

FOR IMMEDIATE RELEASE

Analyze & ACT Launches Bridge to College Independence™, a Coaching Program Closing the Independence Gap for Neurodivergent Teens

Chicago, IL — August 2026

Analyze & ACT today announced the official launch of **Bridge to College Independence™**, a structured coaching program that prepares neurodivergent teens — and the parents who support them — for the realities of college life. Founded by Dr. Radhika Achari, BCBA, EdD, the program addresses what she calls the “independence gap”: the space between getting accepted to college and actually being ready to thrive there.

“A plan done *to* your teen is not a plan they will follow,” said Dr. Achari. “Families pour everything into the acceptance letter, but acceptance is not readiness. Our method builds the executive functioning, self-advocacy, and daily-living skills students need — with the teen's own buy-in at the center.”

Built on the four-step **Analyze & ACT Method™**, the program combines behavioral science with compassionate, autonomy-supportive coaching. Families work through skill assessments, personalized independence plans, and teen buy-in coaching across areas such as time management, sensory-friendly housing, healthcare transitions, and self-advocacy on campus.

Dr. Achari is a Board Certified Behavior Analyst, special-needs parent, and frequent podcast guest on neurodivergent college readiness, growth mindset, and teen independence. Her recent appearances include the Intent on Purpose Podcast, EveryDay ABA, and The Power-UP Universe Podcast.

About Analyze & ACT

Analyze & ACT helps burned-out parents of neurodivergent teens move from overwhelm to a clear, science-grounded plan for college independence. Learn more at analyzeandact.com.

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