



RECOVERY AND TREATMENT

Options for teens



Recovery and Treatment Options for Teens



When a teen is struggling with substance use, finding the right support is key. This guide breaks down the different types of treatment available and offers tips on choosing the best fit for your family.

Different types of Treatment for Teens

Inpatient Treatment

- This is a more intensive option where your teen stays at a treatment center. They'll get around-the-clock care, including detox, counseling, and medical support.

Outpatient Programs

- These programs are more flexible. Your teen can live at home and attend scheduled therapy sessions during the day or evening.

Counseling and Therapy

- Options include one-on-one therapy, group sessions, or family counseling. These sessions focus on coping skills, behavior changes, and any underlying issues.

Medication-Assisted Treatment (MAT)

- For certain addictions, medication may help manage withdrawal symptoms and cravings alongside therapy.

The Family's Role in Recovery

Set Realistic Goals

- Recovery is a process. Celebrate progress, even the small wins.

Encourage Healthy Habits

- Help your teen build routines that include hobbies, exercise, or other positive outlets for stress.

Stay Involved

- Join family therapy sessions if offered, and keep communication open and supportive.

Aftercare and Ongoing Support

Stick with Therapy

- Regular therapy sessions can help maintain progress and address challenges as they come up.

Join Peer Support Groups

- Encourage your teen to connect with others in teen-focused support groups. Knowing they're not alone can be powerful.

Keep Up with Family Sessions

- Family therapy can strengthen your connection and provide a stable, supportive environment at home.

Treatment Checklist

Research Programs

- Look into different treatment centers or providers and gather as much information as you can.

Check Costs and Insurance

- Make sure you understand what's covered by insurance or if financial assistance is available.

Talk to Your Teen

- Be open about the next steps and involve them in the process so they feel supported and heard.

Book a Consultation

- Many programs offer an initial assessment. This can help you make an informed decision.

Recovery is a journey, but with the right support and resources, your teen can take positive steps forward. Every effort counts!



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