own systems. They may need less frequent support, are handling day-to-day challenges more independently, and are starting to think about what comes next.

Support focus: Consolidating skills, increasing self-monitoring, and beginning to plan the next step — whether that's a different housing arrangement, a new academic or career goal, or simply continuing to grow in place.

What families can do: Celebrate what you see. This is the phase where the investment starts to feel real. Stay curious about their plans rather than anxious about their timeline.

Phase

4

LAUNCHING

Transitioning to full independence or next steps

Timeframe: Whenever the resident is ready — there is no fixed endpoint.

What this looks like: The resident is ready to move on — to their own apartment, a different living situation, or a new chapter. LaunchPoint Living has done its job: they have the systems, the experience, and the confidence to take the next step.

Support focus: Transition planning, identifying the right next step, and ensuring there is continuity of care or support as needed after the housing arrangement ends.

What families can do: Let them go. This is what it was all for.

How It Works — Practically

The Housing

- Resident signs a standard Utah Residential Lease Agreement and Tenant Conduct & Community Standards Agreement
- Lease terms are typically one academic year (August–July) or semester-based
- Monthly rent is due on the 1st; security deposit is required at signing
- Resident is responsible for their own food, personal care, transportation, and academic or work obligations
- The home is managed by the landlord under standard Utah landlord-tenant law

The Services

- Any professional services (therapy, coaching, executive functioning support) are arranged separately, under a distinct signed agreement
- Services are scheduled at mutually agreed times — which may include at the property or at another location
- Services are billed separately from rent; insurance billing may be available for clinical services
- Residents may opt into some services and not others, or none at all
- Residents may discontinue services at any time without affecting their housing

The Family's Role

- Family members are welcome to participate in the process with the resident's written consent
- Family consultation sessions are available to help parents calibrate their support and communication
- Parents are not residents and do not have access to the property without advance notice and tenant consent, consistent with Utah landlord-tenant law
- Progress updates and communication with family require a signed release of information from the resident

What This Is Not — Important Boundaries

LaunchPoint Living operates within clear legal and ethical boundaries. We want families to understand these so that expectations are calibrated correctly from the beginning.

This is not a 24-hour supervised program. There is no on-site staff. Residents manage their own daily lives. The support available is professional and available by appointment — not continuous monitoring or supervision.

This is not a crisis facility or emergency housing. Residents must be stable enough for independent living. If a resident's needs escalate beyond what this environment can safely support, appropriate referrals will be made and the housing arrangement may not be able to continue.

This is not a substitute for a higher level of care. If your young adult needs residential treatment, a step-down program, or clinical supervision, this is not the right placement. We are committed to being honest with families about fit, and we will not accept a resident whose needs exceed what this environment can responsibly support.

Therapy and coaching are not required or guaranteed as part of the housing. They are voluntary, separately contracted, and based on the resident's consent and readiness. A resident who does not engage clinically remains a tenant in good standing as long as they comply with their lease.

The Admission Process

Because the housing and services are distinct, there are two parallel processes: a standard rental application (reviewed by the landlord) and an optional introductory consultation (for families interested in the clinical services). Both begin with an inquiry.

Step 1 — Inquiry

Reach out by phone, text, or email. Describe your young adult briefly and ask any initial questions. We'll share current availability, rent, and next steps.

Step 2 — Family & Resident Conversation

Before any paperwork, we offer a no-obligation phone or video conversation with the family and ideally the young adult themselves. This is not an assessment — it's a mutual conversation about fit. We'll talk about what your young adult is working on, what they're ready for, and whether this environment makes sense. You'll have the chance to ask anything.

Step 3 — Property Tour

If the conversation feels like a good fit, we'll schedule an in-person or virtual tour of the property. The resident should attend if possible. We'll walk through the home, meet any current housemates (with their consent), and review the community standards in person.

Step 4 — Rental Application

If both parties want to move forward, the resident completes a standard Rental Application. This includes a credit check, background check, rental history, and financial qualification review. The same criteria are applied to every applicant.

Step 5 — Approval & Lease Signing

If the application is approved, the resident signs the Residential Lease Agreement and Tenant Conduct & Community Standards Agreement. The security deposit and first and last month's rent are due at signing. A Move-In Condition Checklist is completed together on move-in day.

Step 6 — Clinical Services Agreement (Optional)

Separately, if the resident chooses to engage professional services, they sign a distinct Clinical Services Agreement that covers the nature of services, fees, consent, confidentiality, and the disclosed dual relationship between the landlord and clinician roles. This step is entirely independent of the housing and can happen at any time during the tenancy.

A Note to Parents

Letting go is not the same as giving up. It's the hardest and most important thing you'll do.

Most families who reach out to us have already tried a lot of things. Maybe your young adult has done well academically but fallen apart when the structure disappeared. Maybe they've tried living with roommates and it didn't work. Maybe they're back home and everyone in the house knows it's not the right long-term answer.

LaunchPoint Living isn't a magic solution. It's a real place, with real expectations, and real consequences for not meeting them. Your young adult will still have to do the hard work of growing up. What this environment offers is a landing pad that's more forgiving than the open market — smaller, quieter, cleaner, and with professional support available when they're ready for it.

Your role matters too. The families who see the best outcomes are the ones who stay warmly connected without rescuing — who let their young adult struggle with the dishes, the budget, and the alarm clock — who resist the urge to call three times a day — and who show up for the wins without minimizing how hard the journey was.

We're glad you're here. Let's find out together if this is the right next step.

Contact & Next Steps

Property Owner / LCSW: _____

Phone / Text: _____ **Email:** _____

Property Address: _____ Orem, UT **Monthly Rent:**
\$ _____

*LaunchPoint Living — Orem, Utah | Private Residential Rental | Professional Services Available Separately
Housing and clinical services are distinct arrangements. This document describes both for informational purposes only.*