Troubled Teens/Adolescents at Risk

• Most of the adolescents who need counseling are likely to show signs of an adjustment disorder which may result from loss experiences, traumatic events and other significant changes in the adolescent’s life.

• Other adolescents may struggle with long-standing problems, such as poor impulse control, risk taking behaviors, poor self-esteem, anxiety, and clinical depression.

• Treatment of adjustment disorders includes individual and family therapy on a regular basis for a relatively short time.

• Treatment of long-standing problems also includes individual and family therapy, but typically for an extended period.

• Coordination with other significant people in the adolescent’s life (teachers, ministers, etc.) is essential to maintain constructive changes in the teen’s life.