
A parent's guide: Introducing Skyterra to your young adult

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Having a conversation with your young adult about attending and receiving support from a structured wellness program like Skyterra Young Adult is not easy — and you're not alone if you're feeling nervous about where to start. This is a pivotal moment in your family's life and that can come with some natural pressure. Your child is on the threshold of independence, but for whatever reason, isn't ready to successfully cross that bridge on their own yet.

At Skyterra Young Adult, we understand how complex this transition can be, not just for the young adult, but for the entire family system. This blog has been written to help you initiate and sustain a healthy, supportive conversation with your child, rooted in connection, curiosity and clarity rather than judgement or fear.

1. Start with *connection*, not correction

Many parents come to us feeling frustrated, worried or burnt out from their situation. You aren't alone if you are feeling this way too! You may be seeing patterns of withdrawal, lack of motivation, impulsivity, strained relationships, or academic or work disengagement from your young adult. As a parent, we know it can be so difficult to bite your tongue and watch this unfold without interference, but jumping into "solution mode" right away can shut the conversation down before it begins.

Instead, we offer you to take a moment to pause and connect with your young adult. Create space for an open and honest conversation where your child feels safe to share authentically, rather than defensively.

You might say:

"I've been thinking a lot about how things have been going for you lately. This whole transition into adulthood doesn't always go the way we expect, and I've noticed it might be feeling tougher for you than usual. Whether it's school, work, friendships, or just how you're feeling day to day, I really just want to check in on you. I care about you, and I want to understand how things have been from your perspective."

It's okay if the conversation doesn't go far the first time. The most important thing is that your young adult hears your intention: *connection*, not control. You're not trying to override control and "fix" them. You're trying to understand.

2. Observe without blame or judgment

Once you've opened up the floor for conversation, it's helpful to share your observations in a grounded, nonjudgmental tone. The goal isn't to diagnose but rather to express curiosity and concern in a way that invites dialogue, not defensiveness.

You might say:

"I've noticed that your friendships don't seem to be bringing you joy lately."

"It seems like your daily routine has become less structured and I'm wondering how that's been affecting you."

"I see that school and work seem to be more draining than fulfilling. I wonder how you're feeling about that."

These are invitations, not accusations. You are simply observing and opening the door for your young adult to reflect on daily life and acknowledge how they might be feeling. Even if they respond with denial or even silence, you're creating a foundation of care and curiosity that you can build upon over time.

3. Introduce Skyterra as an invitation to explore, not a demand to comply

When the time feels right, and only after truly listening, you can begin to introduce Skyterra Young Adult as an avenue to explore with your young adult. We recommend that you frame SYA as one of many possibilities, not a punishment or mandate.

You might say:

"I know you've been trying to figure out your next steps, so I've been doing some thinking and research on my end too. I came across a place called Skyterra Young Adult. It's a program that's designed specifically for young adults who are feeling a little stuck or overwhelmed, just trying to find their footing. Don't worry, it's not some kind of boot camp or rehab facility. It's more like a supportive space where people focus on things like wellness, relationships, independence, and building real-life skills."

Offer the facts:

- It's a structured wellness retreat designed specifically for adults their age and who are experiencing similar struggles.

- It supports academic, career-based, emotional, social, and health-related goals. Think of our program as a launchpad for anything your young adult dreams of doing or becoming!
- The program fosters independence through compassionate accountability. We challenge our guests by choice, not by strict rules and policies that make them feel trapped.
- It is not about “fixing” — it’s about growth and reconnection. Your young adult isn’t “broken.” Rather, Skyterra meets each and every guest right where they are and walks beside them as they take steps towards the life *both of you* deserve.

We invite you to show them our website, tune in to our Inspired Intentions podcast (both [this](#) and [this](#) episode are great listens!), walk them through a [sample schedule](#) or [day-in-the-life](#) at Skyterra Young adult, or even suggest connecting with someone on our [team](#), like our Director of Admissions and Outreach [MaryKate](#), who is experienced in supporting hesitant young adults. From there, we can provide you with even more resources and next steps.

4. If they’re resistant, keep at it

If your young adult resists, and many do at first, take a breath! Resistance is information for you, not rejection. Their hesitancy means they may feel scared, ashamed, ambivalent, or unsure of what the program really entails, which is understandable. Don’t meet resistance with control. Meet it with active listening and validation.

You might say:

"I hear you. You don't think something like this is necessary, and you want to figure things out on your own. I totally get that, and I respect it. At the same time, I'm still feeling concerned. Would it be okay if I shared a bit about where I'm coming from?"

Then gently reflect what you’re seeing:

"I know how important your freedom is to you; I really do. At the same time, I can see how heavy things have been lately. I just want you to have the support and tools you need to really thrive, not just get by."

This is where tools like **VOPP** (Voice, Ownership, Perspective, Plan) and **validation techniques** from our Family Wellness Workshop are essential. You, as the parent, are not trying to convince them they’re wrong, you’re showing them you’re listening and that you care enough to stay present, even though conversations that might cause discomfort.

Sometimes, your young adult may shut your ideas down completely. Again, that doesn’t mean the conversation has to be over. The most powerful tool you have at this moment is consistency.

You can say:

“That’s okay. I’m not here to force anything. But I’d love to keep the door open. And if you ever feel curious or want to talk to someone who’s been through it, someone besides me, I can help with that too.”

Remind yourself: you’re not planting demands. You’re planting seeds of awareness of another path. Many young adults initially resist support because they don’t yet know what it looks like, or they fear it means losing autonomy. But, as you already know, Skyterra is about *gaining* autonomy and independence, and they may need a little time to realize that.

In the meantime, continue to model the kind of communication you want to receive. Stay grounded. Be consistent. Show love *and* hold your boundaries.

5. At the right time: Boundaries, agreements and family transition

If your child is living at home or financially dependent, it’s important to pair invitation with *clarity*. This is where our **Family Agreement** and **Transition Planning resources** come in.

You can frame it like this:

“We all want to feel safe and supported in this home, and I know that matters to you too. So let’s work together on a plan that helps make that happen, something with clear boundaries, expectations and positive consequences we can all agree on.”

These agreements might cover:

- Communication norms (Examples: respectful language, check-ins, curfews, and social expectations)
- Responsibilities (Examples: chores, school/work commitments)
- Device usage, screen time, social media and gaming boundaries
- Participation in family time or therapy
- Pathways to regaining privileges through credibility.

These are not punishments — they’re scaffolding. They are a clear set of boundaries and guidelines so that your young adult knows where they stand, what is expected, and how to succeed. And they help *you* step out of enabling patterns and into empowered parenting.

6. You can’t fix someone by loving them harder

This is one of the most painful (yet powerful) truths for parents: love is not control. You cannot “save” your child from struggle — but you *can* walk alongside them as they learn to navigate life and its natural ups and downs on their own.

Skyterra Young Adult is a place where young adults do that work — and where parents do their own parallel work too. Through our Family Wellness Workshop, communication tools and therapeutic guidance, we pledge to support you in reimagining your relationship with your young adult child.

This is not about blame. It's about building something new together.

You can say:

"Please understand that this isn't about me trying to fix you. It's about both of us putting in the work in different ways, but with the same goal in mind. I want you to have a life that feels sustainable and full of good things, and I want our relationship to feel strong, respectful, and real."

Final Thoughts

Every young adult's starting place and every family's journey is different. But what unites the families we work with is a shared desire for growth, connection, and hope. If you're reading this, you've already taken a powerful first step. Keep going.

Whether your child is ready to engage now or later, keep the invitation open. Keep the conversation going. And know that we're here, not just for your young adult, but for you. Allow us to be a part of your village that it takes to raise a confident, healthy, and independent young adult.

Want to talk to someone from our team? We'd love to connect you with a clinician, parent liaison, or former guest.

Visit: <https://skyterraya.com/>

Contact: [Director of Admissions and Outreach Marykate](#)