Resource List:
Parents of Troubled Teens

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Books

**Boundaries With Teens** by Dr. John Townsend (2007) • 9780310270454 •
Discover how to set healthy boundaries for yourself and your teen. This book also includes a section on dealing with special situations like drug and alcohol use, sex, defiance, school, and disrespect.

**A Bump in Life: True Stories of Hope & Courage During an Unplanned Pregnancy** by Amy Ford (2013) • 9781433681875 •
For every single woman or young girl facing shame and worry, God offers His grace and hope.

**The DNA of Parent-Teen Relationships** by Gary Smalley, Dr. Greg Smalley (2005) • 9781589971639 •
Conflict is an inevitable part of any home with a teenager. Father and son authors use family stories to illustrate the power of respecting and honoring each other.

**Engaging Today’s Prodigal** by Carol Barnier (2012) • 9780802405579 •
A former prodigal, Barnier encourages parents who face sorrow and potential guilt in light of their child stepping away from God’s leading.

**Inside a Cutter’s Mind: Understanding and Helping Those Who Self-Injure** by Jerusha Clark and Dr. Earl Henslin (2007)
• 9781600060540 •
Cutting points to deep hurt with no easy answers. Clark and Henslin shed light on this troubling disorder, drawing from numerous interviews and research to offer hope to parents and struggling teens.

**Life, in Spite of Me: Extraordinary Hope After a Fatal Choice** by Kristen Anderson and Tricia Goyer (2011) • 9781601423825 •
Recounting her miraculous survival of a suicide attempt in which a train severed her legs, Anderson shares how her faith in God helped her overcome severe depression and shame—as well as the challenges of permanent physical disability.

**When Good Kids Make Bad Choices: Help and Hope for Hurting Parents** by Elyse Fitzpatrick, Jim Newheiser, and Dr. Laura Hendrickson (2005) • 9780736915649 •
Having a child reject your spiritual beliefs is one of life’s most painful events. Be encouraged by those who share from personal experience and from God’s Word how to maintain hope, prevent further rebellion, and explore options for dealing with the worst problems.

Broadcasts

**Bringing Home the Prodigals – I, II** (Rob Parsons) • 9781624719196 •
Parsons shares his heart for prodigals and their families. He notes that we sometimes make people prodigals by being critical of unimportant things—and he encourages listeners to consider the best ways to pray for and demonstrate God’s love to them.
Eating Disorders: What Today’s Parents Need to Know – I, II (Dr. Dena Cabrera) • 9781624713729
A psychologist, Cabrera shares her past struggles with an eating disorder and offers advice and encouragement to parents, helping them understand why Christian girls often wrestle with disordered eating.

Finding God’s Mercy When Life Is Messy – I, II (Vicki Courtney) • 9781624718465
Courtney shares about her son confessing that he and his fiancée were pregnant. Speaking to parents of prodigal children, she offers hope and encouragement in the midst of difficult situations. And describing how her past choices—including an abortion at age 17—shaped her Christian walk, Courtney challenges us to embrace grace and live out an authentic God-centered faith.

Finding Hope After My Darkest Day – I, II (Kristen Anderson) • 9781624713903
Anderson shares her testimony of surviving being run over by a train in a suicide attempt—losing her legs in the process. She recounts the aftermath and coming to faith in Christ, and she talks about what parents can do to reach out to a depressed teen.

Helping Kids Make Good Life Choices – I, II (Dr. Tim and Mrs. Darcy Kimmel) • 9781624717048
The Kimmels discuss parenting with eternity in mind. They remind parents to emphasize true greatness—not through accomplishments, but by building solid relationships, developing godly character, and cultivating faith in the Lord.

Hope for Women Facing an Unplanned Pregnancy – I, II (Amy Ford, Joanna Brown) • 9781624718373
Ford and Brown were active participants in their Christian faith, but both found themselves pregnant and unmarried as teens. They share about dealing with the consequences of these pregnancies, and they offer hope to others going through the same experience. They also challenge the Church to be an accepting place of refuge and encouragement to these girls, so they will not only choose life for their babies but also have the support team they need to move forward in their lives.

Love Healed My Wounds (Dave Roever) • 9781624713101
Roever was badly disfigured when a grenade exploded in his hand during the Vietnam War. Here he encourages young people to hold on through hard times, to not throw their lives away with alcohol and drugs, and to stand strong for what they believe.

Sound Advice for Parents of Prodigals – I, II (Carol Barnier) • 9781624712647
Barnier offers parents practical do’s and don’ts for responding to a prodigal. Learn how to interact in a way that won’t hinder reconciliation—but that will also establish healthy boundaries to protect the rest of your family.

Focus on the Family: Parenting
• focusonthefamily.com/parenting.aspx
This area of our website offers various articles and resources on topics such as emotions, parenting challenges, sexuality, and schooling.

Plugged In
• pluggedin.com
This outreach of Focus on the Family for parents and teens comments on today’s media culture, including music, movies, and other forms of entertainment.

Focus on the Family Q&As
• family.custhelp.com
Browse our Q&As for advice and encouragement.

Focus on the Family Resource Lists
• family.custhelp.com/app/answers/detail/a_id/26500
Find recommended resources and referrals listed by topic, including:

Christian Growth for Children and Teens • RL022A
Overcoming Sexual Brokenness • RL015
Teens • RL019
Youth Workers and Parents of Teens • RL066
Focus on the Family Counseling Consultation Line

Our licensed Christian counselors are here to listen to and pray with you, as well as provide initial guidance and resources to help you and your family. Phone 1-800-A-FAMILY (232-6459), Monday through Friday, 6:00 AM to 8:00 PM (MT) to arrange a call back. Or, if you’re looking to develop an ongoing counseling relationship, you can search for a professional Christian counselor in your area.

Residential Placement

Please feel free to call the Focus on the Family Counseling Department at 855/771-HELP (4357) to discuss residential options for your child, or for Christian therapist referrals. Focus on the Family does not recommend specific residential treatment programs, as a new director can change much about a program; but we can give you some names to contact that may help you in your search. It’s often wise to begin with counseling for your child or family before pursuing a residential option.

Teen Camps

In situations that don’t require a residential treatment program, another option is a short-term Christian camp setting. Though Focus on the Family does not endorse particular camps, you might look into options represented through the Christian Camp and Conference Association, who offer listings for both general and therapeutic camps. Their address is P.O. Box 62189, Colorado Springs, CO 80962. Or call 888/922-2287 or visit ccca.org.