JON COHAN
COUNSELING
PERSONALIZED ADDICTION TREATMENT FOR INDIVIDUALS & FAMILIES

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Supporting Your Teen - Resources

Articles:

The Teen Brain: 7 Things to Know

Teens and drugs: 5 tips for talking with your kids

How Teens Think Adults Should Talk to Them About Drugs

How to Practice Active Listening: 16 Examples & Techniques

Setting Limits and Monitoring Behavior to Prevent Substance Use

How to Have a Mental Health Check-In With Your Teen

Recommended Books:

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults - By **Frances E. Jensen**, **Amy Ellis Nutt**

The Complete Family Guide to Addiction By Thomas Harrison

Understanding Addiction: Know Science, No Stigma - Charles Smith, Jason Hunt

The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents - Lisa Damour