



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





Understanding Trauma in Teens

Ashley Thomas, LCSW & Certified TF-CBT Therapist

Clinical Program Director

Evolve Treatment Centers | Woodland Hills

What is Trauma?

- “Trauma is an emotional response to a terrible event...”
(<https://www.apa.org/topics/trauma>)
- "Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel a full range of emotions and experiences".
(<https://integratedlistening.com/what-is-trauma/>)
- Trauma “results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being”.
(<https://www.traumainformedcare.chcs.org/what-is-trauma/>)

Types of Trauma

Singular Events (Direct or Indirect Impact)

- Incidents of physical, emotional, or sexual abuse
- Natural Disasters
- Medical Trauma
- Exposure to Violence

Other chronic and/or environmental stressors

- Childhood neglect
 - Living with a family member with mental health or substance use disorders
 - Sudden, unexplained separation from a loved one
 - Poverty
 - Racism, discrimination, and oppression
 - Violence in the community, war, or terrorism
-
- OR, a combination of both singular & ongoing/multiple events

How Trauma Impacts Teens

Underlying all trauma = loss of sense of safety;
impact to sense of self & relationships



Protective Factors = Trauma Resilience!

- Safe environment(s)
- Supportive family environment (parent-child, siblings, extended family)
- Nurturing parenting skills
- Stable family relationships
- Household structure ~ rules and monitoring of the child/teen
- Adequate housing and financial resources
- Access to health care and social services
- Caring adults outside family who can serve as role models or mentors
- Communities that support parents and take responsibility for preventing abuse

Trauma Warning Signs

- Increased fear or anxiety
- Agitation
- Withdrawal
- Sudden changes in Behavior

Sleep, eating, hygiene, social changes, etc.

- Substance use
- Other risky behaviors

Sexual acting out, online behaviors, violence or aggression, reckless driving, etc.

A Range of Responses to Trauma

Studies show that about 15% to 43% of girls and 14% to 43% of boys go through at least one trauma.

Of those children and teens who have had a trauma, 3% to 15% of girls and 1% to 6% of boys develop PTSD*.

Acute Stress Disorder VS. Post Traumatic Stress Disorder

Intrusion: memories, dreams, flashbacks,

Avoidance: avoidance of memories, thoughts, feelings, people, places, associated with the event (s).

Changes in mood: irritability, anger, sadness, numbness

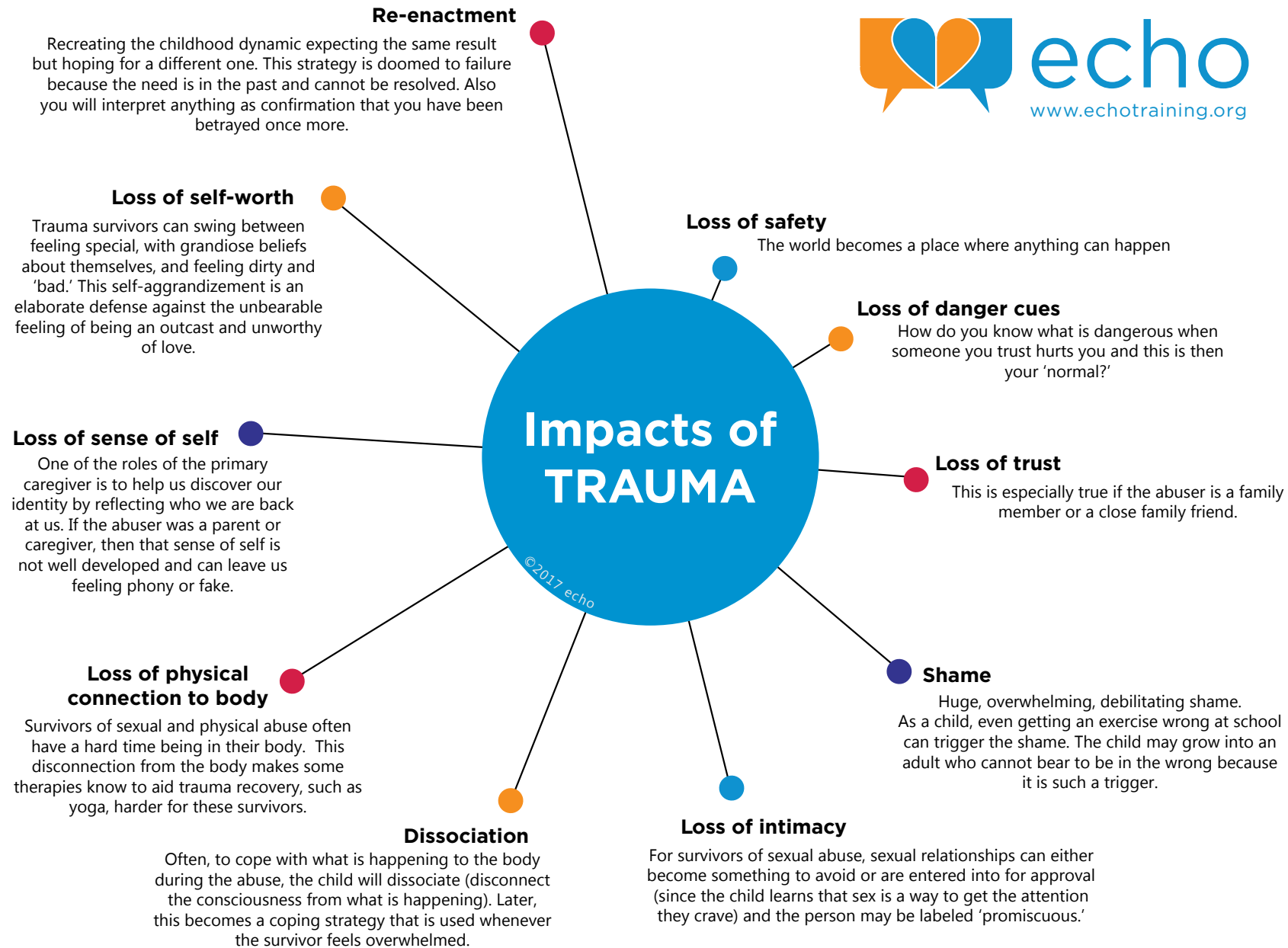
Arousal: hypervigilance, difficulty concentrating, sleep disturbance, exaggerated startle

The above symptoms are causing impairment in important areas of functioning (school, work, relational)

Acute Stress = Up to 1 month after the trauma

PTSD = Must last *more* than 1 month

*(https://www.ptsd.va.gov/understand/common/common_children_teens.asp)



How Trauma Impacts the Brain

3 Core Areas:

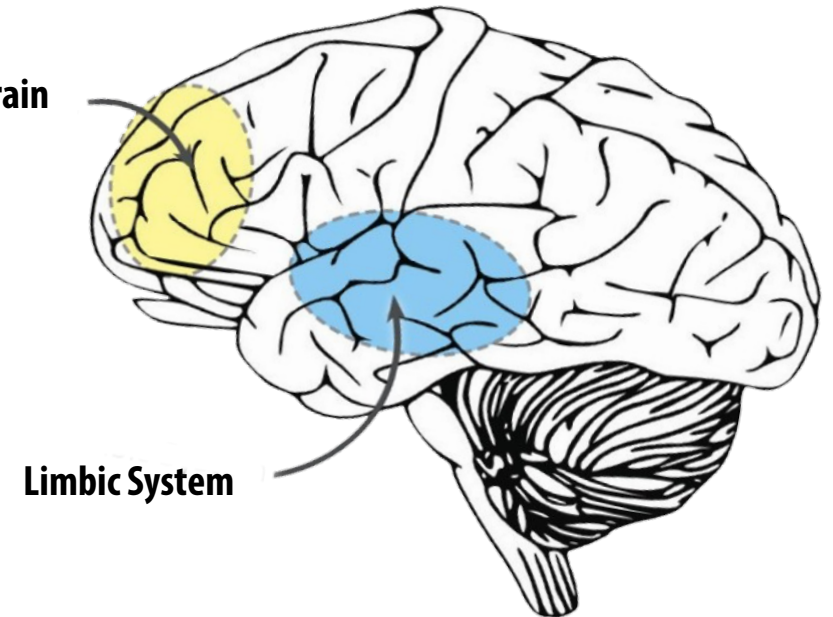
1. Amygdala
2. Hippocampus
3. Pre-Frontal Cortex

Survival Mode: Flight / Fight / Freeze

Frontal lobe (Prefrontal cortex) goes offline

Limbic system / mind and lower brain functions take over

Learning / Thinking Brain
(Prefrontal Cortex)



Challenges for Parents & Caregivers

“I don’t know how to talk to my teen about what happened”

“I didn’t realize how much this was affecting my teen”

“I experienced the same thing as my teen”

“I don’t know how to help my teen”

“My teen won’t talk to me about what happened”

“I don’t know if I believe my teen”

“How could this have happened? I was so careful”

“I’m dealing with my own stress”

Healing from Trauma - What can we do?

Focus on Safety

- Limit media exposure to graphic or traumatic content: News, social media, etc.
- Develop plans for safety in and outside of the home
- Identify safe people and places that your teen can turn to if necessary

When possible, explain what happened in a factual and age-appropriate way

- Share the facts; if needed, research, reach out, find out more together – knowledge can help ease fears!
- Can use books, articles, movies, maps, etc. as teaching tools
- Correct mis-information if needed

Encourage Open Communication

- Ask open ended questions & listen thoughtfully:

What did you see/hear/experience?

What did you think about what you saw/heard/experienced?

How did you feel when you saw/heard/experienced that?

- Be mindful not to judge their responses
- Use everyday opportunities to have these conversations – on the way to school, over a meal, on a walk, etc.

Healing from Trauma - What can we do? (cont'd)

Provide Validation & Grounding

- Practice Active Listening, Be Patient
- Acknowledge & honor your teens' feelings and perspective (even if different than your own!)
- Increase support and reassurance – emphasize they are safe now, do not encourage the idea that the world is a dangerous place

Maintain a regular Schedule/Routine

- This includes maintaining regular daily tasks such as hygiene, meals, sleep schedule, etc. Keep your teen informed of any changes.

Encourage Play/Relaxation/Self-Care

Support your teen in developing coping skills, and build your own too!

- Prompt your teen to use the coping skills when they seem to be getting anxious or worried unnecessarily

Be Part of the Solution

- Find positive ways to contribute to the community, support community recovery.

Example: Donate time or money, or help raise awareness

Reach Out for Help

- Understand common reactions & know when your child/teen may need more help
- Use family, spiritual, and social/community circles for comfort and support in difficult times
- Let us know if you and/or your teen is struggling with a certain issue so we can work together!

Healing from Trauma - Treatment

There are MANY treatment interventions for both preventing and treating trauma, with various modalities and settings – individual, group, school-based, family, etc.

Some of these include:

- Cognitive Behavioral Therapy (CBT)
- Prolonged Exposure (PE) Therapy
- Eye Movement Desensitization and Re-Processing (EMDR) Therapy
- Medication Treatment

How Evolve Treats Trauma

1. Addressing Life Threatening Behaviors
2. Increasing Safety
3. Skills Development

“Trauma creates change you don’t choose. Healing creates change you do choose.” – Michelle Rosenthal



Resources for Teens & Families

Authors:

- Bruce Perry
- Peter Levine
- Dr. Nadine Burke Harris
- Bessel van der Kolk
- Mark Wolynn

American Psychological Association - Trauma

<https://www.apa.org/topics/trauma>

CDC - Adverse Childhood Experiences

<https://www.cdc.gov/violenceprevention/aces/index.html>

National Child Traumatic Stress Network - Information on child trauma, resources for parents/caregivers

List of Interventions for Treatment of Trauma:

<https://www.nctsn.org/treatments-and-practices/trauma-treatments/interventions>

Resources for Teens & Families

Check out our blog: Parenting Tips & Advice

www.evolutetreatment.com/for-parents/parenting-tips

Parent Guide to PTSD: www.evolutetreatment.com/parent-guides/ptsd

How DBT Treats PTSD: www.evolutetreatment.com/blog/dbt-ptsd-adolescents

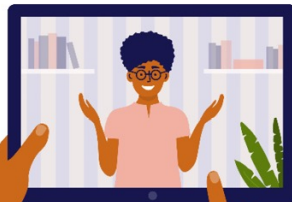
View or download digital versions of helpful guides

www.evolutetreatment.com/resources-parents

Events for parents, clinical professionals, and other community members

(recordings and slides available from previous events)

www.evolutetreatment.com/events



Join Evolve's Weekly Virtual Parent Support Group!

Register online at:

www.evolutetreatment.com/community-psg

Questions?

“Trauma is a fact of life. It does not, however, have to be a life sentence”

– Peter Levine

Thank You!



Ashley Thomas, LCSW, TF-CBT
Clinical Program Director



Evolve Admissions
P. (877) 203-7229
E. info@evolvvetreatment.com

Join our next community workshop on May 26th!

Topic: Understanding Borderline Personality Disorder (BPD) in Teens

Register now on our website!

www.evolvvetreatment.com/may2021-community

Call us today for a free consultation:

1-877-203-7229 • www.evolvvetreatment.com

