



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**)



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



Therapeutic Approach

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





Understanding Normal vs Abnormal Teen Behavior

Taylor Culbertson, LMFT

Clinical Program Director, Evolve Walnut Creek

After This Workshop You'll...

- Have a better understanding of childhood stages of development, specifically adolescent development
- Learn what could be considered “normal” vs “abnormal” teenage behavior
- Identify when behavior becomes “clinically significant”
- Learn about available resources for support including Evolve’s continuum of care

Call us today for a free consultation:

1-855-920-3638 • www.evolvevetreatment.com



WHEN YOU HAVE TO ENTER



YOUR TEENAGER'S ROOM

"Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years."

- Unknown

Oh look, they've started to make teenager mannequins.



Adolescent Development

What is Adolescence?

- Years between puberty and adulthood during which there is growth physiologically, intellectually, psychologically, and socially
- Developmental tasks is to form one's identity and prepare for adulthood
- Literature frequently portrays this as a negative stage of life – a period of storm and stress to be survived
- Professionals can play an important role in shifting perceptions of adolescents to the positive; despite protest, teens need adults and want them to be part of their lives to help nurture, teach, guide and protect them to adulthood
- Developing brains and growing cognitive skills increase reasoning and abstract thinking
- Emotionally, they are working on establishing their sense of self and who they want to become by experimenting with new behaviors as they transition from childhood to adulthood



Physical Changes/Development

- Entering puberty is marked by a growth spurt and sexual maturation
- Numerous factors affect onset and progression of puberty, including genetic and biological factors, stressful life events, socio-economic status, nutrition and diet, amount of body fat, and presence of a chronic illness
- Growth spurt involves rapid skeletal growth, usually beginning at age 10-12 for girls through age 17-19, and beginning at age 12-14 in boys through age 20
- Teens are known to spend time concerned about their appearance, particularly in order to “fit in” with the norms of the group with whom they most identify
- Puberty is associated with weight gain, and many adolescents experience dissatisfaction with their changing bodies. Some teens can become overly preoccupied with their physical appearance and may begin to diet obsessively



Cognitive Development

- From concrete, black and white thinking to becoming more and more able to think abstractly and in shades of grey, able to analyze situations logically in terms of cause and effect, and evaluate hypotheticals
- Higher level thinking allows for future thinking and planning, evaluating alternatives, and setting personal goals. Growing in cognitive competence includes such things as the ability to reason, problem solve, think abstractly and reflect, and plan for the future
- Ability to engage in introspection and mature decision making
- Despite this, most teens still need guidance from adults to develop their potential for rational decision making
- Level of maturity or judgement may drop during mid teen years before increasing again into young adulthood
- Splintered skills, or talent in some areas and weakness in others is common



Emotional Development

- Establishing a sense of identity in the context of relating to others, and learning to cope and manage emotional processes
- Adolescence may be the first but not the last time individuals form or re-evaluate their identity. Teens may for the first time have the cognitive capacity to sort through who they are and what makes them unique
- Self-Identity is twofold;
 - Self-concept: includes the set of beliefs one has about themselves, be it attributes, roles, goals, interests, values and beliefs
 - Self-esteem: involves evaluating how teens feel about themselves, how much we like or approve of ourselves or certain parts of ourselves
 - Can include experimenting with different ways of appearing, sounding and behaving
 - Adults can help enhance self-esteem by helping face problems instead of avoiding them through problem solving, role playing, or providing information and resources



Moral Development

- Developing a sense of values and ethical behavior
- Cognitive development lays the groundwork for moral reasoning, honesty, and prosocial behaviors such as helping, volunteerism, or caring for others
- Adults can ensure that issues involving fairness and morality are identified and discussed sensitively and in a positive atmosphere where adolescents are encouraged to express themselves, ask questions, clarify their values, and evaluate their reasoning



Social Development

- Relating to peers, family, school, work and community
- Teens' world shifts from the family to the peer group. Decreased frequency of contact with family doesn't necessarily mean family closeness is less important
- Teens orient themselves towards peers to establish greater independence from parents. New focus on peers is an important and healthy new stage in development
- Peer groups provide ability to bounce off different moral judgements and values and define how they differ from parents. Also provide information about the world outside of the family from a different perspective, and are powerful reinforcers in the form of popularity, status, prestige and acceptance
- Positive peer relations during adolescence have been linked to positive psychosocial adjustment



Behavioral Development

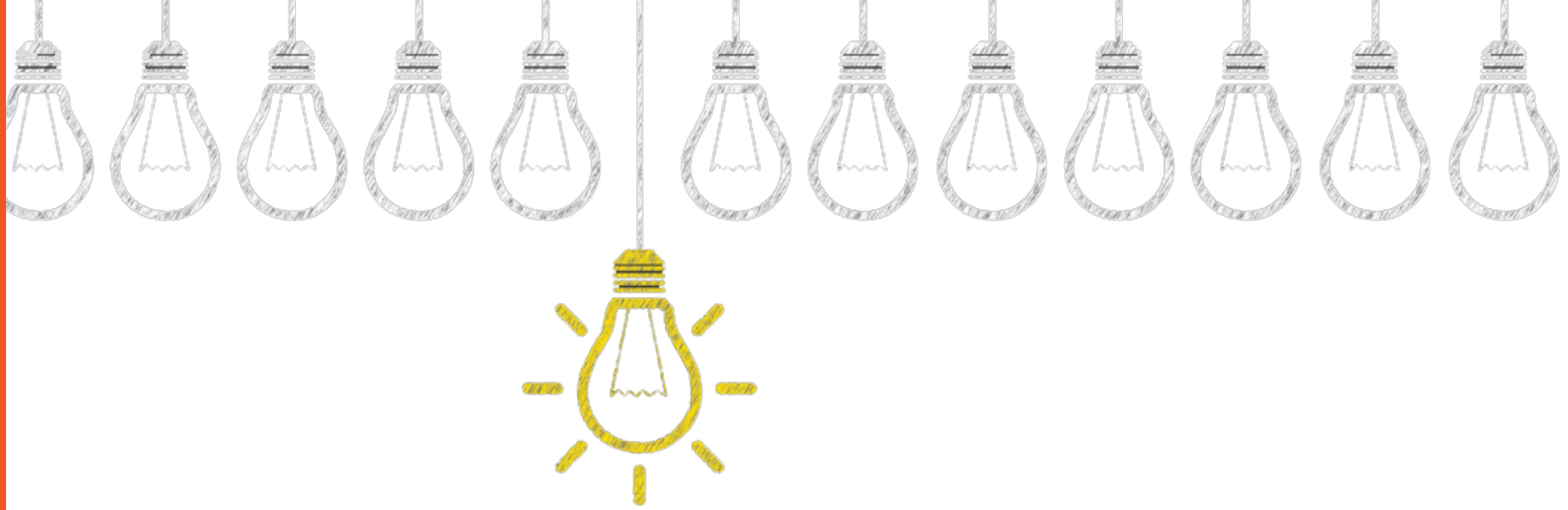
- Teens experiment with new behavior to help fine tune their development in other areas
- Risk taking is an important way to try out new decision-making skills and develop realistic assessments of themselves other people, and the world. Exploratory behaviors are natural in teens and they need room to experiment and experience the results of their own decision making
- Adults have valid reason to be concerned about risk taking behaviors, as many teens have more unsupervised time compared with previous generations
- Unsupervised time can become an opportunity to experiment with sexual behavior, crime and delinquency, or substance abuse
- Overall, risk taking in teens is normal; the key is to provide guidance in decision making and encourage positive outlets for this to occur



Stages of Adolescent Development

Stages of Adolescence	Physical Development	Cognitive Development	Social-Emotional Development
<p>Early Adolescence</p> <p>Approximately 11 – 13 years of age</p>	<ul style="list-style-type: none"> • Puberty: grow body hair, increase perspiration and oil production in hair and skin, Girls – breast and hip development, onset of menstruation Boys – growth in testicles and penis, wet dreams, deepening of voice • Tremendous physical growth: gain height and weight • Greater sexual interest 	<ul style="list-style-type: none"> • Growing capacity for abstract thought • Mostly interested in present with limited thought to the future • Intellectual interests expand and become more important • Deeper moral thinking 	<ul style="list-style-type: none"> • Struggle with sense of identity • Feel awkward about one’s self and one’s body; worry about being normal • Realize that parents are not perfect; increased conflict with parents • Increased influence of peer group • Desire for independence • Tendency to return to “childish” behavior, particularly when stressed • Moodiness • Rule- and limit-testing • Greater interest in privacy
<p>Middle Adolescence</p> <p>Approximately 14 – 18 years of age</p>	<ul style="list-style-type: none"> • Puberty is completed • Physical growth slows for girls, continues for boys 	<ul style="list-style-type: none"> • Continued growth of capacity for abstract thought • Greater capacity for setting goals • Interest in moral reasoning • Thinking about the meaning of life 	<ul style="list-style-type: none"> • Intense self-involvement, changing between high expectations and poor self-concept • Continued adjustment to changing body, worries about being normal • Tendency to distance selves from parents, continued drive for independence • Driven to make friends and greater reliance on them, popularity can be an important issue • Feelings of love and passion
<p>Late Adolescence</p> <p>Approximately 19 – 21 years of age</p>	<ul style="list-style-type: none"> • Young women, typically, are fully developed • Young men continue to gain height, weight, muscle mass, and body hair 	<ul style="list-style-type: none"> • Ability to think ideas through • Ability to delay gratification • Examination of inner experiences • Increased concern for future • Continued interest in moral reasoning 	<ul style="list-style-type: none"> • Firmer sense of identity • Increased emotional stability • Increased concern for others • Increased independence and self-reliance • Peer relationships remain important • Development of more serious relationships • Social and cultural traditions regain some of their importance





Normal vs Abnormal

Normal vs Abnormal

- Risk taking behavior can signal a problem that may threaten their wellbeing
- When high-risk behaviors begin early such as 8-9, are ongoing, rather than occasional, and occur with peers who engage in the same activities
 - Is your teen engaged in multiple risky behaviors?
 - Teens engaged in multiple problem behaviors are at greater risk for negative outcomes, and have other risk factors in common, such as poor school performance or low self-esteem
 - Areas of most concern for high-risk teens include drug/alcohol abuse, pregnancy and STD's, school failure or dropping out, crime, delinquency and violence



What's Typical for Adolescents and What's Cause for Concern?

Typical

1. Increased moodiness
2. Increased self-consciousness, of feeling "on stage," increased focus on body image
3. Increased dawdling
4. Increased parent-adolescent conflict
5. Experimentation with drugs, alcohol, or cigarettes
6. Increased sense of invulnerability (may lead to increased sensation seeking or risk taking)
7. Stressful transitions to middle and high school

Not Typical: Cause for Concern

- Intense, painful, long-lasting moods; risky mood-dependent behavior, major depression, or panic attacks; self-injury or suicidal thinking
- Social phobia or withdrawal; perfectionism and unrealistic standards; bingeing, purging, or restricted eating; obsessive about or neglectful of hygiene
- Multiple distractions to point of not being able to complete homework or projects, lack of focus that interferes with daily work or tasks, regularly late for appointments
- Verbal or physical aggression, running away
- Substance abuse, selling drugs, substance-using peer group
- Multiple accidents; encounters with firearms; excessive risk taking (e.g., subway surfing, driving drunk or texting while driving), getting arrested
- School refusal; bullying or being bullied; lack of connection to school or peers; school truancy, failure, or dropout

Typical

8. Increased argumentativeness, idealism, and criticism; being opinionated
9. Increased sexual maturation; sexual interest or experimentation
10. Becoming stressed by everyday decision making
11. Increased desire for privacy
12. Strong interest in technology; social media
13. Messy room
14. Sleep cycle shifts later (urge to be a "night owl" and to sleep late on weekends)

Not Typical: Cause for Concern

- Rebellious questioning of social rules and conventions; causing trouble with family members, teachers, or others who attempt to assert authority over the adolescent
- Sexual promiscuity, multiple partners, unsafe sexual practices, pregnancy
- Becoming paralyzed with indecision
- Isolation from family; breakdown of communication, routine lying, and hiding things
- Many hours per day spent on computer, on high-risk or triggering websites; casually meeting partners online; revealing too much (e.g., "sexting," overly personal posts on Facebook, Tumblr, Instagram, in blog)
- Old, rotting food; teen not able to find basic necessities; dirty clothes covering floor chronically
- Often up nearly all night; sleeps almost all day on weekends; routinely late (or missing school) because of sleep schedule

Clinical Significance

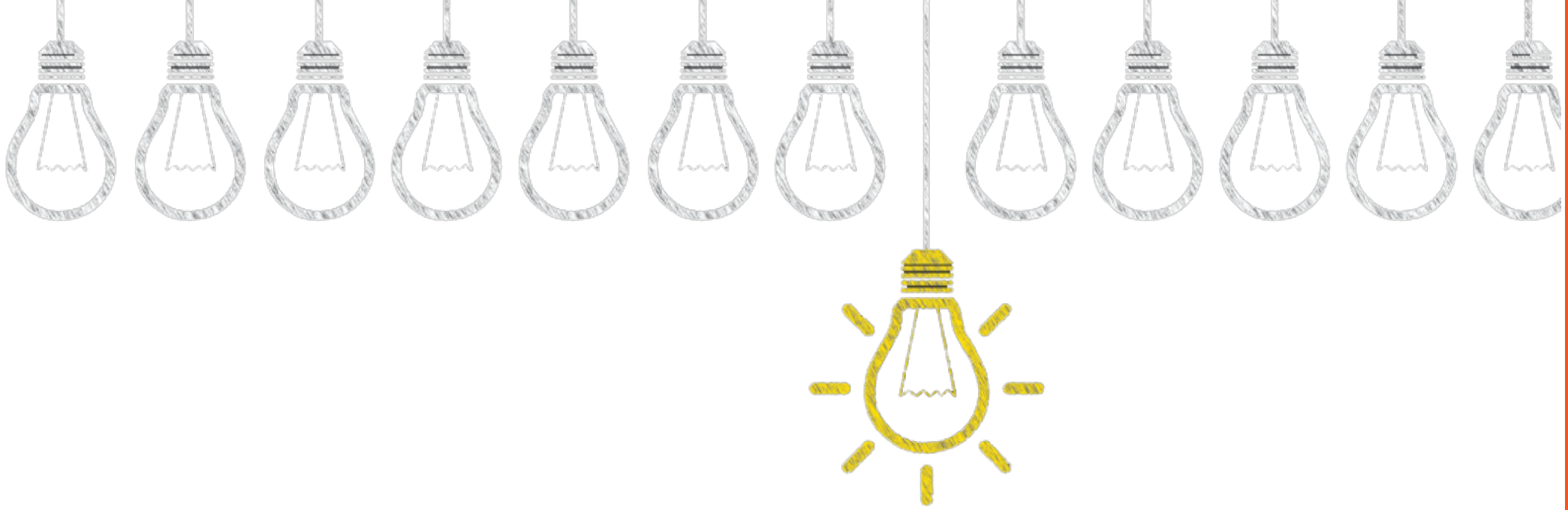
Clinical Significance...

- Thoughts, feelings, or behavior that reflect dysfunction in psychological, biological or developmental processes
 - Drug use can cause delays in adolescent development
- Significant distress in social, occupational/school functioning or relationships
 - Ask yourself; “Are my teen’s difficulties detrimental to their school success and social relationships?”
 - If the answer is yes, here are some resources for you

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Questions?

Resources for Teens & Families

National Institute of Mental Health

https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know/20-mh-8078_teenbrain_508_159672.pdf

Kids Health

<https://kidshealth.org/en/parents/adolescence.html>

Check out our blog: Parenting Tips & Advice


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

View or download digital versions of helpful guides

www.evolvvetreatment.com/resources-parents

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

www.evolvvetreatment.com/events



Join Evolve's Weekly Virtual Parent Support Group!

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




Thank You!

Taylor Culbertson, LMFT

Clinical Program Director,
Evolve Walnut Creek

Admissions

 1-877-203-7229

 Admissions@evolvvetreatment.com

Join us for our next community workshop on August 25th

Topic: How to Assess Your Parenting Style

Register now on our website!

www.evolvvetreatment.com/aug2021-community

Call us today for a free consultation:

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