



Ideas for Home Team Members

Adult family & friends

1. Be available to help and spend time with family members.
2. Stop by the home and help them keep things light. Have fun, joke around, and remind them to not take things too seriously.
3. Share information and resources that you have found helpful.
4. Encourage the teen to stay away from alcohol and drugs and ask how he is doing with that goal.
5. Remind parents it is critical to be consistent and follow through expectations and accountability.
6. Share your observations of how the teen and family members seem to be doing.
7. Be available to come over to the home when behavior escalates and/or intensifies, or even to prevent things from escalating.
8. Assist with providing transportation.
9. Provide a safe place for teen with the parents' permission (overnight if needed).
10. Attend Home Team get-togethers.

Teen family & friends

1. Spend time with the family and help parents and others when needed.
2. Be a good friend yourself (honest, available, reliable, willing to tell the teen when he is making poor decisions).
3. Challenge him to do better in school and offer help and support.
4. Encourage the teen to be honest with you, his parents, and others.
5. Let him know you care about him. Be available to listen when needed.

6. Support goals of sobriety (e.g. tobacco, alcohol, drugs). If you have concerns about the teen's drug and/or alcohol use, talk to the teen and, if necessary, to the parents.
7. Support what the teen learned in wilderness and/or other treatment programs.
8. Don't make excuses for him.
9. If you are worried about his safety, talk to a parent or trusted adult.
10. Give the teen honest feedback and ideas on how others can help.

Long-distance family & friends

1. Call to check in. An encouraging voice can make a big difference.
2. Utilize technology (e.g. Facebook, Rallyest) to connect with the teen and/or family, leave inspirational messages, etc.
3. Encourage appropriate responses to both negative and positive behaviors displayed by the teen.
4. Celebrate and reinforce positive behavior.
5. Encourage family members to be consistent in their efforts and to keep making improvements, no matter how small.
6. Remind the teen/parent(s) that change takes time and to keep working at it.
7. Help family continue to make good choices and identify new areas of change.
8. Remind the family members not to give up!
9. Sometimes the best thing you can do is to just listen.
10. Withhold judgment. Give encouragement.