

# INSPIRATIONS - NEWSLETTER

A monthly newsletter for friends, clients, donors and staff of Inspirations

## INSPIRATIONS

TEEN ADDICTION TREATMENT CENTER AND ACADEMY



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### INSPIRATIONS NEWS

#### GUEST SPEAKER

Dr. Shilts is a nationally recognized mental health professional, family therapist, college professor, and the author of books and materials for Solution Focused Therapy. This month, Inspirations staff engaged in vignettes and scenarios as they practiced the solution focused model of therapy, participating in group discussions, and providing feedback of Dr. Shilts, on the application of Solution Focused Therapy, as it relates to the treatment for substance abuse and addiction. The staff thanks Dr. Shilts.



#### INSPIRATIONS AUGUST ACTIVITIES INCLUDES:

- IMAX Theater and the Museum of Art
- Bowling
- Skating and Rollerblading
- Boomers Ride and Arcade
- Movies
- Beach

#### SPECIAL OUTING



Our Teens raced to victory experiencing the thrill of banked curves, hairpin turns and exhilarating straight-aways at Boomers' go-fast Go Karts. They also had the opportunity to enjoy arcade games indoors, laser tag and bowling.

### Are You Ready to Send Your Troubled Teen Back To School?



Christopher Walsh  
Co-Founder

**August 23, 2010** – Troubled Teens are returning to school. Are they ready for the demands of high school? Are parents ready for another school year and the chaos of troubled teens and behavioral issues? Karen Corcoran, Founder of Inspirations for Youth and Families, a boarding school and residential therapeutic program for teenagers states: "By the end of summer, parents who are struggling with the chaos of teen behavior and the fear and concern for their teen's safety, are also questioning the stability of the family, and their own ability to function as a result of the whirlwind life of raising a troubled teen." Corcoran states: "A parent's ability to quickly recognize the benefit of a therapeutic boarding school, will reduce the agony and heartache of a difficult teenager."

New research from the Partnership for a Drug-Free America shows that more than one-third of parents are concerned that TV (38%), computers (37%) and video games (33%) make it harder for them to communicate with their media-engrossed teens about risky behaviors, like drug and alcohol use. The survey of more than 1,200 parents also confirms that a quarter or more are worried that newer forms of media, including cell phone texting (27 %) social networking sites, like Facebook (25%) and Twitter (19%) hinder effective parent/child communication about the dangers of teen substance abuse", according to the Partnerships for a Drug-Free America website.

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# Are You Ready to Send Your Troubled Teen Back To School?

“These recent findings present a clear picture of the opportunity for Teen Drug Abuse Risk Factors. Common behaviors found in teens who are abusing drugs includes isolation, social life withheld from parents thru password coded or invitation only websites (Facebook, MySpace) social sites or media (YouTube, Twitter,) and telephone texting, in addition to declining academic interest and declining grades, and an immersion in societal perceptions of drug use”, says Karen Corcoran, who works with troubled teens and their families every day.

Corcoran states: “This research reveals a need for parents to take a more active role in their teenager’s lives. Parents should be aware of how teens are spending their time online and remain aware of the impact all media consumption is having on their teens. Videos of teens using drugs, abusing cough medicine, and becoming intoxicated, are readily available on YouTube and other social networking websites. In many cases, reality television glorifies and sensationalizes drug addiction, teen pregnancy, and dysfunction in the family.” According to Corcoran, a mental health professional and parent of young adults, “It is difficult to gain knowledge of a teen’s social life and friends if communication, along with time spent between parent and adolescent was not previously established. Parents taking time to speak with their children while spending quality time together, are less likely to become isolated from their child-turned-teen and more likely to transition into the role of parental investigator.”

According to research, kids and teen’s cell phone ownership has increased sharply since 2004, from 39 percent to 66 percent in 2009, while ownership of iPods jumped drastically from 18 percent to 76 percent over the same time period. Karen Corcoran states: “Teen use of cellular telephones, which now includes internet accessibility, further distances the teenager from parental monitoring and protection.” Among kids and teens, cell phone ownership has increased since 2004, from 39 percent to 66 percent in 2009, while ownership of iPods increased from 18 percent to 76 percent over the same time period. Corcoran further states: “ If cell phones and i-pods are not enough to create a growing concern regarding teen behaviors, early teenage access to vehicles will definitely initiate a concern regarding the separation that teen driving creates between the teenager and parent. When teenagers are given a car or any motorized transportation, it immediately creates a teen world withheld from the supervision of parents and family.” “Teen drug use, teen drug abuse, and other dangerous behaviors are just the beginning of a teenagers exposure to a world in which teens are unprepared to encounter, when the parent’s ability to monitor a teen is removed,” according to Karen Corcoran.

Inspirations for Youth and Families and their Inspirations Teen Rehab program knows all-to-well, the results of teen behavior and poor choices, associated with over exposure to media and the isolation of teen’s parents it creates. “Teens entering teen rehab, report an ability to withhold most of their daily activities and knowledge of their social life, from their parents and family members,” states Dr. James Hughes, Chief Executive Officer and child psychologist for Inspirations for Youth and Families. LLC.

Troubled teenagers entering their freshman year of high school or returning to high school, presents an opportunity for parents to enroll the teen in a therapeutic boarding school, focusing on the clinical and academic needs of their child. “Get hold of your teen’s life before life gets hold of your teen”.

..... Written by: Christopher Walsh



Restoring Dreams, Saving Lives

A PLACE FOR HEALING, A TIME FOR LEARNING, AN OPPORTUNITY TO CHANGE