

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. ● ● ● ●
9. Self-esteem or self-worth problems. ● ●



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.



713.942.4100
www.councilonrecovery.org