

Executive Functioning Services

For Youth & Families

Provided by AspireNJ Youth · A Division of AspireNJ Holdings

About Our Executive Functioning Program

AspireNJ Youth is proud to offer specialized Executive Functioning (EF) Services designed to support young people in developing the cognitive and behavioral skills essential for academic success, independence, and lifelong wellness. Our clinically informed approach integrates evidence-based strategies with culturally responsive, youth-centered practice.

We work with youth ages 8–21 and their families — meeting them where they are and building the skills they need to thrive.

What Is Executive Functioning?

Executive functioning refers to the set of mental skills that help individuals plan, focus, manage emotions, and complete tasks. Areas we address include:

- ◆ Planning & Organization — setting goals, breaking tasks into steps, managing materials
- ◆ Time Management — estimating time, meeting deadlines, prioritizing responsibilities
- ◆ Working Memory — holding and applying information while completing multi-step tasks
- ◆ Impulse Control & Emotional Regulation — managing reactions and navigating stress
- ◆ Task Initiation & Follow-Through — overcoming avoidance and building consistency
- ◆ Flexible Thinking — adapting to changes, problem-solving, and shifting between tasks

Who We Serve

Our services are designed for youth and families navigating:

- ◆ ADHD and attention-related challenges
- ◆ Learning differences (dyslexia, processing disorders, etc.)
- ◆ Autism Spectrum Disorder (ASD)
- ◆ Anxiety, depression, and stress-related academic struggles
- ◆ Transition planning (middle to high school, high school to post-secondary)
- ◆ General academic underperformance without a formal diagnosis

Services Offered

◆ Individual EF Coaching (Youth)

One-on-one sessions focused on personalized skill-building, academic planning, and strategy development tailored to the youth's goals, school demands, and neurodevelopmental profile. Delivered virtually or in person.

◆ Family EF Coaching & Parent Consultation

Sessions designed to help families understand executive functioning challenges, strengthen home routines, and build consistent support structures. Parents and caregivers learn practical tools to reinforce skills between sessions.

◆ Group EF Workshops (Youth)

Small-group skill-building workshops for youth in a structured, supportive peer environment. Topics include organization systems, study strategies, managing distractions, and emotional regulation. Offered in school-based and community settings.

◆ School-Based EF Support & Teacher/Staff Consultation

Collaborative consultation with teachers, school counselors, and support staff to align EF strategies across the school environment. Available as part of school partnership contracts or add-on services.

◆ Initial EF Assessment & Goal-Setting Session

A comprehensive intake session to identify the youth's strengths, challenges, and goals. Includes a structured assessment, parent/caregiver intake, and a written summary with a personalized EF action plan.

Service Fees

Service	Rate
Initial EF Assessment & Goal-Setting Session (90 min)	\$195 per session
Individual EF Coaching — Youth (50 min)	\$125 per session
Family EF Coaching & Parent Consultation (50 min)	\$135 per session
Group EF Workshops — Youth (75–90 min)	\$45 per participant / session
Group EF Workshop Series (6-session package)	\$240 per participant
School-Based EF Support & Staff Consultation	Custom / Contact Us
Individual Coaching Package — 8 Sessions	\$900 (save \$100)
Family + Youth Bundle — 8 Sessions (4 each)	\$960 (save \$120)

◆ We Accept Flex Funds & Offer Sliding Scale Fees

We believe every young person deserves access to quality support — regardless of financial circumstance.

Flex Funds: AspireNJ Youth proudly accepts Flex Funds, including those provided through Self-Directed Services, special education funding, and individualized budgets. We will work directly with your plan coordinator or support broker to ensure seamless billing.

Sliding Scale: A sliding scale fee structure is available for families who demonstrate financial need. Fees are adjusted based on household income and family size. No family will be turned away due to inability to pay.

To inquire about Flex Funds authorization or to request a sliding scale application, please contact us directly. All financial conversations are handled with confidentiality and care.

How to Get Started

Getting started with AspireNJ Youth Executive Functioning Services is simple:

- ◆ Contact us to schedule a complimentary 20-minute discovery call
- ◆ Complete our youth and family intake forms
- ◆ Schedule your Initial EF Assessment & Goal-Setting Session
- ◆ Begin your personalized coaching or workshop journey

Contact Us

AspireNJ Youth · A Division of AspireNJ Holdings

Serving Newark Schools & Surrounding Communities | NJ/NY Metro Area

Email: info@aspirenjyouth.org **Web:** www.aspirenjyouth.org

Empowering Young Minds. Strengthening Families. Building Futures.