



KEY RESEARCH HIGHLIGHTS

- **Experiential deprivation** may contribute to young adults' decline in mental health.
- Through guided experimentation in a real-world yet supportive and low-stakes enriching environment, young adults develop trust in their unique way to problem solve: **response-ability**.
- The mechanisms of change include 6 elements in constant **experiential dialectics**.

THE TRANSFORMATION: BEFORE VS. AFTER

BEFORE THE BRIDGE	AFTER THE BRIDGE
● Shut Down Avoidance of tasks, relationships, and discomfort due to anxiety.	● I Trust Myself Growth in self-reliance, confidence, and pride in personal maturity.
● Lost Aimlessness, shattered confidence, and relying on others.	● To Problem-Solve Pushing comfort zones, improvising, and bouncing back from failure.
● Stuck Stagnation, friction towards goal, and unhealthy coping habits.	● Based On What Works Developing personalized version of healthy living and functioning

"I trust myself to problem-solve based on what works for me."

— SUMMARY STATEMENT OF PARTICIPANT VOICES

THE MECHANISM: THE "SANDBOX" & PROTOTYPING ENVIRONMENT

Young adults gain response-ability through guided exposure to experiential dialectics of these 6 impacting Elements:

01

Exploration & Novelty

Space to try new things.

02

Low-Stakes Environment

High safety, warmth, and non-judgment.

03

Real-World Challenges

Problem-solving in real-world scenarios with guidance.

04

Resource-Rich Environment

Engagement with multiple lifestyles and perspectives.

05

Freedom Within Goals

Given agency to find their preferred path to healthy living.

06

Iterative Feedback

Continuous guided trial and error to refine strategies.