

DEALING WITH EXTREME SITUATIONS AND GETTING OUT OF CRISIS



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KEY TAKEAWAYS

Disclaimer: Everything presented in this video is intended for informational purposes only. This information is not intended to and should not be used to replace medical or psychiatric advice offered by physicians, therapists or other mental health care providers. If you think such services may be necessary, please do not hesitate to seek them out. Also, if you or anyone you know of is in immediate danger, please seek help from the proper authorities such as the police or other appropriate crisis intervention services.

- Overview of what we mean by “extreme behavior”. **[Review in video at 02:18]**
- Critical reminder: You are not alone! Do not beat yourself up in you are going through something like this. **[Review in video at 03:00]**
- Overview of the “Intervention Ladder”, the sequence of steps you may have to follow to get the situation back on track. **[Review in video at 04:08]**
- Why working with therapist or other professional is a smart idea. **[Review in video at 05:55]**
- Why it's important not to neglect your other kids when one is acutely struggling. **[Review in video at 09:51]**
- Should your teen get some kind of counseling? **[Review in video at 11:12]**
- How you'll know if working with a therapist is working or not **[Review in video at 13:22]**
- The threshold that CANNOT be crossed by your teenager. **[Review in video at 16:00]**
- Why addressing violent behavior is a critical crossroads for both you and your teen. **[Review in video at 16:43]**
- When you should consider getting the police involved. **[Review in video at 19:14]**
- Using the police as a constructive resource. **[Review in video at 23:10]**
- How you'll know if police involvement is working or not **[Review in video at 26:00]**
- The different scenarios when hospitalization might be necessary. **[Review in video at 27:18]**
- A helpful way to think about hospitalization if you have to go there. **[Review in video at 32:19]**
- How you'll know if hospitalization is working or not **[Review in video at 35:49]**
- Why it's so important to consider hiring and Educational Consultant if you need to find a residential placement. **[Review in video at 38:28]**
- The different types of residential placements. **[Review in video at 41:04]**
- Should you kick your teen out of the house? **[Review in video at 43:13]**

**“OUT OF
DIFFICULTIES
GROW
MIRACLES.”**

–JEAN DE LA BRUYERE



Guidelines for Choosing a Therapist or Coach to Work With

If you're going to hire a professional to work with, you obviously want it to be a good fit. Here are questions you can ask - or yourself and directly to him or her - to help you find the right person.

Personal Connection. Do you feel a personal connection to them? Do they make you feel at ease? Could you see yourself turning to this person for advice and guidance when you're feeling vulnerable?

Capable. Do they give you the feeling they can help you? Do they have a high level of confidence they can help you find the light at the end of the tunnel?

Experience. Do they have an understanding of teens and risky teen behavior? Do they have any experience helping parents navigate similar situations?

Problem-Solving Approach. Do they have a strong practical problem-solving approach? There's a time for self-analysis and reflection, but there's also a time to take action. You may need some of both, but as long as you're in crisis, there will need to be a strong emphasis on taking action.

How You'll Know If Working With a Therapist Is Helping Or Not

SIGNS IT'S WORKING	SIGNS IT'S NOT WORKING
There is less conflict at home	You're still not able to engage your teen in any kind of constructive dialogue
You're getting along better, even if it's slow coming	Your teen is escalating their negative behaviors
You're feeling more confident, empowered and optimistic about the situation	After a period of time, you still feel confused and like you're barely staying afloat



Checklist for Engaging the Police

Is your teen threatening to use violent behavior - to you, herself, anybody else or your property?

Does your teen need to get sent a very strong message that you may not be able to send just by yourself at this point in time?

Can you seek out supportive help from the police in advance so it'll be more strategic if/when you have to call them? Try to speak directly with a juvenile officer at your local police department.

How You'll Know If Police Intervention Is Helping Or Not

SIGNS IT'S WORKING	SIGNS IT'S NOT WORKING
Your teen gets the message and becomes more compliant	You find yourself calling the police on multiple occasions, and your teen still isn't getting the message
Your relationship with your teen starts to gradually improve	Their behavior worsens



Checklist for Hospitalizing Your Teen

Call insurance carrier in advance to understand your options

If possible, call or visit in advance to learn more about their services, what the intake process is like, and in particular what kind of support they offer in transitioning a child back home.

Determine how will you get them there. Will they go voluntarily? Do you have a therapist who can support the process? Will you require police assistance (i.e a forced hospitalization)?

Stay connected and involved in the treatment process so you can play an active role in your teens transition home, with an emphasis on clear rules and accountability moving forward.

How You'll Know If Hospitalization Is Helping Or Not

SIGNS IT'S WORKING	SIGNS IT'S NOT WORKING
Your teen makes clear progress, wants to return home, and understands things must be different in order to stay there	Your teen continues to be angry and feel like a victim
Your teen understands the behavior that got them there was unacceptable	Your teen doesn't recognize their violent behavior was unacceptable
The family counseling sessions you engaged in were honest and productive	Your teen continues to seem unwilling to work with you to find a way to live respectfully under the same roof



Checklist for Placing Your Teen In a Residential Facility

Consider engaging an Educational Consultant to help you figure out the best combination of short and long-term options.

Work with your insurance carrier on possible payment options.

Once you settle on a few possible programs, talk to their billing department for suggestions on how to best work with your insurance for reimbursement.

Stay closely connected to your teen and the program (i.e. participate in family counseling sessions to the degree you can) so a positive transition back home can take place.

How You'll Know If a Residential Placement Is Helping Or Not*

SIGNS IT'S WORKING	SIGNS IT'S NOT WORKING
Your relationship is gradually improving	You are not making progress in your relationship
The staff at the facility believes your teen is making progress	The staff doesn't believe your teen is making significant progress
Your teen is talking optimistically about returning home and understands things must be different in order to do so	A transition back some seems like an impossible, or at best distant, option

*Please bear in mind that your options are very limited at this point. The only more restrictive option would be incarceration through involvement with the legal system, or perhaps some kind of long-term institutionalization, most likely due to severe mental illness. If a particular residential placement is not successful after a reasonable amount of time, you may have to consider a different placement that could yield a better result. If you work with an Educational Consultant, it will be their role to help you evaluate your specific options.



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