



Resource List: Parents of Troubled Teens

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Webpages, 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.

A Bump in Life by Amy Ford (2013) • 9781433681875 • (not currently available through Focus on the Family)

"True Stories of Hope & Courage During an Unplanned Pregnancy"

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.

Emotions: Can You Trust Them? by Dr. James Dobson (2003) • 9780800724870 •

Practical guidelines 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 guilt because their child stepped away from God's leading.

Inside a Cutter's Mind by Jerusha Clark and Dr. Earl Henslin (2007) • 9781600060540 •

"Understanding and Helping Those Who Self-Injure"

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 •

"Becoming Your Daughter's Ally Through the Emotional Ups and Downs of Adolescence"

Parenting Isn't for Cowards by Dr. James Dobson (2007) • 9781414317465 •

"The 'You Can Do It' Guide for Hassled Parents"

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 by Elyse Fitzpatrick, Jim Newheiser, and Laura Hendrickson (2005) • 9780736915649 •

“Help and Hope for Hurting Parents”

When Your Teenager Becomes the Stranger in Your House Gregory Jantz, Ph.D. (2011) • 235000000950 •

“What’s going on with your teenager? Is it just the ups and downs of adolescence, or is it something more?”

Why Christian Kids Rebel by Dr. Tim Kimmel (2004) • 9780849918308 •

“Trading Heartache for Hope”

You Are Not Alone by Dena Yohe (2016) • 9781601428370 •

“Hope for Hurting Parents of Troubled Kids”

Broadcasts

Bringing Home the Prodigals (Rob Parsons) • 9781624719196 •

Parsons shares his heart for prodigals and their families. We sometimes make people prodigals by being critical of unimportant things instead of considering the best ways to pray for and demonstrate God’s love.

Eating Disorders: What Today’s Parents Need to Know (Dr. Dena Cabrera) • 9781624713729 •

A psychologist, Cabrera shares her past struggles with an eating disorder and offers advice and encouragement to parents. She explains why Christian girls often wrestle with disordered eating.

Finding God’s Mercy When Life Is Messy (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 (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.

Finding Hope in the Midst of Raising Troubled Kids (Tom and Dena Yohe) • 2350000011154 •

The Yohees discuss the struggles with their teen daughter who suffered from depression, substance abuse, and self-injury. They talk about the difficult path to healing and offer hope to other parents of wayward teens.

Game Plan for Parenting: The Teen Years (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 (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 (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.

Parenting Your Teens When Times Are Tough (Dr. Greg Smalley) • 2350000009410 •

When we’re dealing with a prodigal or a child who just isn’t making the choices we’d make for them, we can find comfort in community and have faith that God is sovereign over our story.

Practical Advice for Drug-Proofing Your Kids (Glenn Williams) • 9781624713255 •

Williams provides ideas for 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.

Rescuing Your Teen Daughter From Secret Sins (Jesse Minassian) • 9781683320371 •

Minassian advises parents on helping their daughters deal with common “secret sins” that entrap many teenage girls: cutting, drug abuse, eating disorders, sexual addiction, and same-sex relationships.

Sound Advice for Parents of Prodigals (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 (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 kids—and how kids find strength when they're allowed to face 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.

**Focus on the Family
Webpages, 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 the following:

Christian Growth for Children & Teens • RL022A •

Eating Disorders • RL055 •

Esteem • RL014 •

Overcoming Sexual Brokenness • RL015 •

Suicide • RL073 •

Youth Workers & Parents of Teens • RL066 •

Referrals

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.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

Residential Placement

Please feel free to **call the Focus on the Family Counseling Department at 1-855/771-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

For 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 offers listings for both general and therapeutic camps. Their address is P.O. Box 62189, Colorado Springs, CO 80962. Or call **1-888/922-2287** or visit ccca.org.