

What's New

Change Is Possible

Welcome Summer!

"We thought you would never arrive!" We have waited for those longer days, warmer breezes, and more time with family and friends. The sunshine sure helps us to feel better in spite of the very difficult economic times.



Many people in our communities have been taking advantage of the free and nearly free concerts going on throughout the summer season. Metropolitan Beach and Dodge Park just to name a couple, have very good concerts for all ages. Families can relax in the great outdoors and enjoy their favorite music while spending time with their partner, children, or dear friends.

The staff at [Change Is Possible Counseling Services, LLC](#) would like our patients to be aware of the changes coming in our facility. Soon you will notice that the reception desk will be moved slightly and one of our treatment rooms will be transformed into a work room for the support staff. Another treatment room will open up to the right of the "Blue Room" (named such for the blue carpeting), and thus far two of our therapists will be seeing their patients in this new space. These changes will finally give the support staff the much needed space for patient care.



Sincerely yours,

Cindy Zitny, LMSW, LMFT
Clinical Director/Owner



**God Bless
America!**

Adolescent Substance Abuse

In this issue of our newsletter, we are spotlighting the *Consumer Update by AAMFT* entitled "*Adolescent Substance Abuse*". This is a fitting topic for a summertime newsletter. Often teens seem to get in the most trouble with drugs and alcohol during the warmer months of spring and summer. These young men and women have too much time on their hands as parents struggle to work and see to the increasing needs of their quickly growing children. Moms and dads are not fully aware of the specifics involved with the lives of their teenagers and the variety of potentially dangerous situations in which their loved ones are engaging.

By reading this AAMFT Consumer Update, parents and grandparents alike will become more educated on what to look for in children and how to deal more effectively with what they discover.

What causes adolescent substance abuse?

In this Consumer Update, the reader will learn what may place a child at a higher risk for substance use. The following are just a few mentioned in the brochure: insufficient parental supervision and monitoring, lack of communication and interaction between parents and kids, psychological distress, favorable parental attitudes toward adolescent alcohol and drug use, and parental alcoholism and drug use.

The brochure by AAMFT will cover these and other reasons to seek help for your kids: behavior problems and poor grades in school, lying or increased evasiveness about after school or weekend whereabouts, changes in mood, memory, or eating patterns, decrease interest in personal appearance, and change in friendships or extreme influence by peers.

How do you know when to seek help?

The brochure will highlight the kinds of treatment programs most effective for teen substance abuse and how family members can help their youth to avoid substance abuse. It is very important that a skilled family therapist work with the entire family to assess the specific dynamics present and to offer possible options for treatment. Parents' involvement in the lives of their teen may be the number one vital component in protecting their kids from the harmful effects of drug and alcohol use.

Readers interested in learning more about this family problem will also find a variety of helpful resources. AAMFT will recommend information on several associations, foundations, and support groups that may offer assistance to families struggling with these issues. They also highlight several books for children, adolescents and parents alike. Pick up this brochure today, and after reading the contents, pass it along to family or friends.



You can find the Consumer Update in a stand-alone brochure holder on the resource table under the mirror-- straight across from the suite entrance door.