

## Hope for Troubled Teens

Having a troubled teen can be frustrating, heart wrenching, and devastating. Everyone wants their children to succeed in life and be good people. Everybody goes through tough times when growing up, it's a part of life. The teenage years are about the hardest transition that you will go through in life. Not only are your teen's hormones changing but there are so many pressures at home and school.

Peer influence is a major factor in why troubled teens engage in criminal activities as well as other deviant behavior. Your teen's friends want to test your child to see how far he or she will go so that they can pressure your teen to the next level.

Not only do peers encourage negative behavior but troubled teens want that acknowledgement from their peers. These teens want to be coerced into deviance and risk because it helps them gain status among their group. The more deviant the behavior, the more recognition and praise they receive. Your troubled teen will also pressure other teens to take part in these activities because the power of making someone do something risky is just as notable.

Troubled teen behavior doesn't only have to be about the people they hang out with. It can be caused by psychological, developmental issues or problems at home. When a teen is having difficulty dealing with a disorder or troubled home, the teen feels a loss of control. The teen is not able to control the thoughts, feelings and emotions that have every day. To gain control over something, the troubled teen will act out. Risky and deviant behavior provides the troubled teen with decisions and an adrenalin rush. The adrenalin rush makes them feel psychologically better temporarily but when that feeling wears off, the teen will act out again to get that feeling back. This results in a pattern of risky, deviant and criminal behavior that is hard to stop.

Troubled teens find themselves in a pattern of behavior that is difficult to break. If a teen has been in trouble for quite some time the behavior that he or she has learned has become habit and your teen has difficulty determining right from wrong. They have forgotten what it is to be a responsible, law abiding individual. These learned deviant behaviors need to be eliminated and replaced with more appropriate behaviors.

### There is Hope for Your Troubled Teen

To change your troubled teen's habits and cycle of negative behaviors specialized treatment is needed. A place where your child can be away from negative role models and be in a safe, secure setting with positive support can have a great impact on your teen's life. Residential treatment centers and specialty boarding schools are two options for you to consider.

Residential treatment centers are secure and structured living environments that will help your troubled teen refrain from negative behaviors. Your teen will be able to continue school and will receive specialized instruction that is individualized to each teen's needs. Your teen will also be involved in group and individual therapy to discuss the reason why your troubled teen takes part in risky behaviors and learn ways to change that behavior.

Specialty boarding schools are similar to residential treatment centers focusing on behavioral modification (changing behaviors) and emotional growth. Troubled teens work on developing their character; learn about themselves and the reason why they engage in deviant behaviors. Teens can develop self-esteem, accountability, and respect for self and others. Parents are active participants by joining the teen in Parent/Child Workshops. These workshops are put in place to foster the redevelopment of the parent & teen relationship that may have faltered.

Residential treatment centers and specialty boarding schools offer help and hope for troubled teens. These settings will encourage your teen to change and help them see their mistakes. It will provide a safe haven for your troubled teen and help them change the path your teen is headed.