

# Five Steps to Get Your Adult Child 'Unstuck': Darien Wellness Hosts a Conversation on This Important Topic

DARIEN, Conn., Sept. 10, 2019 (SEND2PRESS NEWSWIRE) – Darien Wellness, Fairfield County's premier mental health group, is excited to kick off its second annual Lunch & Learn series with an important topic for Connecticut families. Across the nation, young adults (age 18 and up) are suffering from the inability to successfully launch themselves into adulthood. Darien Wellness, in collaboration with Greenwich's Institute for Restoring Cognitive Health, will be holding a discussion addressing this crisis.



Send2Press® Newswire

The seminar, called "Is Your Adult Child Stuck?" will be given by Gregg Pauletti, the director of The RCH Institute in the Darien Wellness conference room. He will discuss this on-going crisis and teach parents and other family members effective steps to combat the issue.

This event is Tuesday, Sept. 17, 2019 from noon at Darien Wellness, 30 Old Kings Highway South in downtown Darien.

Across Fairfield County, our young-adult sons and daughters often seem lost

as they struggle with the transition to adulthood. If you do not have a child in this situation, chances are you have friends who do.

The issue of failure to launch has become a growing crisis across the United States for the past decade.

**Here are some of the alarming facts:**

- A study from 2016 reports that 45% of young adults in New Jersey live with their parents.
- The rate of young men neither working nor looking for work has increased over 25% in the past decade.
- This phenomenon has typically effected young men, but increasingly young women are falling victim to this “quarter-life crisis” as well.

Locally, there has been an exponential rise in the number of calls related to families with an adult child who seems incapable of moving on with their lives. “We have so many families seeking help,” said David Ezell, CEO of Darien Wellness, “and I felt we had to offer more services to these young people, and their families, to help them get their lives back on track. This workshop is a first step in that direction.”

There are evidence-based solutions to this crisis and they will be discussed at this important meeting. Seating for this complimentary event is very limited. Please call (203) 883-0464 to reserve your spot and we encourage you to bring a friend as well. Feel free to bring a lunch and Darien Wellness will provide drinks, condiments and utensils.

**About The RCH Institute:**

Located in Greenwich, Conn., The RCH Institute provides educational and vocational support, supplemented with cognitive remediation to work with clients to achieve their goals. RCH Institute specializes in working with individuals who are living with low motivation, lack confidence, and appear to be “stuck”. Through the use of evidence-based programs and implementing “metacognitive awareness” techniques, we develop an atmosphere of achievement, helping to create a more purposeful, healthy, independent life. Contact the RCH Institute at 203-302-9883, or by email at [inquiries@restoringcognitivehealth.com](mailto:inquiries@restoringcognitivehealth.com)

**About Darien Wellness:**

Darien Wellness was founded in 2014 and has rapidly grown into a full-service mental health practice serving Southern Connecticut and the Gold Coast. It is staffed with psychologists, social workers, counselors and life coaches all committed to helping its clients live their best lives. It is the only private mental health group in the area that takes major insurances, including Anthem/Blue Cross/Blue Shield, Aetna and CIGNA.

Learn more at: <http://DarienWellness.com>

For more information call 203-883-0464 or write [info@DarienWellness.com](mailto:info@DarienWellness.com)  
Follow us on Twitter and Instagram @DarienWellness