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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Getting Help for Troubled Teens: When and Where to Go**

**By Heather Peters**

When your teenager starts to get out of hand you have to ask yourself some hard questions. The first step is to honestly evaluate how you think you're doing when communicating with your teen. Do you feel you are sharing valuable information and time? Or do you feel there is a communication gap and he's hiding something?

Look for these warning signs:

- Low self-esteem
- Out of touch with reality
- sudden personality changes and mood swings
- Violent behavior
- Drop in grades and school performance
- self destructive actions or language (suicide threats or extreme diet & exercise)
- reclusive tendencies
- debilitating fears

Any of those behaviors done on a frequent basis can indicate a problem. At this point you should seek outside assistance. Don't be too proud to ask for help.

If you feel your efforts aren't working (or aren't good enough) first enlist the assistance of your extended circle of friends and family. Get everyone involved to bolster the spirits of your teen. Show him that he has a support system in place that he can count in. Work on building back trust in your relationship. If your child opens up to another family member better than you, keep your resentment inside, the focus should be on helping your teen.

## Getting Help for Troubled Teens: When and Where to Go

Sometimes you need to bring in professionals. Don't wait too long on this step if your child is getting out of control. A delay can be costly. But where should you turn next? Consider these options:

- School guidance counselor – this person deals with teenagers (especially troubled ones) on a daily basis, they are an excellent resource for insight into what might be happening among the social scenes at school. They also have quick easy access to your child during the day.

- Outside counselors and psychologists – These professionals have degrees in counseling and therapy. Some specialize in therapy while others focus on testing. Its best to find someone who deals with teenagers a lot, they usually relate better to the younger generation.

- Social workers – these individuals are often called in to work with families as a group and are quite familiar with emotional problems in a social setting. They can help identify issues related to family dynamics. This can be helpful if there are frequent conflicts at home.

- Psychiatrists – these are medical doctors (yes, they went to medical school) who are allowed to prescribe medication and can hospitalize patients. Generally you would reserve this professional for a later step as licensed counselors are often a less expensive and personal approach to teen troubles.

Therapy can become expensive so check with your insurance plan to see which services are covered. Some companies impose limits on the type of services available and/or the frequency of visits. If cost is an issue don't forget that school counselors are typically free. You could also contact a local university or college, free clinics, counseling training programs, and state run offices. Some offices offer sliding scale pricing for lower income families. It's important not to let money stop you from seeking help. The wellbeing of your child and your family depend on it.

<http://troubled-teens.topicreviews.com>

seeks to provide assistance for teens and their families to help

during stressful times including resources on camps for troubled teens at

<http://troubled-teens.topicreviews.com/troubled-teen-camps.html>

### **When Your Teenager Is Out Of Control: Troubled Teen Programs**

**By Paolo Basauri**

Introduction to Troubled Teen Programs

More than ever, teens today are facing an uncertain future. With political instability across the globe and unrest in local communities, it's no wonder that our teens are confused and scared about their place in the world. Just as they are trying to find their own adult identity, the teenage body is hit with an

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influx of hormones and unsettling emotions that they don't know how to control. Because of this, teenagers are particularly susceptible to conditions such as depression, oppositional defiant disorder (rebelliousness) and numerous personality disorders. Adolescent frustration can easily lead to behavioral problems, if the teen doesn't receive appropriate counseling. Troubled teen programs exist to provide such counseling, and intervene before troubled teens can damage their future irrevocably.

### Who Can Benefit from Troubled Teen Programs

Many teenagers can benefit from the variety of troubled teen programs that are available. Whether you're teen is overtly rebellious, experimenting with drug use or promiscuous behavior, or has had trouble with the law, troubled teen programs can provide the tools to set your teenager on the right path. Troubled teen programs can reach your troubled teenager by teaching them to respect themselves and others, offering relatable testimonials and providing an objective outlook on how your teen functions. Whatever problems your teen may be facing, such as alcoholism, insecurity, or apathy, troubled teen programs can renew a positive outlook on life. These programs will help your teen, and your entire family, by bringing you all together.

### Types of Troubled Teen Programs

There are many diverse troubled teen programs to address the many problems facing teens. Finding the program that best suits your teenager's needs is key to helping them out of their problems. Some typical troubled teen programs include:

- \* Residential programs - Similar to boarding schools, residential teen programs require the teen to live at the program facility. Residential troubled teen programs are especially helpful for teens that have been expelled from public schools or need a great deal of supervision. Residential programs can be general or cater to specific problems such as drug abuse.

- \* Wilderness programs - Wilderness troubled teen programs take the problem teenager out of the confusing modern world and bring them back to the basics. Removing the teenager from the influences of bad company, computers, cell phones and modern conveniences, allows wilderness programs to access the root cause of the teen's issues.

- \* Boot Camp/Military School (

<http://www.militaryschoolsboys.org/>

- ) - There are a number of troubled

teen programs that utilize the military approach to treating problem teens. Focusing on discipline and respect, boot camp style programs can build the character of a troubled teen while allowing him to gain much-needed self respect.

### Where to Look for Help in Finding Troubled Teen Programs

## Getting Help for Troubled Teens: When and Where to Go

Because each program is unique, it's important to carefully investigate your options before deciding on the program that is right for your troubled teen. Many programs can be investigated via the internet. Once you locate a program or programs that may be right for your teen, contact each organization to discuss your specific issues.

Paolo Basauri is an expert author who writes for

<http://www.help-for-troubled-teens.org/>



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