

12 Warning signs that Your Teen May Need a Residential Program

1. Does your teen refuse to abide by anything you say or request, and does his or her resulting behaviors create constant fear or stress in the home?
2. Does your teen display behavior that is a marked change from what has been normal? (sleeping little or too long, forgetfulness, lack of motivation, aggression, depression, anxiety, grades slipping, hating what they once loved or loving what they once hated, always wanting to be with friends or away from home, or avoiding friends altogether and spending too much time alone).
3. Is your teen increasingly disrespectful, dishonest, disobedient, and openly displaying rebellion, no longer veiling his or her feelings or caring about the consequences?
4. Does your teen show a blatant ignorance or profound rebellion toward the boundaries, belief system or rules of your home?
5. Does your teen express outright or veiled threats of suicide, or self-mutilation/cutting, excessive risk-taking, dangerous drug use or blatant sexual promiscuity?
6. Does your teen show threatening behavior to people, pets, or belongings?
7. Has counseling **not** provided any progress for your teen?
8. Does your teen refuse to do anything family-related and/or display a growing hatred for your family?
9. Does your teen hang out with peers who are leading a lifestyle counter to your beliefs? Is your teen buying into their destructive behavior and attitudes?
10. Does your teen now hate thing they once loved, and love things they once hated?
11. Do you fear that if the present behavior continues, that you teen might not be around in 6 months?
12. Do you feel like you're drowning in the current situation, fearing that you might lose your family if you don't act and provide what your teen needs?

If you checked off more than 2 of questions on the list, we would encourage you to give us a call and see how Heartlight might be able to help you in working through the challenges you are currently facing. Please call 903.668.2173.