



Mental Health Treatment at Thrive Teen



Mental Health Treatment at Thrive Teen was founded to cater to the personalized needs of each individual in our care. Adolescents heavily rely on social groups, including family, friends, and school.

With over decades of collective experience, Thrive Teen was created to introduce early intervention to those suffering from mental health issues. Had the young adults treated by Thrive Treatment received early intervention and mental health services at a younger age, they might not have continued on to endure significant negative consequences as adults, such as dropping out of high school or college, legal issues and loss of interpersonal relationships.

Many teens are suffering from various mental health struggles that with appropriate attention and support, can avoid further dysfunction and inability to finish high school or college. Thrive Teen's admissions process includes an analysis of the overall physical health, mental health, and behavioral health issues.



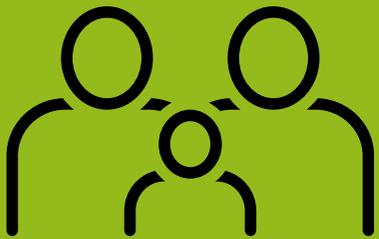
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Behavioral Therapy



Behavioral Therapy at Thrive Teen includes peer support, emotional regulation, distress tolerance, interpersonal skill development, grounding techniques, psychoeducation, various specialties in trauma, cognitive distortion education, and identity formation issues.

Family Therapy



As children become pre-teens, teens, and then young adults, the stressors in the family change. Be it early attitude problems, peer pressure, drugs, alcohol, sexual activity, or the competing and often overwhelming demands of school, sports, and social life, parents and their teens often need mediation. Finding a balance between parents who want to keep their teens safe and adolescents who are ready to spread their wings can be a precarious task and at Thrive we understand how delicate and difficult this process can be.

Life Skills



The life skills component at Thrive Teen is extremely important. We understand that maintaining a sense of perceived "normalcy" such as a job or being student plays an important role in confidence and developing a healthy routine. We also understand the barriers presented by mental health issues and are committed to supporting our clients integrate back into activities that serve their higher purpose.

Early Intervention and Treatment Planning



1 in 6 people alive is under the age of 18. And, while half of all mental illnesses start before the age of 14, most cases remain undetected and undiagnosed according to the World Health Organization. Or, that is until they majorly impact life and health. The same survey reveals that 30-40% of all childhood mental illnesses become lifelong problems, especially when not treated.

The Thrive Teen Promise

Our adolescent treatment program includes care intended to build on the natural supports, strengths, resiliencies, and perspectives of the individual, focusing on the individual mental health needs and goals of the client. The clinical team at Thrive combines this with a complete focus on protecting the safety, autonomy, and privacy of the patient, so that an adolescent may safely seek treatment

The Thrive Teen Mission

At Thrive Teen our goal is to provide comprehensive therapeutic and educational services to teens and adolescents struggling with their overall well-being and mental health. We aim to help our clients learn to foster health, happiness, longevity, and self-reliance. Our goal is to provide supportive services where families and their loved ones can achieve and sustain long-term individual and family unit recovery.

Risks of Mental Illness in Teens and Adolescents



43% of teens with substance use problems have a co-occurring mental health problem, but most mental health problems are never treated



Depression is the 4th leading cause of illness and one of the leading causes of death in teens 14-19 years old

Untreated mental health symptoms can be so severe that teens may turn to drugs or alcohol to cope with the symptoms. The most common mental health disorders among teens in the U.S. are:

- Anxiety disorders, with 32% of teens aged 13 to 18 affected.
- Depression, occurring in 13% of 13 to 17-year-olds.
- Eating disorders, occurring in 3% of teens aged 13 to 18.

We're dedicated to providing the comprehensive clinical care teens and adolescents need to recover to their fullest potential.

To the Families of Thrive Teen

The Adolescent Program of Thrive Treatment differentiates itself by inviting families to join in the treatment process. Through weekly family therapy and parent support groups, and multi-family group, we change the family system to improve communication, boundaries, personal responsibility for behavior, and the healthy processing of any family issues. Treating the whole family teaches everyone the roles they play in maintaining the problem, how to support one another, and that they can emerge from treatment stronger than they were before.

Support Groups



Family Therapy





To the Clients of Thrive Teen

The attitude at Thrive Teen is one of acceptance and non-judgment. Our team recognizes the challenges that may come from mental health needs. We are here to offer our clients the opportunities and tools needed to rebuild a life that is healthy and free.

Your life is valuable. Your life is worth living well, and we want you to rediscover your identity in a brand new way.

Our Services at Thrive Teen include:

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- Individual Therapy
 - Medication Management
 - EMDR & Trauma Resiliency
 - DBT & Emotion Regulation
 - Mindfulness & Meditation
 - Psychiatric Services
 - Psychoeducational Groups
 - Life Skills Training
 - Group Therapy
 - Experiential Therapy
 - Relational Education & Therapy
 - Self-Empowerment
 - Codependency & Boundaries
 - Local Mutual Support Meetings
 - Resume Building
 - Job Search Assistance
 - Academic Assistance