



HELP YOUR TEEN NOW TEAM

ABOUT US

Our goal is to empower families with expert advice, educational tools, and personalized guidance to help their teens thrive emotionally, academically, and socially.

Get Help Today



HelpYourTeenNow is an advocacy group dedicated to helping parents understand residential treatment centers and therapeutic boarding schools as well as finding the perfect fit for their teen – **free of cost**. Over the past decade, our mission has been to walk families through this complex process of deciding whether an intensive program is right for their teen, selecting the best school for their needs, and figuring out how to fund treatment and navigate their insurance options.

Deciding to put your teen in a residential treatment program is not easy. No parent expects to have to make such a choice, and may feel guilty for considering something so extreme or that their troubles have come this far. However therapeutic boarding schools are the answer for many teenagers facing a crisis. We understand your anxiety and are here to help you navigate the process from the first step to the last.

Our service is free, unlike many professional services that charge up to \$5,000 for their expertise. We have formed relationships with many different schools over the years and can help you to search through each one to find the right option for your unique situation. That includes finding a school based on quality, experience, pricing, and treatment.

Every program is different. Some schools will be focused more equally between therapy and academics. Others will provide more intensive therapeutic services that aim to discover and treat the root cause of your child's dangerous behaviors. When your teenager faces unique struggles, you need a school that has been specially trained to manage those problems. We can direct you to programs with specialists for substance abuse, mental illnesses, personality disorders, compulsive sexual activity or pornography use, acting out through illegal activities, and more. Finding the right school to help your teen is the first step in healing.

Meet The Team



Jillian is a wife of 22 years to her husband Matthew and together they have seven children ages 19 to 4. She has a Bachelor of Science Degree in Marriage and Family Studies and is currently completing graduate school to become a Mental Health Clinician. She has owned and operated Help Your Teen Now for 18 years and has helped thousands of families like yourself to navigate this journey of seeking help when they felt hopeless. She is a PTA Board member and sits on several non-profit boards to help mental health awareness and advance equal and affordable care for everyone with mental illness and neurodivergent brains.



Natalie Stefanoff is a parent advocate who has been working with troubled teens for over 15 years. Natalie is a hard worker; she is knowledgeable and is a compassionate listener. She has a knack with walking parents through this very trying, emotional and difficult program selection process. She will work hard to help your family find the right placement, the first time. She is knowledgeable in the insurance process, similarities, and differences between the different types of programs that are available. Natalie understands the complexities of trauma, adoption, drug use, learning disabilities, the neuro-diversity struggles, brain injuries, defiance, pornography, internet addiction, isolation, depression, anxiety, and any other struggle your teen is facing. She doesn't always have the answers but will do her best to find them and be honest and upfront with you with the types of treatment available, costs and the length of stay you're facing. Natalie is a wife of 26 years, she has raised 3 teenage sons and has recently added a darling daughter in law to her mix. She is willing and waiting to help make a difference in the life of your teenager and family.

How We Can Help

- We help you **navigate the many different boarding school options** available to you, free of charge.
- We help **explain the difference between different programs**, so you can make an informed choice, and select the best possible school for your teen and their unique struggles.
- We help you to **understand the cost to your family**, including providing insurance information for each school to help you find out what may be covered.
- We help to **advocate for your teen**, using relationships with schools we've fostered over many years to find them an ideal fit and work out any individual needs they may have.
- We help **explain the difference between therapeutic boarding schools and boot camps**, why the latter no longer exist in most states, and why they are rarely (if ever) the right option.
- We help you to **discover valuable parenting resources** that will assist you along the way, including family support groups to help manage the emotional side of this process.
- We help you **understand the factors that make up the best schools**, as cost is not always an indicator of the best program for your child.
- We help you **see if a therapeutic boarding school or residential treatment program is right for your teen**, or if an intensive therapy program may be better suited for their needs while remaining at home.

We are not facility owners or members of staff at any boarding schools. Our place is as advocates, working on behalf of you and your child to find the best possible solution to your current situation. We will stand by your side and give you all of the information you need to make an educated decision regarding your teen's treatment and academic future.

Our concern is, and always will be, the well-being of your family in this time of crisis.

CALL US TODAY!
(800) 901-7347

Fill out a form, and we'll get back to you.

YES, HELP ME OUT!

Therapeutic Boarding Schools by Location

States

Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming

Larger Cities

Atlanta, GA, Orange County, CA, Portland, OR, Houston, TX, San Diego, CA

Therapeutic Boarding Schools by Location

- Alabama
- Alaska
- Georgia
- Hawaii
- Maine
- Maryland

- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- Florida

- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana

- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska

- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma

- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia

- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming
- Atlanta, GA
- Orange County
- Portland, OR
- Houston, TX
- San Diego, CA



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Contact Us

- Contact Us
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Resources

- Schools for Troubled Teens
- Behavior Modification Programs
- Boot Camps For Troubled Teenagers
- Alternative School For Troubled Teens
- Therapeutic Boarding Schools For Troubled Teens

Resources

- The Best Boarding Schools For Troubled Teens
- The Best Residential Treatment Centers For Troubled Youth
- Therapeutic Boarding Schools for Girls
- Therapeutic Boarding Schools for Boys
- Military School For Troubled Teens

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