



**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.

## 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**







# Evolve's Residential Model

- 24-hour support and supervision for about 30-60 days
- 6 beds
- All genders
- Individual Therapy = 3x weekly
- Family Therapy = 2x weekly
- Psychiatric Consultation = 1x weekly
- Group Therapy and Psychoeducation several times daily
- Ability to offer 1:1 patient monitoring if needed
- Onsite nursing







# Managing High-Risk Behaviors in Teens

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Primary Therapist

Evolve Treatment Centers | Tarzana - Vanalden



# High-Risk Behaviors to Watch for in Adolescents

It's normal for caregivers to feel worried about risky behaviors such as:

- Use of illegal substances, alcohol and tobacco smoking
- Unprotected sexual activity
- Sexting and other risky uses of social media:  
(sending or receiving nudes, posting nudes or private parts on social media)
- Sneaking out
- Illegal activities like trespassing or vandalism
- Truancy (skipping school, skipping classes, avoiding school work)

# How to Respond to High-Risk Behaviors

**Alcohol and other drugs:** Talk to your teen about them while also trying to keep an open mind

**Unprotected sexual activity:** Talk to your teen about safe sex practices

**Sexting risks:** How to explain them to teenagers

**Truancy:** Skipping school and helping your teen go to school regularly

**Sneaking out:** Have that discussion, again

**Illegal activities like trespassing or vandalism:** Hold your teen accountable for their actions



# Handling Difficult Parenting Moments

## **Dialectics: "Walking the middle path"**

Dialectical thinking refers to the ability to hold two truths that seem like opposites and accept there is more than one way to see a situation.

## **Acceptance and Change = Middle Path**

- Move away from "either-or" thinking to "both-and" thinking.  
Avoid words like "never" and "always." Be descriptive.
- Accept that different opinions can be legitimate and true, even though you might not agree with them
- Check your assumptions and do not expect others can read your mind



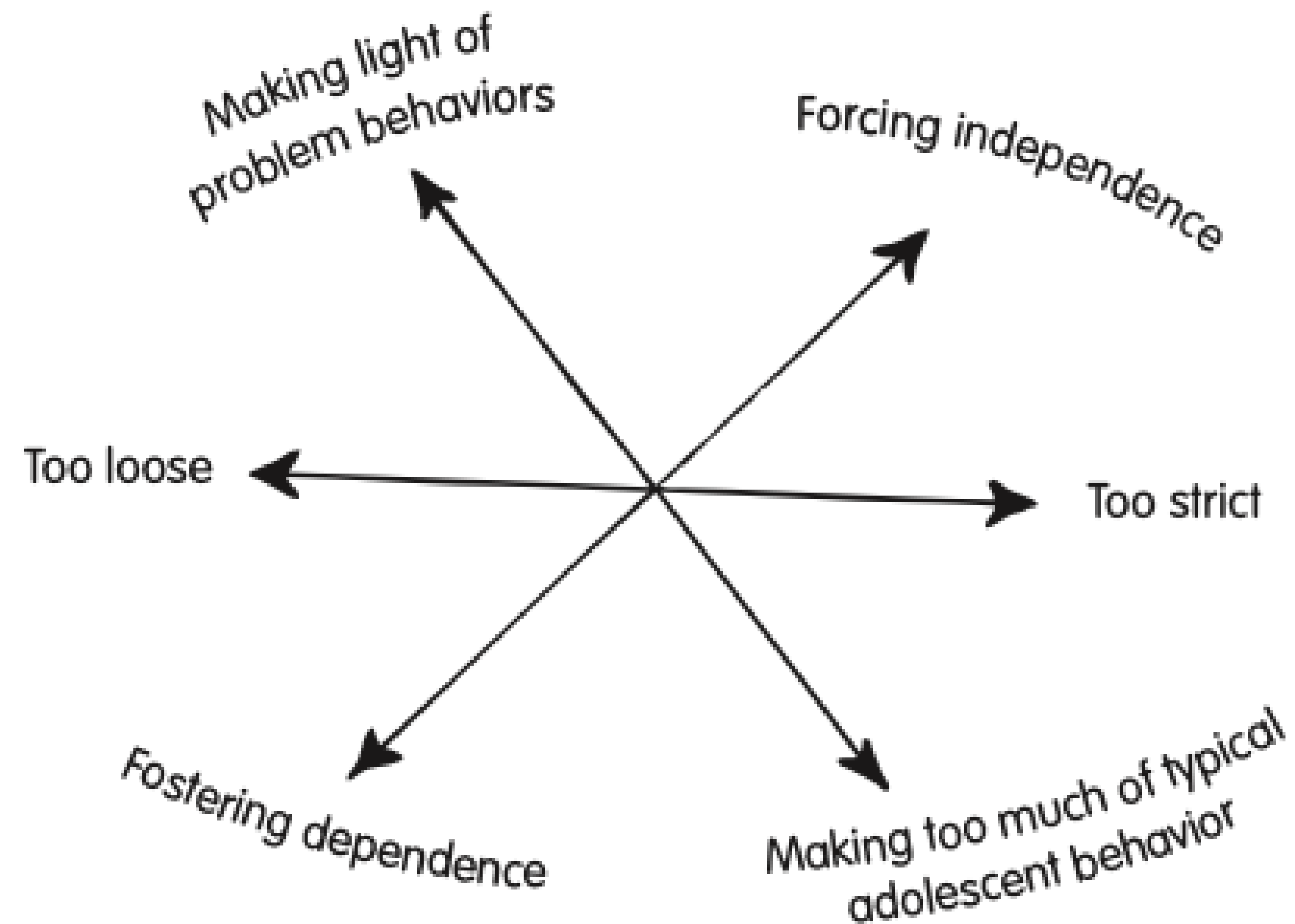
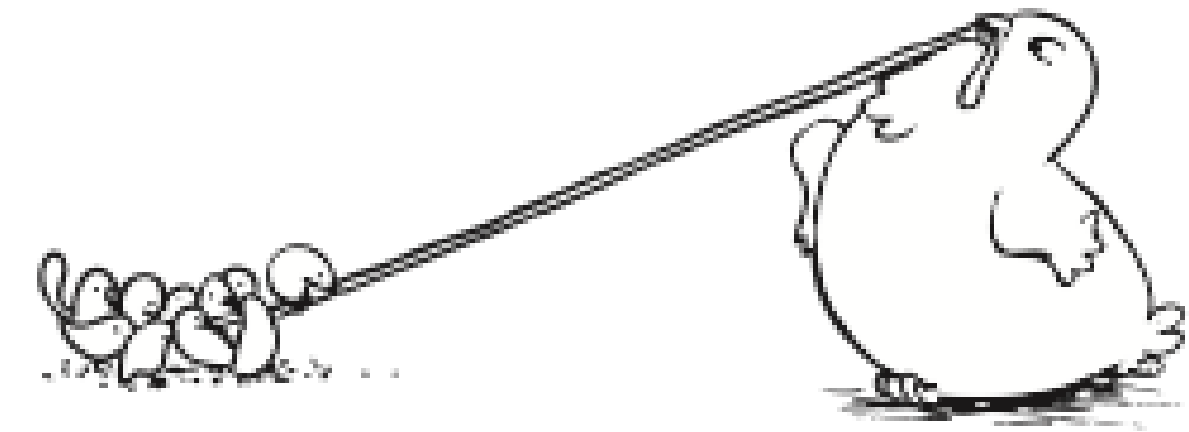
# Addressing Problems: Collaborate and Be Consistent

- Parental inconsistencies fuel severe family conflicts
- Involve the adolescent in identifying what needs to be done
- Ask whether the adolescent can “do” what’s needed in the solution
- Ask whether they want you to help them “do” what’s needed
- Develop strategies that everyone can stick to
- It’s good to know. Do not keep secrets about this. Talk about it openly with your family member and make sure professionals know.
- Model effective behaviors
- Talk about values
- Helping your teen handle peer influence

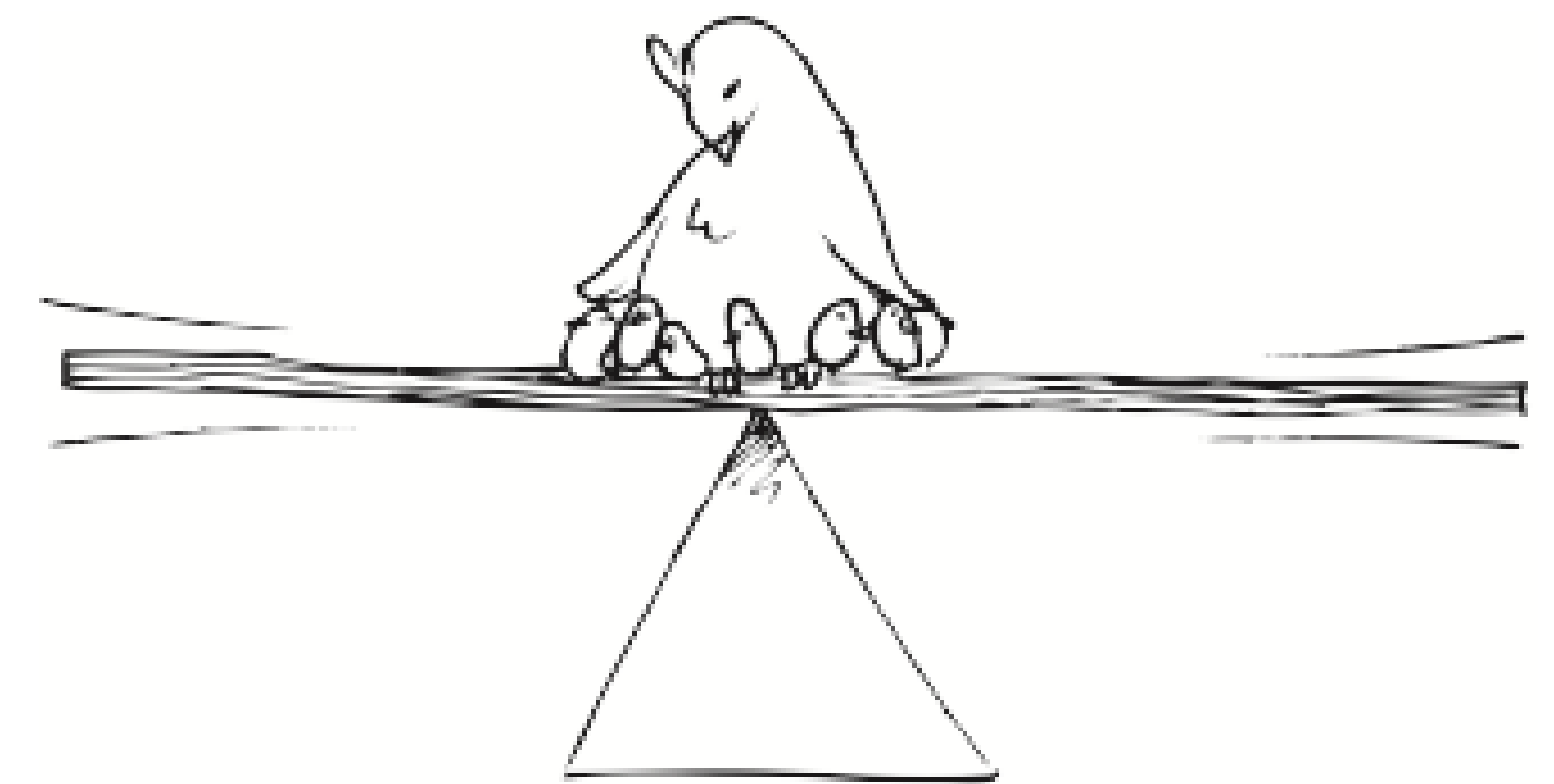




# The Middle Path and Dialectical Dilemmas



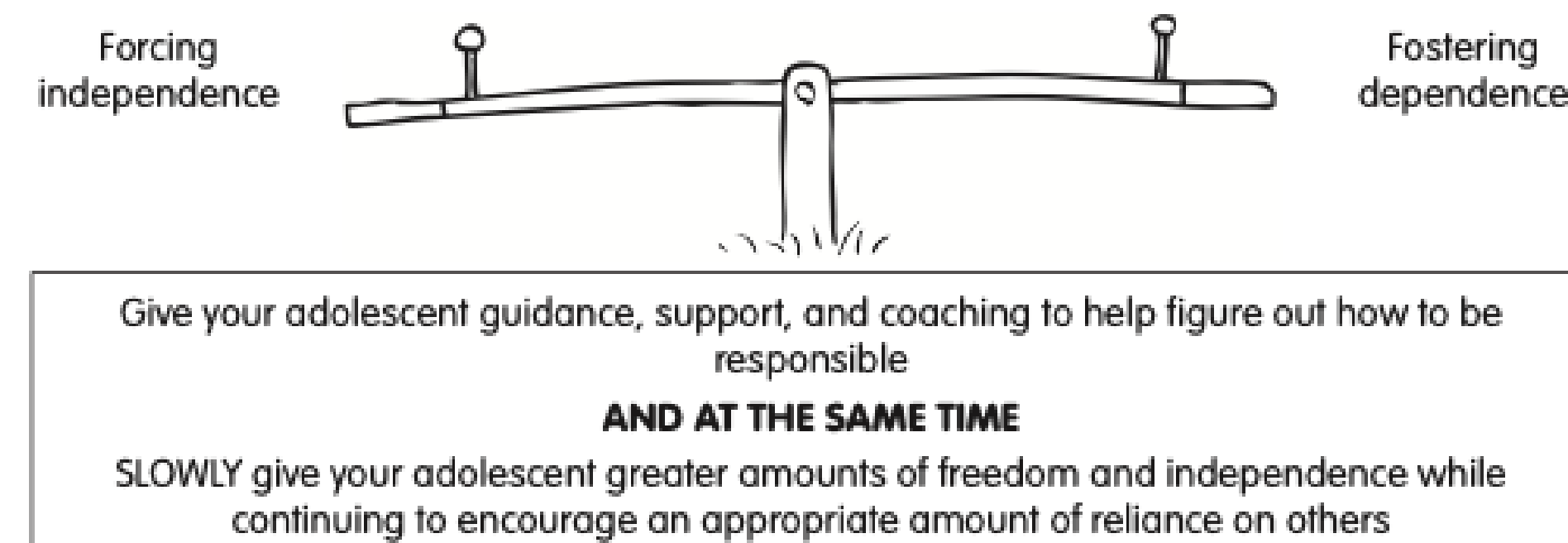
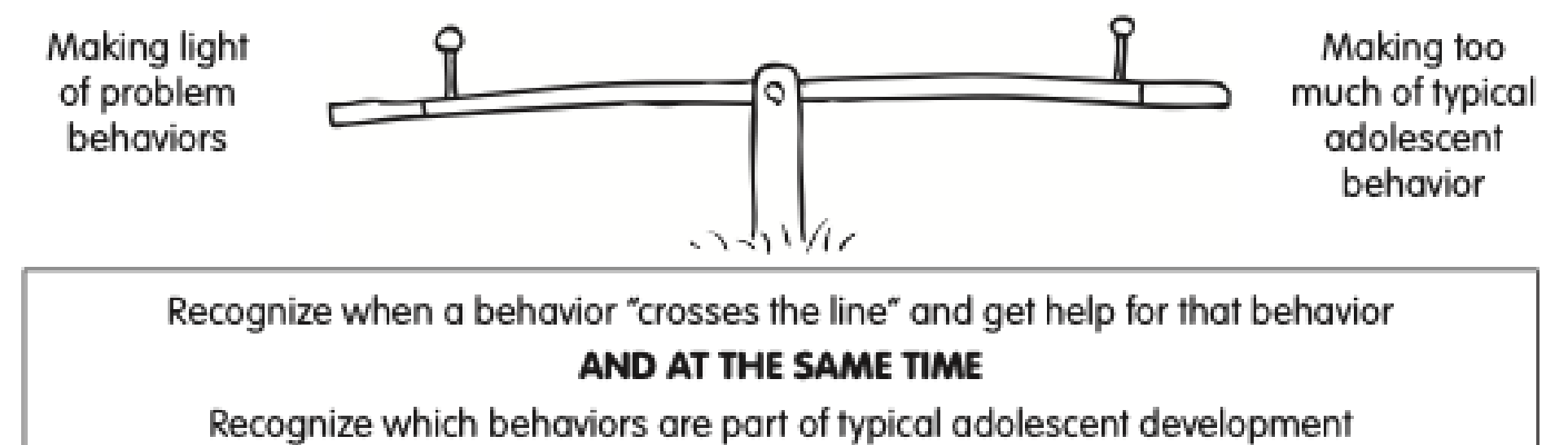
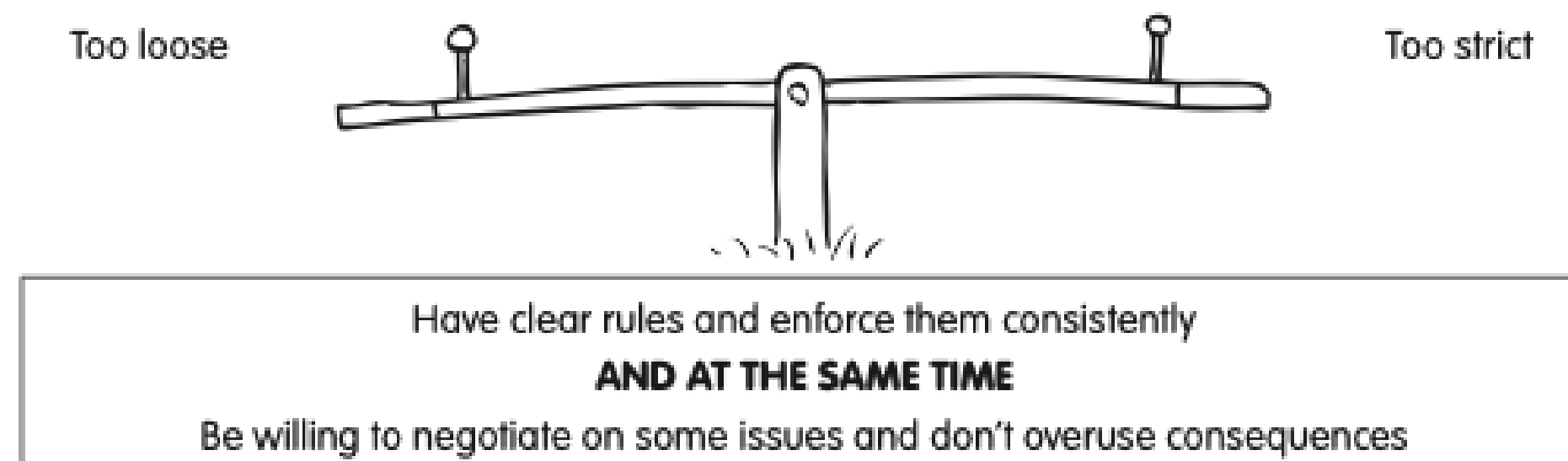
**Strive for Balance!**





# Dialectical Dilemmas:

## How Does the Dilemma Apply to You?



Place an "X" on each continuum to note where you are, a "Y" where your family member is, and a "Z" for a second family member.  
What do you need to do to think and act more dialectically?





# Setting Limits

- Plan ahead
- Decrease or stop behaviors
- Implement consequences and punishments effectively
- Be open to incorporating your teen's ideas
- Communicate **clear rules and expectations**
- Do not protect your teen from the natural consequences of their actions. Allow them to learn about reality.
- Do not tolerate abusive treatment such as tantrums, threats, hitting and spitting. Walk away and return to discuss the issue later.
- Be cautious about using threats and ultimatums. Do not use threats and ultimatums as a means of convincing others to change. Give them only when you can and will carry through.





# Managing High-Risk Behaviors

Pay Attention But Stay Calm

Keep Risk-Taking Teenagers Safe

- Safety comes first!
- Listen
- Don't get defensive in the face of accusations and criticisms. However unfair, say little and don't fight. Allow yourself to be hurt. Admit to whatever is true in the criticisms.
- Stay FOCUSED: Self-destructive acts require attention. Don't ignore. Don't panic.
- Consider pursuing resources through your teen's health provider or your own search.
- CALL EMERGENCY SERVICES IF NEEDED





# How to Tolerate the Distress of Knowing Your Teen is Engaging in Risky Behaviors

- Crises Survival Skills: IMPROVE the Moment

**I**magery

**M**eaning

**P**rayer

**R**elaxation

**O**ne thing in the moment

**V**acation from worry thoughts

**E**ncouragement

- Find support for you!

Join Evolve's Weekly  
Virtual Parent Support Group!

Register online at:

[www.evolve-treatment.com/community-psg](http://www.evolve-treatment.com/community-psg)





# THINK Skills

When you want to make peace, reduce conflict, and reduce anger, THINK about it differently.

## THINK...

- » Think about the situation from the other person's perspective. How might they be interpreting your words and actions?

## HAVE EMPATHY

- » What might the other person be feeling or thinking? It's important to consider how the other person is feeling.

## INTERPRETATIONS

- » Can you identify more than one interpretation, or an alternative explanation, for the person's behavior(s)?  
Make sure to consider at least one positive, or good, interpretation of the situation.

## NOTICE

- » How has the other person been trying to improve the situation, use their own skills, or show that they care?  
OR notice how they may be struggling with stressors or problems of their own - this can affect how the person is acting

## USE KINDNESS

- » Remember a kind and gentle approach when interacting with the other person.  
Treat them the way that you want to be treated.





# Questions?

## Sources:

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Miller, A. and Rathus, J. (2017). DBT Skills Manual for Adolescents. New York: The Guilford Press.

Gunderson, J.,Berkowitz, C. <https://www.borderlinepersonalitydisorder.org/family-connections/family-guidelines/>



# Thank You!



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**Join us for our next community workshop on March 31st!**

**Topic: How to Get Your Teen to Talk to You**

**Register now on our website!**

[www.evolvvetreatment.com/mar2021-community](http://www.evolvvetreatment.com/mar2021-community)

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