



Places for Struggling Teens™

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"It is more important to get it right, than to get it first."

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WHAT YOUNG ADULTS NEED!

By: Lon Woodbury

Thoughts and questions inspired by the book:

THE MYTH OF MATURITY

What Teenagers Need from Parents to Become Adults

By: Terri Apter

NY: W. W. Norton & Co:2001

ISBN 0-393-04942-6



The author calls them "Thresholders," the young adults between the ages of about 18 and 25. The book tries to explain why "thresholders" have such struggles in trying to learn how to be adults. Her claim is it is largely because parents withdraw their guidance and support in the mistaken belief or "myth" that young adults need to make their own mistakes and learn from the consequences.

She makes the point that higher percentages of young adults are doing poorly during this transition from adolescence to adulthood when compared to past generations. It seems to come down to expectations according to the author. Parents, remembering their own generation's transition to adult independence and similar stories from their parents, expect that they should do the same "hands-off" attitude to their own "thresholders" that they had desired in their youth. The author makes the point that while the young adults still desperately need the emotional support of their parents, at the same time many of those parents think their involvement is no longer wanted and back off, creating personal crises.

She makes the point that society has changed. The transition to adulthood has different requirements now, independence is harder to achieve, and the challenges are greater than previous generations faced. The "Myth" she talks about is the belief that young adults want total independence. The fact she presents is that while young adults want respect and independence, they also need guidance and active support from their parents. When parents withdraw in a mistaken belief that involvement would interfere with a young adult's independence, the young adult feels abandoned and lost.

The author's recommendations are for parents to continue being actively supportive of their young adult children while working for the balance of also respecting their independence.

Although the author treats the modern struggles of "thresholders" as a fact we need to accommodate, she does not speculate as to the Why or How of this change from previous generations. Speculations might be very fruitful:

Why does the modern generation of "thresholders" have such troubles?

Could it be a result of what we in this network have termed an "entitled" generation?

Have modern "thresholders" grown up with a mentality of expectations, being unprepared for the responsibilities of adult independence?

CONTINUED: YOUNG ADULTS/ 3

Inside...

Essay:

Needy Parents Creating
Culture of Entitled Kids/ 3

New Perspectives:

Solstice, RTC / 9
Reddstone / 10

Interviews:

Penny James / 5

Extended Insights:

Life After Soltreks / 11

New Perspectives:

Cedar Breaks Academy / 8

Seen N' Heard

/ 12

Adulthood is defined by the willingness to except full responsibility for where you are at in life; no longer blaming others or circumstances.

~ Joe Westbrook

[Essays and articles appearing in this publication are the opinions of the authors, and do not necessarily reflect the policy of Woodbury Reports, Inc.,™ or StrugglingTeens.com.™ We urge our readers to conduct their own investigation of the products and services identified herein.]

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in the State of Utah under the Department of Human Services as a Residential Treatment Center/Therapeutic Boarding School, Cedar Breaks is accredited through the Northwest Association of Accredited Schools (NAAS) and can accept foreign exchange students. Academics include one on one tutoring, daily study halls and an offering of both college preparatory and general academic curriculum, as well as SAT and ACT college placement testing available. An onsite Special Education teacher is available to work with students with learning disabilities and other issues.

As part of its residential treatment center program, students participate in daily group therapy, weekly individual therapy with an assigned therapist and monthly family therapy. Experiential therapy and recreational therapy includes a ropes challenge course and bi-monthly equine therapy, with Life skills training and community service activities rounding out the curriculum for students.

Because of their location, students at Cedar Breaks Academy participate in recreational activities that include hiking, fishing, camping and biking in nearby Zion National Park, Bryce Canyon National Park or one of many spectacular recreational areas all within two hours from campus.

[This information came from the Cedar Breaks Academy website.]

SOLSTICE, RTC

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Solstice RTC is a new residential treatment facility for troubled girls ages 14-17 years old who may struggle with body image issues such as eating disorders and self harm, academic struggles, low self esteem, depression, substance abuse and family conflicts. In addition, these troubled girls may have difficulties with oppositional defiance, adoption and attachment issues and Aspergers disorder.

Founders of Solstice include, Dan Stuart, the Executive Director and Clinical Director, Kyle Gillett, Admissions and Marketing Director, with a PhD, in Marriage and Family, Keoni Anderson, the Residential Director and Addictions Counselor, and Brett Jensen, with an MBA in finance and Bachelors Degree in Education, who serves as the Financial Director.

Students at this residential treatment facility receive individual therapy, specialized group therapy, chemical dependency counseling, monthly family therapy sessions and EAGALA certified Equine Assisted Psychotherapy. In addition to traditional 12 step counseling, students participate in additional substance abuse treatment including SMART

CONTINUED: SOLSTICE/ 10



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Woodland Spring Lodge is a program of Boys & Girls Town of Missouri.