



I'm concerned my child is out of control, what can I do?

The teen years can be a confusing time represented by periods of internal and external physical changes, the desire for independence, and developing identity. Most teens navigate this period with few major conflicts. The combination of changing hormone levels, under-developed impulse control, and poor insight can lead to poor choices. Sometimes parents struggle in response to these ongoing challenges. Often, during this time, children test limits and push boundaries in attempts to define who they are. The parent's role often requires them to set firm limits, yield when called for, and love them despite some potentially poor behavior. When parents feel that they are at the end of their rope, they can "role model" for their children that it's okay to ask for help. There is no "Parent Handbook", but there are professionals who can help parents to help their children to safely navigate these waters. If behaviors you are experiencing as a parent require additional help, there are many outpatient providers for counseling and therapy to choose from.

Please contact us if we can be of help.

Bob O'Connor
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To submit questions to our experts on behavioral health, please e-mail northstarinfo@uhsinc.com

For more information, please call our Intake Department 258-7575 or toll free in Alaska, 800-478-7575