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.

Included
Books
Broadcasts
Websites, Q&As, and Resource Lists
Referrals

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.

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.

Emotional volatility can be part of the teen experience. Find practical guidelines to help teens and parents understand, control, and channel emotions. Topics covered include guilt, romantic love, anger, and God’s will.

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.

Mom, I Hate My Life! by Sharon A. Hersh (2004) ● 9780877880233 ●
The storms of adolescence can easily drive a wedge between you and your daughter, but you can learn to fortify your relationship.

Parenting Isn’t for Cowards by Dr. James Dobson (2007) ● 9781414317465 ●
This book gives specific advice to frustrated parents on the contest of wills between parent and child, the perils of adolescence, parental burnout, and how to meet the special needs of both strong-willed and compliant children.
Praying for Your Prodigal Daughter by Janet Thompson (2008) • 9781416551867 •
Sharing from her experience as a prodigal daughter and as the mother of a prodigal daughter, Thompson offers hope and encouragement to hurting parents by teaching them how to pray for their daughters.

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.

Why Christian Kids Rebel by Dr. Tim Kimmel (2004) • 9780849918308 •
Few things in life are as painful as having your Christian child rebel against the faith. Kimmel invites readers to begin the quest for passionate Christian parenthood—the type that makes a kid want to follow the Lord.

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.

Game Plan for Parenting: The Teen Years – I, II (Dr. Kevin Leman) • 9781624714177 •
Leman challenges parents to stop fighting their teens. Instead, study them, learn from them, give positive reinforcement whenever possible—and never underestimate the importance of humor.

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.

Practical Advice for Drug-Proofing Your Kids (Glenn Williams) • 9781624713255 •
Williams provides practical ideas about talking to kids about drugs and how to handle peer pressure. He shares the importance of lifestyle modeling and teachable moments in preparing children to make good choices.
Parents of Troubled Teens...Page 3

**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.

**Timeless Tips for Building a Strong Family – I, II** (Rob and Dianne Parsons) • 9781624713804
The Parsons share poignant stories about the value of making time for loved ones. They explain how the parent-child relationship benefits when parents let go of their children—and how kids find strength when they’re allowed to face difficult challenges.

**The Value of Mentoring Today’s Youth** (Joe White, Coach Paul Moro) • 9781624713514
White and Moro discuss the importance of building a strong faith in teens, highlighting the need for youth mentoring—making sure young people have someone who believes in them and to whom they can look for a godly example.

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**Focus on the Family**
Websites, Q&As, and Resource Lists

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.

Q&As
- focusonthefamily.com/family-q-and-a
  Browse our Q&As for advice and encouragement.

Resource Lists
- focusonthefamily.com/family-q-and-a/resources-and-referrals
  Find recommended resources and referrals listed by topic, including:
  - Christian Growth for Children & Teens • RL022A
  - Eating Disorders • RL055
  - Esteem • RL014
  - Overcoming Sexual Brokenness • RL015
  - Suicide • RL073
  - Youth Workers & Parents of Teens • RL066

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**Focus on the Family Counseling Consultation Line**
Focus on the Family offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you. You can also search our directory for licensed Christian counselors in your area [https://ccn.thedirectorywidget.com].
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.