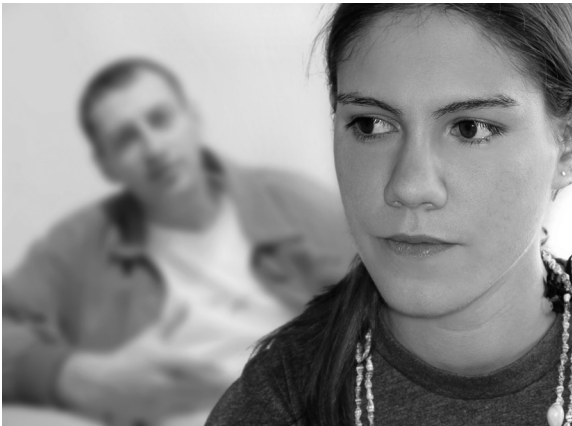


Your Teen During Rehab



If your son or daughter is in rehab for drugs or alcohol, you know that this is an essential step for recovery. Your support is also essential as your child works through this process.

Addiction recovery requires many strategies to help your child lead a productive life. Provide support to your son or daughter with these nine REHAB TIPS:



- 1 Reassure your teen** that you will do what you can to support their recovery from addiction.
- 2 Educate yourself** about your teen's specific addiction and recovery process.
- 3 Have a plan for discharge.** Discuss expectations and set clear rules for behavior.
- 4 Ask questions about the treatment process.** Seek a second opinion if you are concerned.
- 5 Be active. Participate in your teen's therapy.** Make attending sessions a priority.
- 6 Take time to reduce stress.** Self-care strategies include asking for help and doing fun activities.
- 7 Interact.** Don't shy away from family and friends out of shame or embarrassment. Connections matter.
- 8 Practice patience.** Recovery is a journey that may take time.
- 9 Stay firm if your teen tries to convince you that he or she should leave treatment early.** Evaluate the situation with his/her treatment provider if tactics such as crying, begging and threats are used.



Provide support and unconditional love during inpatient or outpatient rehab to give your teen the best chance for recovery.