



Welcome!

Welcome to Antelope Recovery! We are so glad you chose our online intensive outpatient program (IOP) for your child. Our team is dedicated to providing high-quality, evidence-based treatment that is tailored to the unique needs of each of our clients. With the right support, your child can make positive changes in their life and achieve lasting recovery.

In this welcome packet, you will find information about our program, how it works, and what you can expect as a parent during your adolescent's treatment. It also includes information on how to navigate emergency situations and resources we hope you find helpful. Please take the time to read through these materials carefully, as it will help you understand how our program operates and what you can do to support your child's progress. If you have any questions or concerns, please don't hesitate to reach out to our team. We are here to support you and your child every step of the way.

Program Overview

Our Intensive Outpatient Program is designed to provide intensive treatment to adolescents struggling with mental health and substance use issues. We focus on facilitating positive change and growth in adolescents in communication, emotional maturity, self-esteem, positive identity, self-care, self-awareness, family dynamics, and healthy attachment.

- Our empowerment and strengths-based program draws from the best and most effective therapies and techniques in the mental health field.
- We emphasize a whole family approach to treatment and see you as partners in working towards your child's healing and recovery.
- The program is conducted entirely online, meaning you and your child can participate from the comfort of your home.
- The program consists of a variety of therapeutic activities, including individual therapy sessions, health and wellness sessions, peer mentor sessions, and group sessions.
- The program is typically 3 to 5 days per week, with a weekly time commitment of 3 to 15 hours.
- The length of treatment is typically 4-12 weeks, depending on your adolescent's needs and progress.



Antelope's Approach To Recovery and Healing

- We use evidence-based treatments that incorporate our client's unique strengths and resources. We assist adolescents with a variety of issues, and because our treatment model is transdiagnostic, we create individualized treatment plans combining techniques that show demonstrated effectiveness.
- We use a team-based, collaborative approach to treatment. When all of us (the clinical team, the client, and the caregivers) are aligned in our goals and work together, we have the best chance of success.
- We believe that increasing social support and building meaningful and healthy relationships is crucial to increasing resilience. Our groups employ experiential learning and create a space for adolescents to learn from each other and grow stronger together.
- At Antelope Recovery, we believe nature has a powerful therapeutic effect and can be an important part of recovery. Our program incorporates nature-based activities and interventions into the treatment plan, and we encourage you to support your child in finding ways to connect with nature and to incorporate nature into their daily routine.



Communication

Our team is available to answer any questions you may have about the program or your treatment. You can reach us by phone at (303) 578-2391 or by email at Yelena@anteloperecovery.com. The front office is available Monday-Friday from 9 am to 9 pm.

- We want our teens to feel safe and comfortable sharing their struggles and concerns. We emphasize a team-based approach and will encourage the child to communicate openly with their clinical team and caregivers. We will contact you if:
 - Your child does not attend a scheduled session
 - Your child reports information that makes us concerned about their safety or the safety of others
 - There are treatment issues that require caregiver involvement
- At the outset of treatment, please let us know the best way to reach you. Please notify us immediately if there are any changes to the contact information you provided.

Parent Role

As a parent, you play a crucial role in your teenager's treatment and recovery. There are many ways that you can support your teenager while they are in the program.

How a parent can support their teen while they are in this program:

- We encourage you to be actively involved in your adolescent's treatment, including attending family therapy sessions and participating in activities that support their recovery.
- We ask that you support your child in following through with their treatment plan. Encourage your child to attend therapy sessions and to complete any tasks or assignments between their treatment sessions.
- Support your adolescent in making healthy lifestyle choices: Recovery is a process that involves making positive changes in many areas of life. Encourage your child to make healthy choices, such as eating well, getting enough sleep, and avoiding substances.
- We ask that you communicate your concerns and needs openly and honestly with our team. If you have any concerns or questions about your child's treatment, don't hesitate to reach out to our team. We are here to support you and your family every step of the way.



Family Therapy Sessions

- Family therapy is an important part of the treatment process at Antelope Recovery, and your participation can make a big difference in your adolescent's progress. It allows families to work together to address issues and challenges and to support each other's healing.
- Family therapy sessions are conducted online and involve all family members, including the adolescent in treatment.
- The goals of family therapy may vary, but common goals include improving communication, building healthy relationships, and supporting the recovery of the adolescent in treatment.
- Family therapy sessions are confidential, and the therapist will work with the family to establish ground rules and expectations.
- We encourage you to be open and honest in family therapy sessions and to actively participate in the process.

Consequences of not attending family sessions

- Family therapy sessions are an essential part of the treatment process at Antelope Recovery, and we encourage all guardians and parents to attend these sessions to support the recovery of the adolescent in treatment.
- If a guardian or parent fails to attend a mandatory family therapy session without a valid reason, this may have consequences for the child's treatment.
- Depending on the circumstances, the therapist may choose to reschedule the session or proceed without the absent guardian or parent.
- If a guardian or parent consistently fails to attend family therapy sessions or engages in other behaviors that disrupt the treatment process, the therapist may need to revisit the treatment plan or consider other options.
- We encourage guardians and parents to communicate openly with our team about any challenges or issues that may affect their ability to attend family therapy sessions. We are here to support you and your family every step of the way.

Parent Group

We strongly recommend you attend our weekly parent group, which takes place virtually on Tuesdays, from 12-1:30PM. The parent group is a safe space for you to share your own struggles and receive support from as well as support other parents. We have witnessed the power of peer support for parents as they navigate the challenges of parenting adolescents experiencing mental health issues and encourage you to experience it for yourself. The parent group also provides parents with useful tips and skills on coping with your child's emotional difficulties and how to help them engage in healthier and more positive behaviors.



What You Can Expect from Your Teen While They Go Through The Program:

- It is normal for adolescents to experience a range of emotions as they go through treatment, and it is important to be supportive and understanding of their feelings.
- You may notice changes in your child's behavior or mood as they go through treatment. This often indicates that they are progressing and working through difficult issues.
- Your child may have homework assignments or other tasks to complete outside of therapy sessions. It is important to support them in following through with these tasks and in making healthy lifestyle choices.
- Recovery is a process, and it can take time for your child to make lasting changes. Be patient and encourage them to continue working on their recovery journey, even when it is challenging.

Consequences if the teenager does not attend sessions

- It is important for your child to attend all therapy sessions to make progress in treatment.
- If your child does not attend a session without advanced notice, we will reach out to you and your child to determine the reason for the absence and to make any necessary adjustments to the treatment plan.
- If your child consistently fails to attend therapy sessions or engages in other behaviors that disrupt their treatment, we may need to revisit the treatment plan or consider other options.

Graduating from IOP

Setting a Date

Ideally, your child will graduate when their therapeutic work is done. We realize that sometimes finances or other factors may require a specific graduation date. Graduation dates will be chosen by parents with our recommendations. Our clinical team meets weekly, and all graduation dates are carefully considered before we give you our recommendation.

We cannot stress the following enough: We have seen the difference between an adolescent “graduating” and an adolescent being “discharged” (pulled from the program before their work here is done). Clients who have graduated have a higher level of success.



Graduation Checklist

- Continued Treatment:** Your child has had a lot of support and structures while participating in our IOP. We recommend that your child continues mental health treatment after completing their participation in Antelope Recovery. Our treatment team will discuss individualized recommendations and options with your family.
- Complete Assessments:** We will ask you and your child to complete brief assessments that measure the adolescent's progress in treatment.
- Graduation Celebration:** We will hold a family session that will focus on the child's progress, the obstacles they overcame in treatment, and a plan for the family to move forward in building on the gains made in treatment. This session will provide closure and a lasting attachment to the Antelope Recovery community. When things get hard in the real world, we want your child to feel like they can call for help.

FAQs

What if my child or I cannot attend a session?

Please prioritize Antelope Recovery sessions throughout the duration of the program. Do not schedule other appointments, getaways, etc., during treatment times. However, we understand things happen. Please let us know as soon as you know you won't be able to attend a session, and we will do our best to reschedule.

What if my child is already receiving services?

We want to ensure that your family and child have all the available supports. A collaborative treatment approach supports achieving the best outcomes. We will ask for your permission to contact other service providers working with your child to coordinate the most effective care for them.

What if I can no longer afford Antelope services?

Antelope Recovery will consider such situations on a case-by-case basis and will work with the family to the extent possible to continue providing services.

How does my child balance treatment and school?

We recognize that IOP treatment requires substantial time commitment but also value the importance of school and extracurricular activities. During the admissions process, we will create an individualized treatment schedule that considers your family's other demands. However, we also recommend suspending activities that are not required for the duration of the treatment program.



Emergency Situations

Crisis Resources

- If you are needing after-hours support, please use the following mental health crisis resources:
 - National Suicide Prevention Line: 988
 - Colorado Crisis Services: call 1-844-493-8255 or text “TALK” to 38255
 - 2-1-1 Crisis & Emergency Services: call 211 or 1-866-760-6489 or text your zip code to 898-211

If the Teen Expresses Suicidal or Homicidal Ideation

If your child has a history of self-harm or suicide attempts, the clinical team will work with the entire family to prepare a safety plan. The safety plan should be stored in a way that is visible and easily accessible. If you are concerned about your child’s immediate safety, call the crisis resources provided or 911.

If it is determined that there is a risk of imminent harm to the client or to others, the clinical team will contact appropriate authorities and seek emergency treatment. The clinical team will contact the child’s caregivers to inform them of the need for immediate emergency services and help coordinate services and care.

If the client is hospitalized for emergency psychiatric or medical treatment, the clinical team will communicate with the treatment providers at the facility as is necessary and appropriate. Please keep us updated on your child’s treatment outside of Antelope Recovery. Following discharge from an emergency treatment facility, the client will be reevaluated to determine if they are appropriate to continue treatment at Antelope Recovery.

Suspected Abuse

If the clinical team suspects ongoing child or elder abuse, we are mandated to report it to the proper authorities, including the police and the Colorado Department of Human Services. Antelope Recovery will provide support and guidance to the client and the family on addressing and preventing abuse.



Termination of Treatment Services

Enrollment Termination by Antelope Recovery

Although rare, Antelope Recovery reserves the right to terminate enrollment at any time due to illegal, uncontrollable, or excessively dangerous actions by the client; unreported or previously unknown medical conditions, behavior problems and/or disorders, prior injuries; failure to pay; or for any other reason whatsoever deemed as necessary by Antelope Recovery. Non-payment of tuition and/or fees when due shall constitute sufficient reason for termination by Antelope Recovery. In the event of such termination by Antelope Recovery, the caregiver/financially responsible party shall not be entitled to a refund of their deposit or tuition for the month in which enrollment is terminated and will be held accountable for all fees incurred. If any refunds are issued, funds will be administered within 30 days of Antelope Recovery's receipt of the final payment. Additional charges will apply if an intervention is needed.

Withdrawal of Consent for Treatment by Caregiver

Caregivers of teens are to fully understand that the program is designed for a one-month minimum length of treatment. The total recommended treatment length will be determined on an individual basis. The teen's presenting problem, the family's needs, and the clinical team's evaluation will guide treatment recommendations. In the event that the consenting caregiver withdraws the client before the end of the agreed-upon treatment process, Antelope Recovery mandates that the caregiver provide a 30-day written notice. The caregiver shall not be entitled to a refund of their deposit or tuition for the month during which enrollment is terminated and will be held accountable for all fees incurred.



How To Talk To Your Teen About vIOP

It is common for adolescents not to want to come to therapy. You see they are suffering and they know what they are doing is not working, but they are still resistant! Listen to their feelings and validate them because getting to the underlying reason for their resistance can help you frame treatment in a way they can hear.

“I don’t need therapy” or “It’s embarrassing”

There is still a stigma associated with mental health treatment. Comparing mental health issues to medical issues can help normalize them. For example, if they broke a bone, they wouldn’t argue they don’t need to see a doctor. Similarly, experiencing psychological symptoms is not something they have caused or have control over, but it does require professional intervention. If your adolescent is into sports, you can also use a coach as an analogy for a therapist. Of course, a basketball or a football player would have a coach to get better at their game. Similarly, a therapist can help the adolescent learn and practice new skills.

“Therapy Won’t Help”

Feeling hopeless can be part of their struggles, affecting how they think about the future and themselves. They might not be able to imagine feeling better. Sometimes, teens can even start to identify with their disorder, and the idea of change can be very scary. Validate their experience and that you see how difficult it has been for them and how hard it must be to try to deal with it on their own. Help them see mental health conditions as common and not as something innately wrong with them.

DO:

- Give them as much information as possible to help them feel empowered and part of the process.
- Appeal to their need for independence by letting them know they can set treatment goals.

DON’T:

- Threaten or punish, especially when it’s a pattern of them fighting for control against your rules or limits.
- Make promises or contingencies that you can’t guarantee.

Adolescents may not be the best judge of what they need, but it is essential to give them a chance to explain how they feel and then give a thoughtful response.



Effective Communication Strategies

Although communication is important throughout this process, it may not always be easy. Over the years, we have seen some recurring communication patterns between adolescents and parents; some work well, and some don't. Expect clumsy, frustrated communication. Here are some tips:

- **Criticism:** Research shows parental criticism hits youth three times harder than praise.
- **Advice:** The number one thing they don't want is advice. If you are tempted to give advice, ask first if they want some advice, and respect the answer. After a while, you may be asked for advice. Be patient. When things are going well, talk about your own choices and how you managed your life growing up. "One time, when I was your age, I got fired from a job I really liked..."
- **Explaining, philosophizing, lecturing, and justifying:** We parents dig ourselves into deep holes when we talk too much. Teens are smart, and they know our buttons and our weaknesses. Ask more questions, listen more than talk, and say things like "I know you will figure this out," or "Huh, how do you think you will solve that problem?" or "Bummer, that must be hard. Do you need my help?" Then, hold your tongue and simply listen.
- **Talking about the future:** Remember that recovery is "one day at a time," and future conversations like "What are you going to do about college?"; "Where do you think you are going to get that money to pay back the court fees?" put more stress and pressure on someone who is piecing together their life.
- **Convincing or warning:** For example, instead of "There are kids who will never have one-tenth of the support you have." Just say, "I know you will make a choice about that. If it doesn't work out, I am sure you will start over (with the 10th grade, ACT, job search, etc.) and try again." Or, in extreme cases: "I know you still want to deal drugs. Why don't you discuss it with your parole officer or ask the judge?" Listen, then offer, "I am here if you want help."
- **Empathy:** Convey authentic empathy and love. They are hurting regardless of what the behavior looks like, and they need your love even when they "hate you" or you are angry. If you cannot be empathetic, take a break and talk later. "I am too upset to talk about this now. I will take time to cool down and talk about this in 20 minutes." Make sure to follow up.
- **Music, Hair, Piercings, Tattoos, Clothes, Friends, and "Frienemies":** Let it go for now. Leave it alone. It is a power struggle and a set-up for a breakdown of communication. Control comments that are judgments on personal likes and dislikes. There is a larger matter at hand; many of these things lose power during recovery unless you reinforce the struggle.
- **Promising anything you do not want to or cannot do or give (or bribing):** Watch out



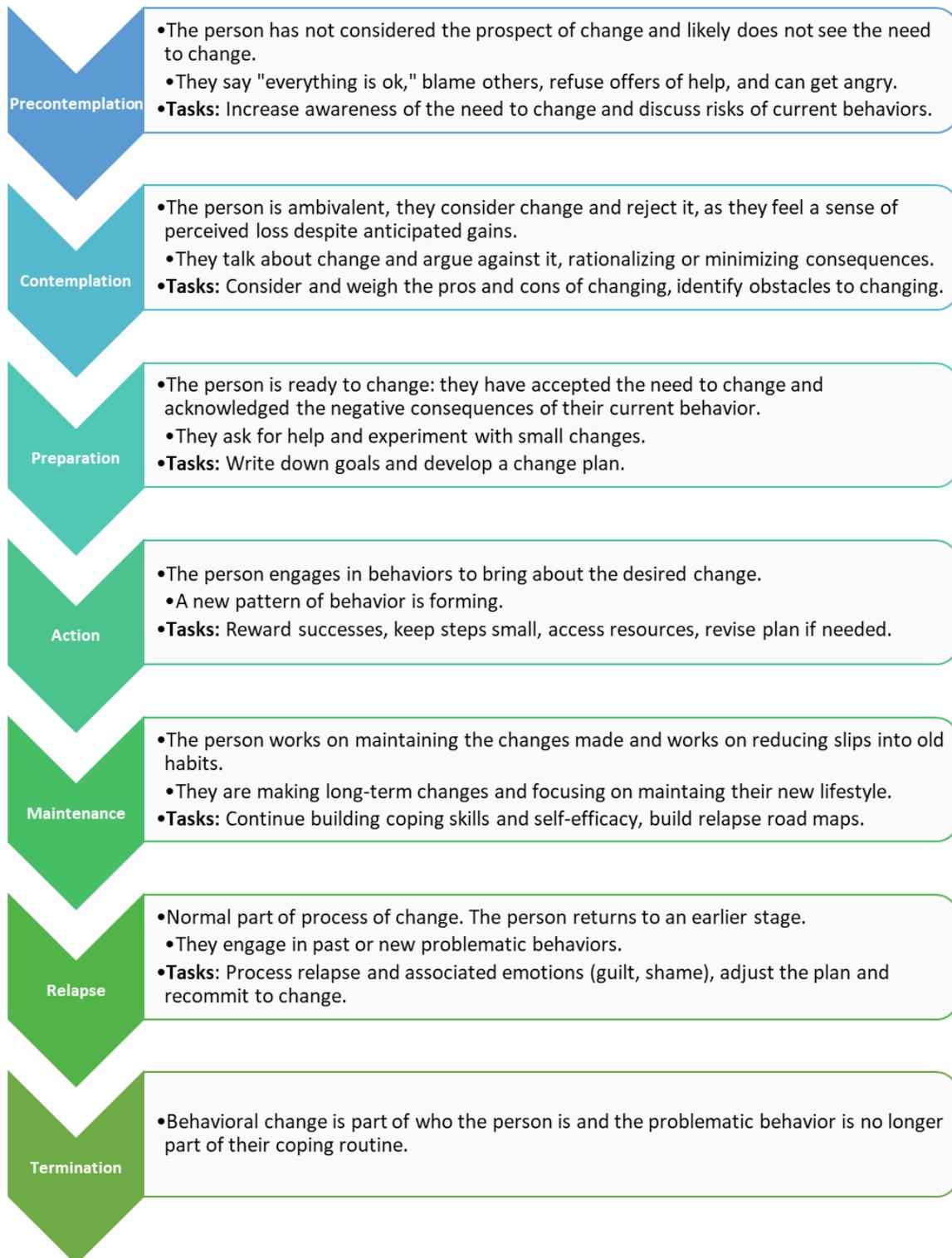
for placating or diffusing anger or sadness by promising things that you cannot do, don't want to do, or that enable your teen's bad habits, helplessness, unrealistic requests or aggression. Boundaries with clear choices empower youth to cope in the world, develop a sense of self, and feel safe. Only offer what is real, healthy, and age-appropriate. Teens can sniff out an agenda and work it to their advantage. "Would you rather get a job this summer so you can pay for your car, or make up some school credits so you can graduate on time? I will support either or both." As opposed to, "If you get a job and make up your credits (or finish the program, or get all A's), we will go on a trip to Europe (or get you a car, or make major changes at home, give you money, etc.)." Incentives can work well, but only when your teen can handle them. Now may not be the time.

- **Praise:** Not all praise is equal. It has to be received to be effective. Offer praise by noticing and describing a behavior. "I have noticed how well you control your anger when your brother pesters you lately. You seem like you have figured out how to handle that better. I admire that," or; "I heard that the cook likes having your help out in the kitchen because you learn fast and have some creative meal ideas. That's pretty cool." Over time, it works better than, "You are such an amazing teen." Match the praise to the behavior.
- **Responsibility:** Give the problem back to them to solve. Teens need to struggle to find solutions so that they can find solutions as adults. Let them practice. Say, "This is a really tough decision; what do you think you'll do? You've got another 24 hours (or whatever the deadline) to decide, right? I am here if you need help."
- **Boundaries:** Know your bottom line, things you will and will not tolerate. Then let them choose and even fail within the boundaries you have set. Be thankful for *some* failure; recovering from failure builds strength and powerful skills for success. Try, "I would feel like a terrible parent if I let you drive while using drugs. This is not negotiable. Let me know if you want to drive, and we'll make an agreement. Otherwise, the bus, taxi, or bike path go pretty much everywhere."

You will not likely get the responses you want right away. Stick with it. They all want the four things listed above, even if they seem like they don't. Being a teenager is hard. Even when they are at their worst, offer empathy and give the problem back. When life or limb are in danger, or your bottom line is threatened, just say no. If you get pushback like, "This really sucks!" simply say, "I know" (with plenty of genuine empathy). Repeat what you said until your teen gets bored. Teens hate boredom. Your job is to not let them push your buttons and get you off track, while still showing that you care.



Stages of Change





Parenting Teens With Substance Use Issues

Relapse is neither a failure nor a sign that treatment has not worked. Relapse can feel sudden, but relapse justification is a process that happens in the person's mind, which is still healing. "Justifications" edge the person close enough to relapse situations that accidents happen. Relapse thoughts gain power when they are not openly recognized and discussed. Here, we provide information about relapse signs and triggers to help your teen proactively practice relapse prevention.

Emotional Relapse

In emotional relapse, the individual is not thinking about using, but it is a trigger that can lead to destructive behaviors. Low mood, loss of motivation, anxiety, and mood swings can distract the person from recovery and the work they have done.

Physical Relapse

Post-acute withdrawal usually lasts for two years (this is important to remember). Post-acute withdrawal can be a trigger for relapse. One will go for weeks without any withdrawal symptoms, and then one day, they'll wake up, and their withdrawal will hit them like a ton of bricks. They'll have slept poorly. You'll be in a bad mood. Their energy will be low. Signs of post-acute withdrawal are thinking difficulties, emotional overreaction problems, sleep disturbances, memory difficulties, becoming accident-prone, and starting to experience a serious sensitivity to stress.

Mental Relapse

In mental relapse, there's a war going on in one's mind. It usually begins as a passing thought, but progresses to a constant hum of thoughts centered on using again. The addicted brain invents excuses:

- Somebody else's fault - convincing oneself that they had no other choice but to use
- Catastrophic events - suggesting that there is no reason to stay sober or they can't get through it without substances
- For a specific purpose - convincing oneself that they need substances to accomplish something
- Emotional reasoning - attempting to use substances to cope with emotions
- Believing that they are cured
- Testing oneself



Relapse Triggers

People <ul style="list-style-type: none">● Friends who use drugs● People that remind them of drug use● Conflict● Loneliness● People discussing drug use in a positive way● Being in the presence of people using drugs	Times <ul style="list-style-type: none">● Unstructured, idle time● Stressful times● Holidays, special occasions, and celebrations● Weekends● Socializing	Things <ul style="list-style-type: none">● Drug paraphernalia● Movies or TV shows depicting substance use● Music associated with substance use● Using other substances● Money
Places <ul style="list-style-type: none">● Any place associated with drug use	Emotional States <ul style="list-style-type: none">● Anxiety● Depression● Boredom● Anger or frustration● Fear	Physical <ul style="list-style-type: none">● Pain● Weight gain● Low energy● Cravings

Dreaming

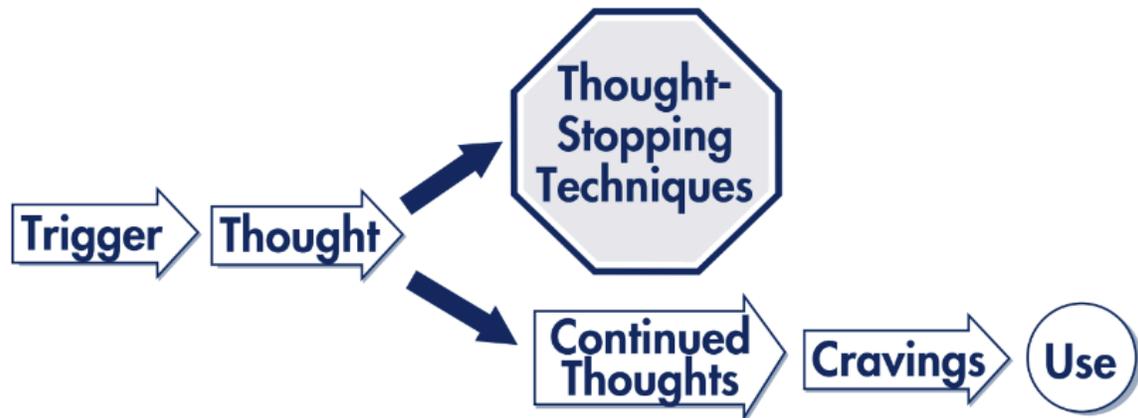
Early Recovery: When people stop using, they experience frequent and intense dreams. The dreams seem real and frightening. These dreams are a normal part of the recovery process. Individuals are not responsible for whether they use in a dream. Regular exercise may help lessen the dream activity.

Middle Recovery: For most people, dreams are less frequent during this phase of recovery. When they do occur, however, dreams can leave powerful feelings well into the following day. It is important to be careful to avoid relapse on days following powerful dream activity. Dreams during this period are often about choosing to use or not to use, and they can indicate how one feels about those choices.

Late Recovery: Dreaming during this period is very important and can be helpful in warning the person in recovery. Sudden dreaming about drug or alcohol use can be a clear message that there may be a problem and that the dreamer is more vulnerable to relapse than usual. It is important to review one's situation and correct any problems discovered.



It gets harder to make the right choices as the pull of addiction gets stronger. If the addict can recognize the early warning signs of relapse and understand the symptoms of post-acute withdrawal, then they will be able to catch themselves before it's too late.



It helps to remind oneself that the reality of drinking and using has caused many problems in life. That no matter how bad things get, the benefits of staying abstinent will far outweigh any short-term relief that might be found in drugs or alcohol. Recovery takes time. One day at a time.



What To Do If Your Teen Runs Away

When Your Teen Runs Away:

- Contact the police and file a missing person report.
- Let the Antelope Recovery staff know immediately when your teen runs away. If we hear from your teen, we will contact you and the police.
- Contact your teen's friends. Ask them if they know where the teen may have gone and their reason for running away. Communicate with the friends' parents and ask them to call if your teen reaches out.
- Check your teen's email, diary, social media, and credit cards or bank accounts.
- Reach out to extended family and let them know what's going on.
- Keep the house locked up and alert your neighbors to be on the lookout. Police report that teens will usually raid the fridge while the parents are not home. Do not leave anything out and accessible that could make running away easier or more successful.
- Go to your teen's favorite places, locations that brought them comfort in the past, and anywhere they mention in their email, diary, or social media posts.
- Reach out to your teen via texts, social media messaging, and any other medium they use asking for confirmation that they are safe.
- Coordinate your search with the local police and other agencies. Contact both the National Center for Missing and Exploited Children and the National Runaway Switchboard for more help. These agencies will be able to tell you what to do next.

When Your Teen is Found:

- If the police pick your teen up, an officer will most likely bring the teen back home.
- If your teen calls and asks for a pickup, be very clear about your intentions. Notify the police as soon as possible.
- When your teen is located, notify the Antelope Recovery staff. The teen's willingness to participate in treatment and appropriateness for care in a virtual IOP will be reevaluated prior to resuming care. If it is determined that a high level of care is needed, the clinical team will provide recommendations and treatment suggestions.



Family Contract

A family contract is an agreement that helps everyone understand the expectations, boundaries, and consequences within the family unit. For teens, behavior contracts clear both the rules and the consequences of breaking the rules and can help them develop and maintain good behavior habits. They also give the teen an opportunity to learn the art of negotiation, asking for what they want, giving something in return, and how contracts work. Parents find that behavior contracts help them to be consistent with rules and discipline and provide an opportunity to talk straightforwardly with their teens about important subjects such as suicide, drugs and alcohol, dating, and driving. Contracts are not done quickly or compulsively. They are created and revised until the contract is realistic, achievable, and agreed upon by all parties.

Tips for Parents on Contract Negotiation:

- The contract negotiation process must be free of old family bickering, arguing, and conflict. You have to listen, be respectful, consider offers, and say “no” in a constructive manner, providing alternatives.
- If you are lost for an answer, don’t answer. Say you will consider it, move on, and then get support on your decision away from the table.
- This is similar to a contract between an employer and an employee or a landlord and a tenant... Not equals in a business partnership. YOU are in charge of the process, and the teen is involved because of the progress they have made!
- They know you are willing to take drastic measures now... utilize that leverage.
- Be prepared to walk away from the table and put YOUR contract into full force without negotiation if they become manipulative, argumentative, or immature about this experience. You taking their thoughts and offers into consideration is a privilege they have earned because of their hard work here. If the hard work vanishes, so does the privilege. Responsibility earns freedom.
- They will ask for things they may want and may not need... Don’t say yes so they like you. See rule number one and give the answer of a responsible parent. The goal is to prepare them for adulthood... Not make them happy.
- If YOU don’t follow your agreements, you CANNOT expect them to. You can null and void this contract and must be at the top of your game.
- Only accept offers and make agreements that you are sure can be kept. This is not a set-up for failure but an experiment in WIN, WIN, WIN.



Rules To Take Into Consideration:

Take care of yourself first, your relationships second, and your teen third. Having done these again and again, we have found that there are some things you should consider including in the contract. Sample items to be addressed in the contract: curfew, chores, behaviors at home, school behavior and grades, substance use, electronic device use, treatment adherence, driving privileges, and dating.

Behavior contracts need several components:

- A clear description of the good behavior expected from the teen.
- What the positive consequences of the behavior will be.
- What the negative consequences of not performing the specific behavior will be.
- What the adults involved are expected to do.

Consequences: The consequences of breaking the behavior contract should be clearly stated in the contract and should be appropriate to the situation. Parents must be consistent in enforcing consequences, or behavior contracts are ineffective. Consequences could include one or more of the following:

- Drug tests.
- Revoking driving privileges.
- Limitations on how they spend their free time.
- Loss of electronic devices.
- Loss of an allowance.
- Writing a letter about the rule that was broken, why the rule is important, and an apology.
- Note: Therapy is never a consequence!

Sample Rules

These teens have worked hard here, but it doesn't mean they deserve all their rights and privileges right away. Set up leverage to earn back some of the things they have lost. Keep the "earn back" time short and realistic, but make them earn it!

1. Teen will not use any drugs or alcohol.

Consequence: Teen will be grounded for one week. Grounding consists of staying home, not having friends over as guests, no phone calls, etc. Punishment will increase by one week for each subsequent offense (i.e. if the teen is caught using substances a second time, punishment will be for two weeks, etc.)

Note: It is VERY important to clearly state what being grounded consists of so that there are no avenues for manipulation by the teen to get out of punishment.

Privilege: The teen will be allowed to continue going out with friends and may have continued use of the car.

2. Teen is expected to return home immediately after school except if prior arrangements are made with parents. Teen will inform parents where they are going and will be home by 8:00 p.m. on school nights and 11:00 p.m. on non-school nights.



Consequence: The teen will be expected to come home twice as early as he was late for one week (e.g., if 30 minutes late, then curfew will be one hour earlier for the next week).

Privilege: The teen will maintain current curfew and gain trust.

Note: Some parents may want to allow their teen to work their way up to a later curfew by proving themselves, but parents should never set a curfew later than the legal curfew in their area.

3. Teen will perform all assigned chores in a satisfactory manner, according to the standards set by parents.

Providing a written list of daily chores is helpful, so there is no misunderstanding - a dry-erase marker board hung in the kitchen or other family area works great for this purpose.

Consequence: The teen will not be allowed any privileges until required chores are completed, including TV, radio, and computer use, having friends visit, or going out with friends.

Privilege: The teen will maintain access to all house privileges, including watching TV, using the computer, having friends visit, and going out with friends.

Enforcing The Contract:

Think traffic light: **red**, **yellow**, **green**. This is a process of everyone being able to describe where people are emotionally in a very simple, easy-to-understand way.

Red: Crisis! Intervention needed. Parents must follow through on warnings about relapse behavior and repeat offenses. Conversations and logic are ineffective now. EVERYTHING STOPS.

Yellow: Caution! It's time to stop now to avoid trouble. The contract has been violated. People aren't communicating well. Arguing. Behaviors are deteriorating, and there are relapse signs. Stop here, don't try to go through the light - it will turn red. Now is the time for reevaluation! Review the contract. Call Antelope Recovery. TIME FOR A FAMILY MEETING.

Green: Everything is good. Rules and agreements are in place. Things are working. Mistakes get made, but the teen takes responsibility and makes corrections. Communication is good and conflicts are avoided by conversations about feelings. EVERYTHING IS A GO.

We can use the Red, Yellow, and Green verbiage in our conversations too - "I'm in the red right now... can't talk. Be back soon", or "I'm totally yellow and need to discuss this. I'm upset and need to figure this out", or "yes you can go out tonight as long as today is totally in the green." It keeps the emotional understanding of where everyone is simple.



Modeling Health and Wellness

Practicing self-care is as important for your family as it is for you. When you care for yourself, you are better able to care for your family. And the best way to teach your children about self-care is to model it yourself. By attending to your own mental health needs, you are showing your teen that you value mental health care. Like any habit, practicing self-care and attending to your mental health needs takes effort in the beginning, but then it will always be there with you.

BASIC INGREDIENTS FOR WELL-BEING

Take Care Of Your Body:

- Take a walk outside for ten minutes every day.
- Do stretches in the morning when you wake up or in the evening as part of your bedtime routine.
- Create an exercise routine that you can maintain week to week.
- Go to bed and wake up at the same time every day.
- Stock up on healthy snacks that are easy to grab and eat.

Take Care Of Your Emotions and Relationships:

- Take a few minutes each day to do breathing exercises, deeply breathe in and out, and let your mind wander as you fold the laundry or do dishes.
- Allow yourself to cry.
- Laugh and find things that make you laugh.
- Spend quality time with your partner.
- Check in with your partner at the end of the day about how it went.
- Call a friend or a relative you don't see often.

Take Care Of Your Mind:

- Take your child to the library and pick out a book for yourself as well.
- Listen to an audiobook or a podcast.
- Play a game alone or with friends or family.
- Spend time in nature.
- Give yourself permission to make an easy meal or to skip chores one day.
- Say no to extra responsibilities.

Start small and be intentional about practicing self-care. Doing a few small self-care activities daily can help decrease stress, improve parenting, and make your life more satisfying.



Suggested Reading

Hold Onto Your Kids by Gabor Maté and Gordon Neufeld

Codependent No More by Melody Beattie

Natural Highs by Hyla Cass

Yes, Your Teen is Crazy by Michael J. Bradley

In the Realm of Hungry Ghosts by Gabor Maté

Parenting Your Out of Control Teenager by Scott P. Sells

Simplicity Parenting by Kim John Payne

Change Your Brain, Change Your Life by Daniel G. Amen

The Mood Cure by Julia Ross

Potatoes Not Prozac by Kathleen DesMaisons

Iron John by Robert Bly

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

The Slight Edge by Jeff Olson

Transforming Your Dragons by José Stevens

The War of the Gods in Addiction by David E. Schoen

Healing the Addicted Brain by Harold C. Urschel III

The Feeling of What Happens by Antonio Damasio

The Body's Role in Addictions by Jean Armour

Passages Through Recovery by Terence T. Gorski

Helping Teens Who Cut by Michael Hollander

Co-Parenting After Divorce by Diana Shulman

When Your Child is Cutting by Sony Khemlani-Patel, Merry McVey-Noble & Fugen Neziroglu

Which Way? by Shari Simmons, LCSW and Jann Simmons

The Way of the SEAL by Mark Divine

Atlas of the Heart by Brene Brown