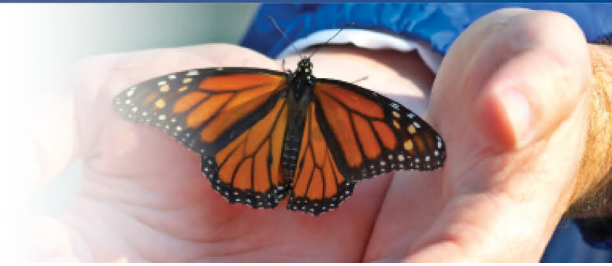


ASPENPOINTE

SINCE 1875...



## Teens

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The teenage years are an important time of transition. In addition to managing major shifts in responsibility as they move toward adulthood, teens are faced with enormous pressure from school, friends, work and family. While trying to balance their dependence on their parents with a desire to exert individuality, teens are going through extreme emotional and physical changes.

These realities can lead to some common issues facing teens today: depression, eating disorders and substance abuse. Statistics from the Substance Abuse and Mental Health Services Administration estimate that 20 percent of teens will experience depression before reaching adulthood; of those, 30 percent are likely to develop a substance abuse problem.

Some signs that your teen may be struggling are: agitated or restless behavior, weight loss or gain, a drop in grades, trouble concentrating, ongoing feelings of sadness, not caring about people and things, lack of motivation, fatigue, loss of energy and lack of interest in activities, low self-esteem, trouble falling asleep or run-ins with the law. Many of these issues are temporary and can be treated easily if detected early.



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

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