



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**)

Therapeutic Approach

- **Dialectical Behavioral Therapy (DBT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Solution Focused**
- **Behavioral Activation**
- **Structural Family Therapy**
- **Motivational Interviewing**
- **Seeking Safety**
- **Relapse Prevention**





Evolve's Residential Model

- 24-hour support and supervision
- Length of stay 30-60 days
- 6 clients per home
- Co-ed
- Individual Therapy 3x weekly
- Family Therapy 2x weekly
- Psychiatric Consultation 1x weekly
- Group Therapy and Psychoeducation 4x daily
- School Time 2 hours daily (Monday – Friday)
- 3:1 client to therapist caseload
- Ability to offer 1:1 patient monitoring if needed
- Onsite nursing 8+ hours daily





Evolve's Outpatient Model

Partial Hospitalization Program (PHP)

- Full day of programming, five days a week
 - Individual therapy sessions 2x weekly
 - Family therapy session 1x weekly
 - Psychiatry session 1x weekly
 - Group Therapy and Psychoeducation daily
 - Academic support

Intensive Outpatient Program (IOP)

- Minimum of three hours of programming three to four days a week, depending on the needs of the teen and family
 - Individual therapy sessions 1x weekly
 - Family therapy session 1x weekly
 - Psychiatry session 1x weekly
 - Group Therapy and Psychoeducation daily





Assessing Your Parenting Style

Jordan Carter, LCSW 91791

Clinical Program Director, San Diego PHP/IOP

Objectives:

- Learn about different styles of parenting
- Identify your parenting style
- Understand and assess how your style impacts your child
- Learn ways to move toward more balanced parenting

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What is a Parenting Style

- Attitudes, patterns, strategies, and psychological construct used to raise children
- The expression of parental behavior
- The emotional climate for parent-child interaction
- Can be affected by a child's temperament
- Responsiveness (warmth) and expectations (boundaries)

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4 Types of Parenting Styles

- Authoritarian
- Permissive
- Uninvolved
- Authoritative

(Baumrind 1991)

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Authoritarian Style

- High expectations, low responsiveness
- Very strict parenting
- Focus is on discipline, obedience, control, and submission
- Expect orders to be followed without question
- Discourage open communication
- Control through threats, punishment, and shaming
- Withhold affection and yell as punishment
- Show no interest in child's opinion or feelings
- Kids' temperaments can trigger authoritarian parenting

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Examples

- “Because I said so”
- Yelling, shouting, and lecturing when child misbehaves or makes a mistake
- Silent treatment
- Exploding in anger toward child
- “I don’t care how you feel, just do as I say.”
- You statements and blaming

Impact

- High rates of shame, guilt, and humiliation
- Feelings of insecurity and inadequacy
- Negative view of self
- Parent's emotions take priority over the child's
 - Internalize others' emotions
- Shut down emotions and are unable to express emotions appropriately
 - Acting out/externalizing behavior
- Unable to make decisions for self
- Unable to understand consequences and often get in trouble
 - Unable to develop own moral compass
- Become good liars to avoid consequences
- Low empathy for others
- Engages in bullying
- Emotional distance in the family
- Resentment toward parents



Permissive Style

- High responsiveness, low expectations
- Afraid to set limits
- Very warm and very nurturing
- High emphasis on child's happiness
- Don't give out consequences
- Emphasize freedom over responsibilities
- No chores or responsibilities around the hour
- Backs down when child tantrums or begs
- Do not provide structure or schedule
- Take on a friend role
- Struggle to discourage kids from making poor choices



Examples

- “Cool mom”
- “Kids will be kids” mentality
- Indulgent parent- Not saying “no”
- Allowing a child to skip school if they don’t feel like going
- Not setting a curfew
- Turning a blind eye to substance use or poor behavior
- Let kids do whatever they want (care too much)

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Impact

- Often struggle academically
- Depression and anxiety are high
- Health issues such as obesity and cavities
- Higher rates of underage drinking
- Demanding and selfish
- Struggle with certain social skills
- High impulsivity
- Tend to be aimless in life
- Lack boundaries
- Low self control and low achievement
- Make poor decisions
- Unable to manage and maintain good habits



Uninvolved Style

- Low expectations, low responsiveness
- Little awareness of what their child is doing
- Uninterest in child's activities
- Indifferent to child's emotions
- Don't devote time or energy to meeting child's needs
- Lack of emotional attachment to child
- No set rules, boundaries, structure, or expectations
- No consequences or rewards
- Tend to be neglectful, though it may be unintentional
- Preoccupied with their own affairs



Examples

- Showing little interest in things like art work or sports
- Not listening as child talks about their day
- Lack of care or concern if child skips school
- Not knowing a child's friends or teachers
- Not helping child with homework when struggling
- Are unlikely to be involved at school functions
- Preoccupied with phone
- Let kids do whatever they want (don't care enough)

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Impact

- Low self esteem
- Struggles in school and academically
- Become very self reliant
- Social isolation
- Flies under the radar
- Trouble regulating emotions
- Struggles to connect emotionally in relationships
- Difficult time coping with feelings

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Authoritative Style

- High expectations, high responsiveness
- Provide warmth/nurturance AND boundaries and limits
- Fair, clear, and consistent expectations and consequences
- Avoids using threats and punishment
- Allows child to express opinions by listening to child
- Are able to be flexible depending on circumstances and other factors
- Provide guidance and encourage children away from poor choices
- Model the behavior they expect from their child
- Encourage open and honest discussions
- Let natural consequences occur while using those instances to be a learning moment
- Encourage accountability
- Teach their child values
- Attuned to child's emotional state and needs
- Firm yet nurturing



Examples

- Setting clear consequences if a child does not complete their chores
- Structure around curfews and bed time
- Listening to child as they talk about their day even if it is repetitive or uninteresting
- Allows child to make mistakes and engage child in discussion about what went wrong
- Validates child's feelings in response to boundaries being set

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Impact

- Are confident in learning new things, facing challenges, and being in new environments
- Capable, happy, and successful
- Emotion regulation and self control
- Good social skills
- Self disciplined
- Able to think for themselves and can make decisions
- Competent and confident in their abilities
- Cooperative with peers
- Academic success and engage in school activities
- Independence and ability to reason

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Which Parenting Style Do You Have?

- Authoritarian
- Permissive
- Uninvolved
- Authoritative

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Another Way to Think of Parenting

- Boundaries with no attunement
- No boundaries with attunement
- Boundaries with attunement (Balanced Parenting)

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Boundaries

- Expectations, rules, structure, and limits
- Held by enforcing and giving consequences for behavior and actions
- Promote safety, responsibility, and structure
- Create space for kids to make mistakes

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Attunement

- Tuning in to child's emotional state
- Mirroring back to your child you see what they're feeling
- Responding to emotional cues
- Creates space for child to find balance and support in regulating emotions
- Sends the message emotions are okay
- Develop parent-child attachment through emotional connection

Boundaries with No Attunement

- Similar to authoritarian parent
- Rules and expectations are highest priority
- Little attention on child's emotional needs
- Child feels inadequate of not meeting parents' expectations
- Often feel not good enough or love is conditional
- Lack of parent-child emotional connection
- Stunts child's emotional development
- Sends message emotions are unacceptable

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No Boundaries with Attunement

- Similar to permissive parent
- Child centered parenting
- Focus is on child's happiness and self esteem
- Boundaries are removed to soothe sadness, anger, and disappointment
- Poor behavior is blamed on external factor and kids are not held accountable
- Fuel narcissism and entitlement in teens
- Do not allow child to struggle, jump in to rescue
- Boundaries are seen as negotiable

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Boundaries with Attunement: Balanced Parenting

- Setting boundaries
- Emotional attunement
- Reflective listening
- Validation
- Valuing struggle

Balanced Parenting

“Limits discourage a child’s poor behavior, not her emotion; likewise acknowledging your child’s emotions doesn’t mean dismantling limits.

The trick is finding the balance.”

-The Parallel Process

Balanced Parenting

Setting Boundaries

- Clear and firm
- Flexible when needed
- Consistent with consequences and expectations
- Structure and schedule

Emotional Attunement

- Tuning in to emotional experience
- Listening to child's feelings and opinions
- Present and engaged
- Curious about child



Balanced Parenting: Reflective Listening

- Mirroring back that you see and hear what someone is feeling
- Intentionally paying attention to emotional cues
- Being present and engaged
- Uses verbal and nonverbal communication
- Responding vs Reacting
- Attuning and mirroring, not fixing
- “What I hear you saying is you feel ____”
- “It sounds like you’re feeling ____, can you tell me more?”
- “I can see you feel _____. Does that feel right?”
- “I want to understand what you’re feeling, but it is hard to understand when you are yelling.”



Balanced Parenting: Validation

- Recognizing and affirming another's thoughts, feelings, and experiences.
- Acknowledging the validity in how someone feels.
- Allows someone to feel the emotion
- Nonjudgmental and takes away proving who is right or wrong
- Shows understanding of the feeling, even if you don't agree with it
- "I understand why you would feel angry. That sounds really tough."
- "That's hard. Thank you for sharing with me."
- "I'm having a hard time understanding why you felt that way, can you explain more so I can understand better?"
- "I can imagine how you would feel that way. How are you coping with that feeling?"



Balanced Parenting: Valuing Struggle

- Internal feelings of contentment and esteem come through struggle, hard work, and achieving goals
- Learning and growth happen outside comfort zone
- Kids develop internal ability to overcome challenges when allowed to struggle
- Struggles reinforce natural consequences
- Rescuing/fixing takes away the opportunity to learn, grow, and develop their own problem solving skills
- Allowing child to get a bad grade if they haven't studied
- Helping child train harder if they've been on the bench all season
- Open discussion about natural consequences
- Not intervening if a child gets in trouble at school for acting out
- Helping child problem solve friend issues
- Work with child to set achievable goals and encourage hard work
- Build mastery



Balanced Parenting: Impact

- Validate the feeling while invalidating the behavior
- Allows child to struggle to develop problem solving skills
- Provides guidance to help a child know they're supported and cared for while fostering independence
- Allow child to be mad at a boundary or consequence
- Validate then problem solve alongside child
- Boundaries and attunement help a child develop emotional maturity and self accountability

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Questions?

Resources for Teens & Families

The Parallel Process by Krissy Pozatek

Parenting Teens with Love and Logic by Foster Cline and Jim Fay

Hunt, Gather, Parent by Michaelleen Doucleff

Check out our blog: Parenting Tips & Advice

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

View or download digital versions of helpful guides

www.evolutreatment.com/resources-parents

Events for parents, clinical professionals, and other community members (previous event recordings available)

www.evolutreatment.com/events

An illustration showing a person's hands holding a tablet. On the tablet screen, a person with glasses and a pink shirt is gesturing with their hands. The background of the screen shows a bookshelf and a plant.

Join Evolve's Weekly Virtual Parent Support Group!

Register online at:
www.evolutreatment.com/community-psg




Thank You!

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Admissions

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