



## CARE's WorkLife Solutions

Toll Free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

# Getting Help For a Young Person - and Yourself

The teenage years are marked by extremes in behavior. Some of these behaviors are hormonal, occurring as a result of puberty. Others are caused by the young person's natural need to forge a definition of him/herself apart from the family. Still others may be caused by health concerns, such as depression. Others are caused by the use of illicit substances such as alcohol or marijuana, the use of which can lead to risky, dangerous behaviors for both young people and adults.

For concerned parents, these extremes in behavior may test patience and communication skills. At worst, they may cause secondary problems such as undue stress, problems with a spouse or partner, and may lead to anxious, worrisome feelings at inappropriate times, such as while at work.

If your teen's behavior is causing upset for you, answer the questions that follow. If any can be answered with a "yes," it is important that you explore your concerns with a trained clinician, such as a clinician at CARE's WLS. A professional clinician can help you to explore the source of your concerns and to problem-solve solutions. A number of community resources are available to young people or their parents, including parent education programs, outpatient therapists who specialize in work with young people, and educational programs for young people who've not made the best choices for themselves. To reach CARE's WLS, call 866.888.1555

### Is It Time To Seek Professional Help?

(Circle Yes if the statement is true; No if it is false.)

- |     |    |   |
|-----|----|---|
| Yes | No | Has the young person in your life changed his/her circle of friends?  |
| Yes | No | Has his/her grades slipped in a relatively short period of time?  |
| Yes | No | Has s/he been in trouble at school or with the law?   |
| Yes | No | Has s/he openly discussed harming him/herself? [NOTE: A "YES" ANSWER TO THIS QUESTION REQUIRES IMMEDIATE PROFESSIONAL ATTENTION.]                         |
| Yes | No | Have you found an illicit substance or the paraphernalia associated with illicit substances — such as marijuana and rolling papers — on the young person? |
| Yes | No | Do most conversations with this young person end in shouting matches?   |
| Yes | No | Do you often spend time at work, worrying about what your young person is doing   |