



Alternative BEHAVIORAL CARE

Almost 100% Of Our Patients Rate Our Services and Staff as Very Good or Excellent!
And Our Testimonials Are Endless!!!

From Our Desk To Yours...

Communicating Better With Your Teen....

One of the common questions we are asked as clinicians at ABC, or deal with as parents at home, is "how do I communicate better with my teenager?" Believe it or not teens are open to hear their parents' opinions! However, these opinions should not be shared in a way that feels judgmental or condescending, or shares personal comments that will position a teen to become defensive of friends or self. Below are some tips we found to be helpful when communicating with teens:



1. Turn off the "parent alarm." Listen without judgment and reaction. When your daughter says, "Mom, I met this boy" and you react by saying, "You're too young to date," that instinctual alarm prevented you from being able to hold a meaningful discussion on healthy sexuality.
2. Don't catastrophize. When teens come to their parents with concerns, they need a calming, rational presence that will create a safe space for them to figure things out. When parents overreact, the teen leaves more anxious and won't return.
3. Don't over-empathize. Adolescents need a sounding board. Sometimes they exaggerate; sometimes they express fleeting feelings. When you over-empathize, it can raise their emotions and make you look naïve or overly involved. Imagine your empathizing by condemning their friend who your daughter had a fight with. You'll look "wrong" the next day when your daughter is best friends again with the girl she hated yesterday.
4. Avoid "the lecture". Parents who lecture are not heard. The lecture is often condescending or hostile, and is delivered with a string of possibilities loosely tied together. Young adolescents are still not thinking abstractly, and all teens who are upset or in crisis mode will not absorb lessons delivered abstractly. Parents may gain more ground if they are able to share their thoughts in a more concrete manner that adolescents can follow.

We have found that by practicing the above tips, the conversations with the teens get more and more comfortable. Next time you want to ease the conversation with your teen, give these a try! Let us know your success stories or additional tips that worked for you and we'll share them in an upcoming newsletter.

**Yours truly,
Dianne Huesemann, MA, LCSW, CEAP
Administrator**

 Like us on Facebook and Follow us on Twitter

We are *Proudly Serving*
the **Emotional and Mental Health Needs**
of Our Community With Our

- Child Metal Health Program, Ages 4-11
- Adolescent Mental health and Substance Abuse Programs, Ages 12-17
- Adult Mental Health and Substance Abuse Programs
- Exclusively Women's Mental Health and Substance Abuse Programs

Call us to find out how we can help your clients and loved ones....

VISIT OUR WEBSITE



US Alcohol Deaths Have Reached a 35 Year High, CDC Finds

In 2014 some 30,700 Americans died an alcohol related death, these numbers include alcohol poisoning and cirrhosis of the liver but exclude deaths related to drunk driving and homicides committed under the influence of alcohol. If drunk driving and homicides committed under the influence of alcohol were to be included the number would be closer to 90,000 according to the CDC. The CDC also reports that excessive use of alcohol is the leading cause of preventable death. In recent years researchers are urging public health officials to focus more on the dangers of alcohol vs. less toxic drugs like marijuana and LSD. There have been suggestions to increase federal alcohol taxes which are currently at historically low rates. [Learn More](#)

Antidepressants in Pregnancy Linked to Increased Risk of Autism

A study published on December 14, 2015 in *JAMA Pediatrics* online reports that antidepressant use during the second or third trimester (specifically SSRI use) almost doubles the risk of a child developing Autism Spectrum Disorder. A history of maternal depression also proved to be a risk factor increasing the risk for ASD by 20%. No increased risk for ASD was found with antidepressants used in the first trimester.

[Learn More](#)



Discussing the risks and benefits of antidepressants in pregnancy with a knowledgeable physician is imperative. Weighing risks and benefits is very complicated. It is important to note that this study does not look at the risks associated with untreated depression in pregnancy.

Three Common Psychiatric Medication Side Effects

When it comes to psychiatric medications there are many side effects to consider. The well known side effects such as weight gain or decreased sex drive are often talked about. However, there are a fair amount of other possible side effects to note. Three notable side effects include:

1. **Taste Changes** - In some cases psychiatric medication will change the way food and drink. This is often a very tolerable side effect albeit unpleasant.
2. **Memory Issues** - Occasionally psychiatric medication can cause severe memory loss. More commonly psychiatric medication can cause some forgetfulness and trouble concentrating.
3. **Frequent Urination** - In some cases psychiatric medication leads to frequent urination. This can be that the medication itself causes frequent urination or that the medication causes dry mouth which causes the patient to increase their fluid intake thereby increasing frequency of urination.

[Learn More](#)

[Website](#) [Staff](#) [Mental Health](#) [Substance Abuse](#) [Women's Program](#) [FAQ](#) [Contact](#)



**SIGN UP FOR
OUR EMAILS**



**SHARE THIS
EMAIL**

Alternative Behavioral Care

<http://alternativebehavioralcare.com>

636.477.6111

