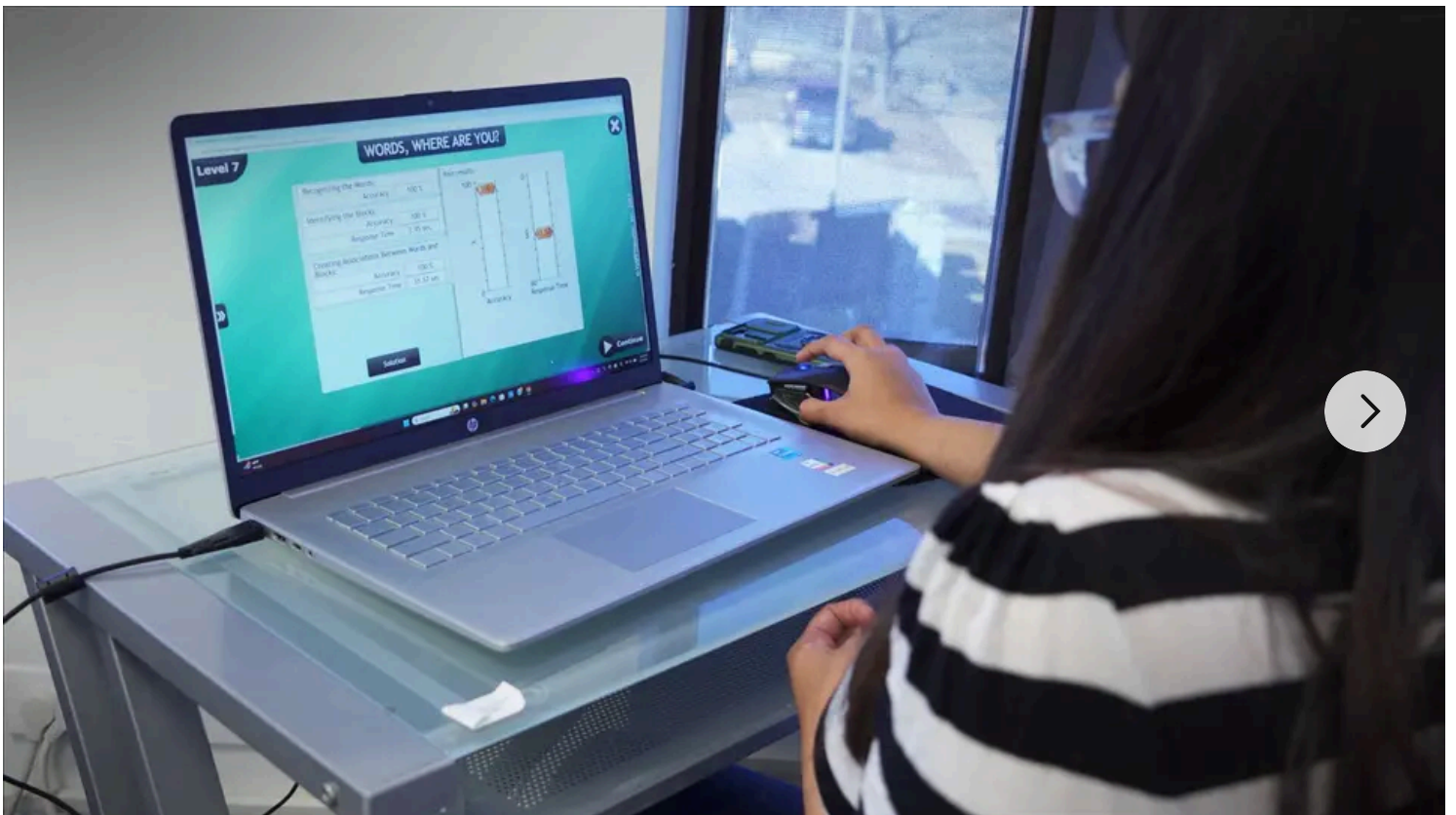


MARKETPLACE

Navigating the Transition to College: How Laurel House, Inc. Supports Greenwich Students

By **Laurel House**

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Laurel House has been a certified provider of Thinking Well since 2014. Sessions are offered onsite at Greenwich High School's Education and Wellness Center

For many students, the transition from high school to college or career training can be exciting—but also daunting. The shift to more independence, academic pressure, and unfamiliar environments is especially challenging for students experiencing anxiety, depression, or other mental health concerns.

Laurel House, a Stamford-based nonprofit, helps young people successfully navigate that transition with two innovative programs: Thinking Well and Supported Education.

A Personalized Path to Success



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Laurel House

Thinking Well (Cognitive Remediation) builds students' executive functioning skills, addressing cognitive challenges that interfere with the daily lives and academic

performance of teens and young adults with mental health conditions. Laurel House has been a certified provider of this therapeutic intervention since 2014. Thinking Well sessions are offered onsite at Greenwich High School's Education and Wellness Center

Greenwich United Way supports the Thinking Well program.

"With the mental health crisis continuing to rise, the Greenwich United Way is proud to support organizations like Laurel House, whose mission is to help individuals and families achieve and sustain mental wellness so they can lead fulfilling lives," said David Rabin of Greenwich United Way.

"Through GUW's grant to their **Thinking Well** program, trained counselors help participants build vital life skills — such as social engagement, confidence, and self-sufficiency — while tracking meaningful outcomes like returning to school, gaining or maintaining employment, and living more independently. Greenwich residents are fortunate to have access to this kind of program as the need for mental health support continues to grow," he said.

Since 1989, the **Supported Education** program has helped students across Fairfield County—including many in Greenwich—as they pursue academic and vocational goals. Whether they're applying to college, pursuing certification, or exploring career training, Laurel House helps make those goals accessible.

Supported Education was made possible partly through funding provided by the **Greenwich Department of Human Services**.

"The Supported Education program gives teens, young adults, and other Greenwich residents with mental health conditions an opportunity to engage in services that

can make a transformative impact in their lives,” said Demetria Nelson, department commissioner.

“The knowledge and experience gained in this program support clients’ self-efficacy by creating a clear plan and helping clients to reach their goals. The Greenwich Department of Human Services is proud to assist with funding Laurel House’s Supported Education program,” she said.

A Trusted Partner in Greenwich

Together, Supported Education and Thinking Well offer a highly individualized approach to post-secondary success. Students in Greenwich often participate in both programs, gaining practical tools and emotional support to help them thrive in school and beyond.

Laurel House is an embedded partner at Greenwich High School (GHS) and at Windrose, the Greenwich alternative high school program, providing weekly onsite support through the school’s Education & Wellness Center.

Laurel House staff collaborate closely with Greenwich Special Education teams, Transition counselors, and families to help students explore post-secondary options and follow through on their goals.

Powered by Local Support

Laurel House’s collaboration with the Town of Greenwich through the Greenwich Department of Human Services and Greenwich United Way demonstrates how community partnerships can provide critical early intervention for high school students facing mental health challenges.

For more information about Supported Education and Thinking Well, please contact Krista Biello at kbiello@laurelhouse.net or 203-487-1624. If someone you know is struggling with mental health, visit www.rtor.org for free information and support.