Adolescent Services & Parent Education

Matching Our Services to Meet Your Concerns

1. Your child engaging in underage alcohol use.
2. Your child using marijuana, vaping, or taking someone else’s prescription medication.
3. College high-risk behavior pressures.
4. Impulsivity or low empathy.
5. Technology overuse, abuse or addiction.
6. Pro-drug attitudes.
7. Sexting or sexual acting out.
8. Compulsive use of pornography.

To schedule a youth assessment or parent consultation, please contact: 713.914.0556

Service Descriptions

**High-Risk Class** - This evidenced-based, research driven curriculum is facilitated by clinicians who know and understand adolescent behavior. Participants learn how high-risk behavior affects their growing brain, refusal skills, anger and peer pressure management, stress reduction, and family communication skills within a fun, interactive environment.

**Parent Group** - This therapeutic support group is designed for parents of teens and young adults who struggle with substance use and behavioral issues. Participants learn techniques to prevent or stop high-risk behavior and behavior modification skills.

**Adolescent Psychotherapy Group** - This group offers a more experiential and intensive processing experience for teens and young adults who struggle with high-risk behavior, co-occurring mental health issues, and/or behavior problems. Participants work on increasing social skills, self-esteem, and impulse control in a safe environment.

**Parent Coaching** - Designed for parents of adolescents and young adults who are struggling with any type of high-risk behavior. These sessions offer personalized coaching from a master’s or doctorate level therapist regarding referrals or family contracts that create lasting behavioral change.

**Individual, Family or Couples Counseling** - During individual therapy, the teen learns why they began using substances, what triggers their use, and new coping skills to deal with high-risk situations. Family therapy will empower all members to have an assertive voice, and learn validation and behavior modification strategies to shape attitudes and behaviors.

You know a teen who needs us.

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