

# What's New

# Change Is Possible

**H**ello Summer

This is the time of year we all have waited for—too long in coming it seems! Children are out of school, and family and friends visit from out of town. Perhaps we may even get to go to an amusement park, festival or two and lots of



barbeques and picnics too. Many families are taking this opportunity to remodel their homes and get organized before fall arrives. As a community and as a nation, we are facing some of the most difficult times that we have seen in several years. Families are struggling even more just to make ends meet financially, and many are not able to cope as effectively as they once could.

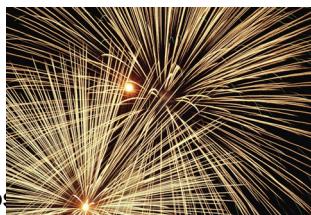
We at *Change Is Possible Counseling Services, LLC* want to help as much as we can. Our support staff will continue to assist you in the treatment process with a warm and friendly smile as your therapist works diligently to guide you through the change and healing process.



One of the ways in which our clinic is striving to help our patients is through the use of a therapist intern. I would like to take this opportunity to both welcome Ann to our facility and to introduce you to her. Ann is working on obtaining her Masters in Counseling. She will complete her classes this summer and be with us until November of this year. Ann enjoys working with all populations with a variety of presenting problems. She has a keen interest in couples, substance abuse and groups. As her site supervisor, I will continue to work closely with her. I am very pleased to have Ann on our staff, and I look forward to the months ahead with her!

Sincerely yours,

Cindy Zitny, LMSW, LMFT



## *When Your Adolescent Acts Out*

In this issue of our newsletter, we are spotlighting the **Consumer Update** by AAMFT entitled **"When Your Adolescent Acts Out Sexually"**. As specialists in family therapy we know all too well the difficulties faced by our patients when teens are sexually active. For most, sexual curiosity is a healthy and normal part of growing up. However, when an adolescent is engaging in behaviors that are excessive or unacceptable to society, we as parents and clinicians must step in to stop this dangerous conduct.

In this brochure by AAMFT, consumers will learn what activities to watch for in youth, the legal ramifications for such deeds, and what can be done to help our teens overcome these potentially life devastating actions. The topics covered in this Consumer Update include:

- **Where Do I Seek Assistance?**
- **Negotiating The Legal System**
- **What Is Therapy Like?**



If this topic is of particular interest to you, please pick up the brochure in the waiting area across from the reception desk. The subject matter is too extensive to cover adequately in this newsletter and is only meant to make you aware of its availability.

Families do not have to be destroyed by an adolescent acting out sexually in a manner that is legally, morally and culturally unacceptable. These teens do, however, need to get the help they need as soon as the adults in their lives learn of these deeds. Though this process may seem frightening at first, the consequences for the youth, their families, and the community at large is far greater than when this discovery is kept a secret. A teen that is not given the opportunity to face his or her crime and obtain the necessary treatment for recovery will no doubt continue a life of consistent legal, relational, and emotional devastation!

As Marriage and Family Therapists our clinicians can help you and your family begin this road to healing. Pick up the brochure and discuss its contents with your therapist.