



The Challenges of “Back to School”

Dr. Baum shares ideas for helping Teens Avoid Mental Health and Substance Use Problems this year.

The transition back to school can be a challenging time for families. With increased stress come the risks of experimentation with substances as well as engagement in problem behaviors like self-harm, physical and verbal aggression, isolation, poor school performance, and avoidance.

Parents can play a key role in a child's life – often much greater than they realize. Parents are ideally placed to engage teens in honest conversations about the risks of substance use and to encourage teens to seek help when they are experiencing emotional challenges.

Schools, physicians, and therapists also play important roles in helping teens self-regulate or engage in treatment if it becomes necessary to their wellbeing.

If you'd like more information about referring to ASAP, professional development for your staff, or the services ASAP offers, call us at 513.792.1272. We currently have space in our [TRIP](#) (substance use IOP) and [CHOICES](#) (education) programs, and we can accept clients for our [Clarity Intensive](#)

(dialectical behavior therapy IOP) waitlist. We are able to accept clients with all major private insurances or self-pay.