

THE CAUSEWAY APPROACH

Real-world mentorship. Candid coaching.
Practical therapy.

Our work focuses on young men and the academic, career and mental health challenges they face.

INDIVIDUAL We make it personal

Talk therapy alone doesn't always work with young men. That's why our team works with them, and their families, to create an individualized, multi-faceted approach. This can include life-skills mentoring; career and academic coaching; as well as clinical therapy—we personalize our strategy according to individual need.

COLLABORATIVE The influence of a team

Constant communication is vital to helping young men work through big personal challenges and major change. Our team of experts work in real time, regularly sharing progress, discussing changes, and fine tuning every client's plan of action.

RELATABLE A man among men

Our all-male team of Mentors, Coaches, and Counselors are mental health professionals who have studied, and lived the same kinds of experiences as our clients. When you've been-there and done-that, you know best how to inspire real change.

CAUSEWAY // COLLABORATIVE

WE CREATE CONVERSATIONS THAT GO SOMEWHERE.

Let's get started!

Contact

✉ info@causewaycollaborative.com

☎ 203-255-0301

🌐 causewaycollaborative.com

Our Offices

WESTPORT LOCATION

1465 Post Road East, Suite 201,
Westport, CT 06680

WEST HARTFORD LOCATION

18 North Main Street,
West Hartford, CT 06107

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WHEN TALKING IS GOING NOWHERE,
WE'RE SOMEWHERE THAT CAN HELP.

SERVICES

Causeway Collaborative is a get-your-life-back-on-track candid counseling unit for young men ages 16 to 30 who need expert guidance to move forward and find their purpose.

Therapeutic Mentorship

Real world mentorship for the real world.

Is your son withdrawn? Does he isolate in his room or avoid family and home altogether? Maybe you've noticed that he's depressed or anxious and struggling to come to grips with his illness. He may have run into trouble at school, or even with the law. And consequences don't seem to matter—he keeps on engaging in self-destructive behaviors. Whatever's going on, there don't seem to be any answers.

Causeway's Therapeutic Mentorship program is real world stuff. It's experience-based therapy that happens outside Causeway's four walls. A Therapeutic Mentor will build trust with your son. The Mentor will walk him to the door as he applies for jobs, visits local schools to sign up for courses, and juggles new responsibilities. Causeway Mentors offer real-time feedback, and model habits and behaviors that help clients move through everyday challenges effectively.



Counseling

Empowering young men to move forward.

Has your son been on a rocky road with school and other commitments? Is he unsure about his future, while many of his friends have moved on to college or to post-grad jobs? Maybe you've run into roadblocks with communication, and he's angry, disengaged, anxious, or depressed and behaving in ways that concern you. One thing's certain—he's not going where either you or he thought he would. He's stuck.

Our Causeway Counselors are master connection-builders. We establish trust with young men who resist others' efforts to reach out. In a service field where guys show up for their appointments less than half the time, Causeway is proud of the 91% average attendance rate that has been maintained over the years. The young men who come to Causeway not only engage with our Counselors; they buy in big to the work we do together.

We'll partner with your son, get to know him for the man he is, and help him address the root cause or causes of his issues so he can begin to move forward.

The bedrock of our approach is the deep examination of thought, action, and identity. Every client has unique needs, issues, and ways of expressing himself. Causeway Counselors are intuitive, and we're also practical. We ask questions others may not have thought to ask. We listen to your son and help him unpack the answers. We support him in developing custom strategies that foster lasting change, so he can be healthier, better adjusted, and more productive. Together, we offer your son the tools he needs to live a life you can both be proud of.

Futures Planning

Build a future worth protecting.

There's no worse feeling than seeing your son adrift, unwilling, or unable to steer the wheel of his own ship. You know he has drive and determination—you've seen it. But he doesn't seem to be going after his goals. He may seem at risk of not following through on commitments to achieve his life's purpose. Worse yet, he may even be giving up.

Why? Well, for many young there's a massive wall of uncertainty in the way. The wall of How. How can I find a college I'm interested in? How I land a job that I love and still keep on the table? How can I take pride in the life I'm living? How does he decide?

In this diverse and specialized world, youth have more decisions to make than ever before. Industries and career paths are constantly being reinvented. Everything changes at warp speed—as we're bombarded with new information from all directions.

Amidst all this, it's hard for a young man to zero in on his passions, much less focus his talents on building the personal and professional life of his dreams. Especially once he finds his path, he'll need the grit to push forward. He'll need resilience to pick himself up and keep going, even on the tough days.

That's where the Causeway Collaborative team comes in, providing the support and skillsets that can help young men win at life. We'll coach him through the curves so he's not overwhelmed.



THE CAUSEWAY DIFFERENCE

Causeway Takes it Out of the Office

We walk your son through real world scenarios, so he can put what he's learned into practice. A Causeway Mentor will accompany your son into his community to understand the situations that create stress. While the Mentor acts as the eyes and ears of the entire treatment team, the discoveries that your son and his Mentor make together will help him discover himself. His treatment team of Mentors and coaches will fine tune the development strategies meant to empower your son as he navigates future challenges. Together, we'll make dreams and goals take flight.

Causeway Counselors & Clinicians

At Causeway, your son will have access to a team of clinically trained Counselors and Mentors who foster trust and connection. The Causeway Collaborative team connects with young men on their level. Our purpose and our passion is to bring the right team approach together on a winning strategy to guide your son as he becomes his best self.

We stay in step with him as he moves through the community, accomplishing his personal progress. This gives us a unique opportunity to inspire lasting change by modeling ways to problem-solve in the moment—right where he lives. He'll learn that while there's no perfect way to grow, the important thing is to grow and overcome challenges. As your son runs into roadblocks, we'll be there to help him pivot and problem-solve. At Causeway, we aren't afraid tackle problems head-on and get our hands dirty. Our clinical team approach lets us be bold and brave in conquering fears and failures, to help young men succeed.

Partnering to Create Solutions

At Causeway, we create partnerships with young men, moving them from simple answers to lasting solutions. Trained Therapeutic Mentors focus on getting to know who your son really is. As a team, we target the issues he's grappling with and develop a custom plan tailored to his growth and development needs. Our approach means showing up, to walk him to the door as he applies for jobs, visits local schools to sign up for courses, or juggles new responsibilities. Causeway Mentors offer real-time feedback, and model behaviors that help clients move through everyday challenges with ease.

It's all necessary, but it's not all hard work

Your son will learn wellness practices, will work on independent living skills, and will build on his interpersonal abilities so he can lead a healthy social life. Our therapeutic team approach also draws heavily on recreation. We do fun things like music-making, sports, weightlifting, art creation and more—all boosting well-being, self-esteem, and balance.