

Mindful Choices

Adolescent High-Risk Behavior Course



Helping Adolescents & Parents Deal with High-Risk Behaviors

Is your teen experimenting with or just starting to abuse alcohol or drugs? Are they engaging in high-risk behaviors, such as vaping, smoking, alcohol or drug use, or technology abuse? Do they have low self-esteem or self-worth?

Mindful Choices is an adolescent high-risk behavior course for teenagers and their parents that addresses these problems in the early, treatable stages.

Mindful Choices is an interactive and engaging experience in which teens and family members gain the knowledge and tools they need in a world of risky choices, and become more prepared to have meaningful discussions.



How Mindful Choices Works

Each Mindful Choices class focuses on topics related to the high-risk behaviors adolescents deal with daily, such as:

- Adolescent brain development
- Biological basis of addiction
- Stress and substance use
- Communication and anger management
- Levels of use + alcohol & binge drinking
- Marijuana & vaping
- Behavior modification

Through evidence-based psycho-education, teens and parents learn the biological basis of addiction; triggers for risky behavior; how to communicate assertively; and how teens can use judgment, self-management, impulse control, and other skills to thrive.

Mindful Choices is a six-week class held once a week for an hour and a half. At least one parent or guardian is expected to attend in addition to the teen.

To assure that Mindful Choices is appropriate for each participant, admission to the course requires an in-person interview and assessment of both the adolescent and parent(s). The assessment will be reviewed by the program director and registration will only be allowed upon approval.

To schedule an assessment, or if you have any questions about Mindful Choices, call 713-914-0556, email CRF@councilonrecovery.org, or contact us online.

**You know someone
who needs us.**

713.914.0556

www.councilonrecovery.org

303 Jackson Hill Street, Houston, TX 77007

