



**Mental Health & Substance Abuse Treatment for Teens**





# Who We Treat

Adolescents 12 to 17 years old struggling with mental health, substance abuse and/or behavioral issues.

- Anxiety
- Depression
- Suicidality
- Psychosis
- Non-Suicidal Self-Injury (NSSI)
- Borderline Personality Disorder
- Substance Abuse
- Behavioral Disorders

# Evolve's Programs

Our admissions team is skilled in helping families and providers determine what level of care is appropriate for each teen.

- 🌱 Residential Treatment Center (**RTC**)
- 🌱 Partial Hospitalization Program (**PHP**)
- 🌱 Intensive Outpatient Program (**IOP**)



# Our Therapeutic Approach

- ✓ **Dialectical Behavioral Therapy (DBT)**
- ✓ **Cognitive Behavioral Therapy (CBT)**
- ✓ **Group Therapy**  
(Seeking Safety, Relapse Prevention, Anger Management...etc)
- ✓ **Structural Family Therapy**
- ✓ **Experiential Therapy**





# How to Get Your Teen to Talk to You

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Evolve Treatment Centers | Danville



# **PART 1: UNDERSTANDING TEENAGERS**

# THEN...VERSUS NOW

*You WERE their world, now you are just living in it.*

**Teens are undergoing rapid changes, such as:**

- Hormones (stress, sex, growth)
- Prefrontal cortex (judgment, decision making) & limbic system (emotional learning, regulation)
- Onset of various disorders



*“Between 11 and 14 there definitely is a shift. It’s a **profound time of identity formation**, where they start to rely on their peer groups and pull away from some of the ways of the past to become their own person.”*

- Joshua Srebnick, child psychologist in NYC



# BUT SERIOUSLY...

## **WHY ARE THEY NOT TALKING TO US?**

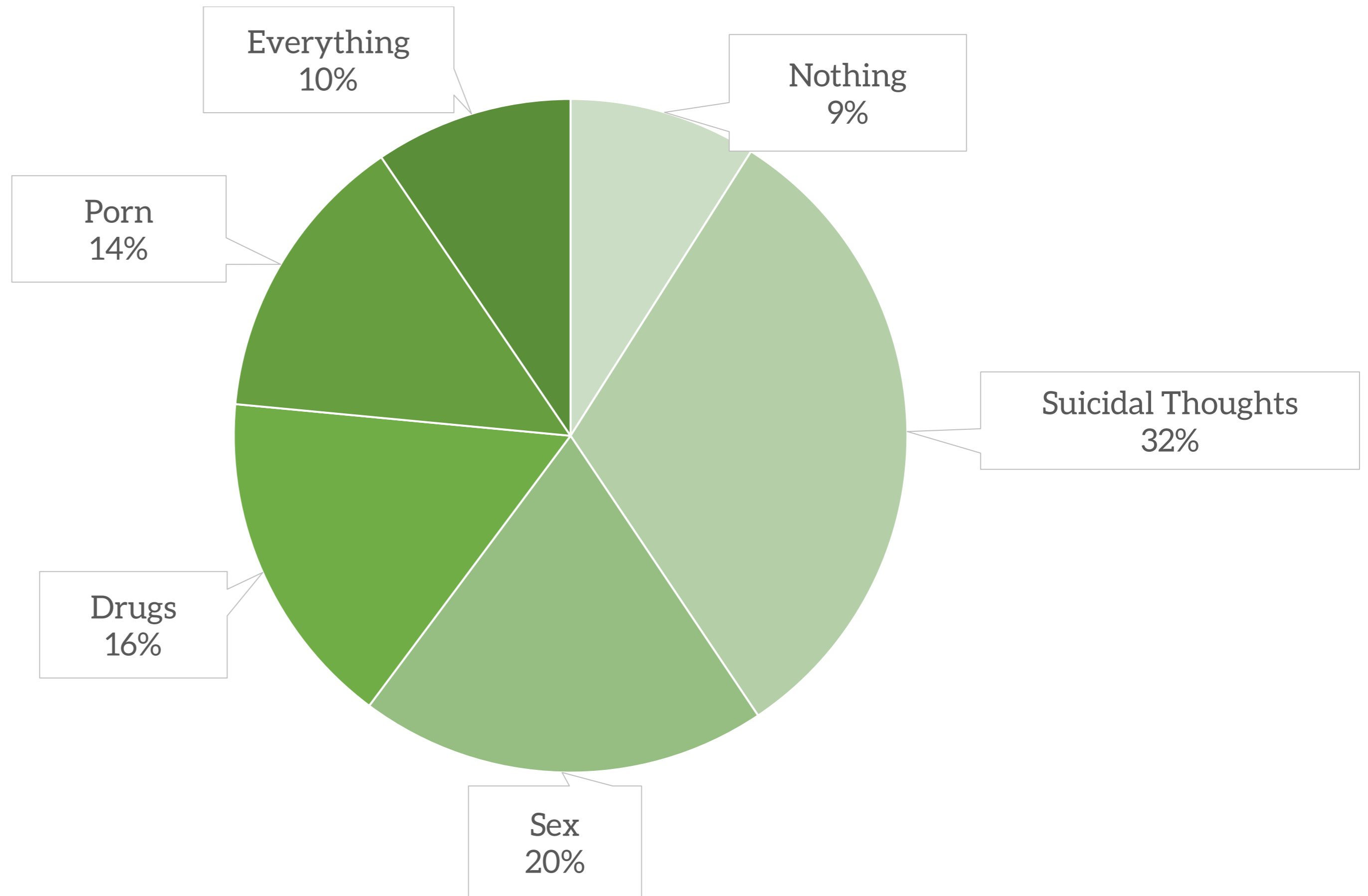
- . **Reason #1** – They don't want to overwhelm or worry you.
- . **Reason #2** – They don't want you to fix it.
- . **Reason #3** – They don't want you to get mad.
- . **Reason #4** – You won't understand.





# FRIENDS vs. PARENTS

**“I am currently lying to my parents about...”**



A photograph showing a person with dark, curly hair hugging another person with lighter, curly hair from behind. They are sitting on a bed in a room with a large window in the background. The person being hugged is wearing a white long-sleeved shirt, and the person hugging is wearing a grey long-sleeved shirt. The scene is softly lit, suggesting a calm and intimate moment.

**PART 2: WHAT CAN I, AS A PARENT, DO?**

# THE PARENT-TEENAGER RELATIONSHIP

- . A new study has found that around **70%** of parents say they “struggle to communicate meaningfully” with their kids
- . **82%** of parents actually feel like their kid avoids talking to them if they don't have to
- . **25%** of teens say social media makes them feel less lonely



# GOAL: “OPEN COMMUNICATION”

The neurons in various brain areas connect with synapses, which are pruned into adulthood. They start with a lot of brain cells and their experiences (doing something through repetition) strengthen the synapses. This is why children can learn things faster than adults. **Adolescents are learning machines.** The more they use their brains, the stronger the connections get.

“Open communication” can look like teens dipping their toes in the water or dancing around a topic.

**Patience, openness, validation.** Increase those synapses!



# STEP 1: GET ON THEIR LEVEL

- . Ways of communicating (text, DMs, Snapchat)
- . Take an interest in their interests
- . Quality time (not in crisis)
- . Be emotionally authentic



# STEP 2:

## ACTIVELY LISTEN & EMPATHIZE, DON'T OFFER SOLUTIONS

### It's Not About The Nail

- . Teenage limbic system (emotional responses)
- . Parents often try to project outcomes, point out their teen's role in the situation, or fix things
- . Don't make it about YOU



# STEP 2 - CONTINUED: ACTIVELY LISTEN & EMPATHIZE, DON'T OFFER SOLUTIONS

The Basics: Motivational Interviewing Technique for Empathy

## OARS

**O**pen Ended Questions

**A**ffirmation/Empathy

**R**eflective Listening

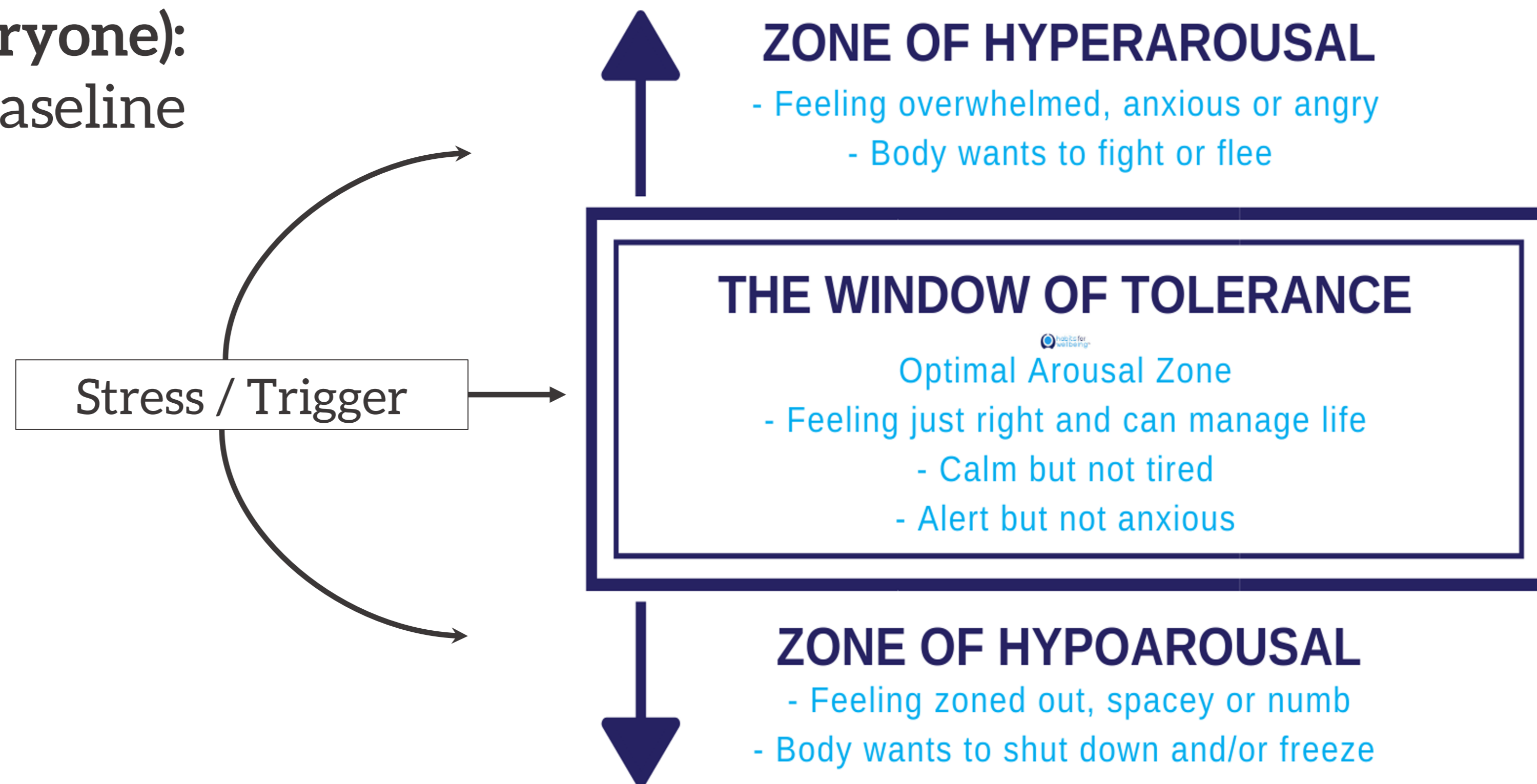
**S**ummary Reflections

[Brene Brown](#)



# WHEN TO NOT TRY TO PROCESS

Goal (for everyone):  
Get back to baseline



Adapted from - Siegel, D. (2009). Mindsight - The New Science of Personal Transformation. NSW, Australia: Scribe Publications.





# IT'S OKAY TO STILL HOLD BOUNDARIES

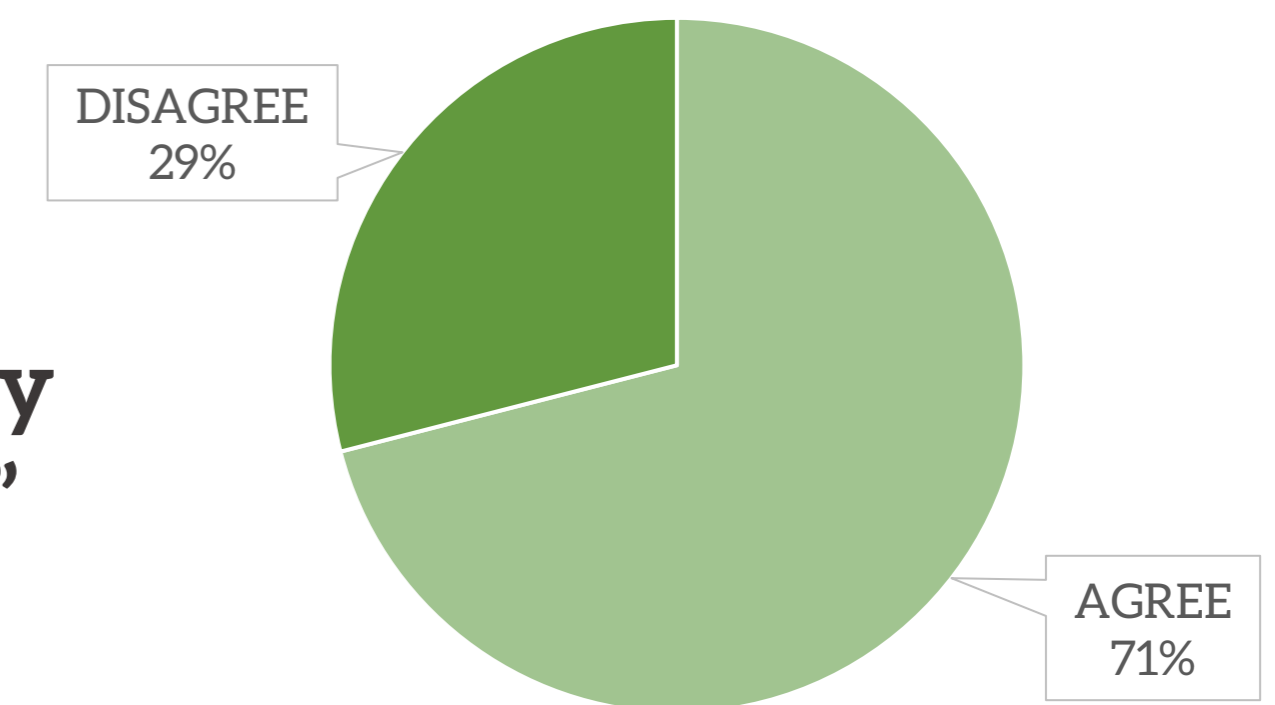
- The desire to feel connected to our kids can sometimes be so strong that our other instincts/values get pushed aside  
CONTINUE TO BE A PARENT!

- There is a way to have an open, connected relationship with your kid while also holding boundaries. They will thank you for it later.

**Example:** guilt → no boundaries → resentment

- Opportunities to practice
  - Distress tolerance
  - Radical acceptance

**“I appreciate that my parents have rules”**



**Questions?**

# Resources for Parents

**Check out our blog: Parenting Tips & Advice**

[www.evovetreatment.com/for-parents/parenting-tips](http://www.evovetreatment.com/for-parents/parenting-tips)


**View or download digital versions of helpful guides**

[www.evovetreatment.com/resources-parents](http://www.evovetreatment.com/resources-parents)

**Events for parents, clinical professionals, and other community members**

(recordings and slides available from previous events)

[www.evovetreatment.com/events](http://www.evovetreatment.com/events)



**Join Evolve's Weekly Virtual Parent Support Group!**

Register online at:  
[www.evovetreatment.com/community-psg](http://www.evovetreatment.com/community-psg)



# Thank You!



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**Join us for our next community workshop on April 28th!**

**Topic: Understanding Trauma in Teens**

**Register now on our website!**

[www.evolvvetreatment.com/april2021-community](http://www.evolvvetreatment.com/april2021-community)

Call us today for a free consultation:

**1-877-203-7229 • [www.evolvvetreatment.com](http://www.evolvvetreatment.com)**

