

Joey's Story

Joey's middle school years were great. He made friends, enjoyed his classes and earned good grades. **During his freshman year, things changed quickly.** He argued constantly with his stepdad and talked back to me. He did not follow house rules including curfew, would not do his chores and his grades started to decline. He wasn't doing his homework and was making impulsive choices. He was smoking marijuana and skipping school. **We worried about his safety.**



We sent Joey to live with his grandparents in a more rural setting hoping that would keep him out of trouble. When that didn't work, we placed him in a state-run facility. Nothing seemed to help him with his behavior issues. Our insurance representative suggested that we contact the **Parent Child Resource Center and enroll Joey in their Intensive Outpatient Program (IOP).** The program taught him how to make **better choices.** My husband and I learned strategies to improve family communication, and how to support our son.

Joey actively participated in the IOP teen group and learned healthy ways to cope with frustration and express his feelings more effectively. My husband and I participated in weekly parent guidance sessions. **We learned the skills to reduce arguments, set and enforce age-appropriate expectations and how to keep Joey safe.**

After he completed IOP, Joey participated in individual therapy. He was able to explore his past choices and their consequences in more depth, accept responsibility for his actions, and over time, he became more cooperative at home, earned better grades at school and learned to avoid risky behaviors and relationships.

We are so grateful for the help Joey received and feel confident that we have all made the changes necessary to maintain Joey's safety and positive progress together as a family team. ~ Joey's mom

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Parent Child 
Resource Center

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