

# Rehab for Teens in Utah

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For many families, finding the best [outpatient rehab center](#) for their teen seems a daunting task. Teens who are suffering from addictions have unique needs that not just any facility can address. ***Renaissance Ranch in Ogden, Utah understands the unique challenges addicted teens and designs rehab for teens to specifically meet those needs.*** We treat every teen patient with dignity and the utmost care. We understand that we are not treating an addiction as much as they are helping a person overcome an addiction that is controlling the teen's life.

## Finding the Right Outpatient Rehab Center for Teens

First, you must assess the unique needs of your loved one. Different rehab facilities utilize various techniques and lean on certain specialties to treat their patients. For example, a drug addiction specialist is trained to diagnose the level of addiction to design an individualized treatment plan to meet each teen's needs. It is important to understand that "one size does not fit all" when dealing with addiction. The varying levels of substance abuse call for various method and lengths of treatment. Your teen rehab center should understand this and evaluate your teen's addiction level and unique needs.

***Call us today to talk with an addiction expert: 385-222-3737***

## Outpatient Treatment for Adolescents

Renaissance Ranch in Ogden, Utah treats the whole patient, including but not limited to challenges with:

- [Substance abuse](#)
- [Prescription drug abuse](#)
- [Alcohol addiction](#)
- Mental illness (e.g. depression or bipolar disorder)
- Behavioral disorders (e.g. oppositional defiant disorder)
- Anxiety disorders

Please call us immediately if your teen is struggling with any of these conditions. We are here to help your [teen and family begin the healing process](#). Our rehab for teens programs don't just treat addictions. There is always an

underlying cause. And we get to the root of it through counseling, so that emotional and mental challenges can be addressed. When a teen is addicted to a substance it affects every facet of life, how they think, feel and behave. Teen rehab is engineered to address and remedy these effects of substance abuse by treating the whole person.

The counseling and therapy that your teen receives with us will help that teen develop life skills needed to stay sober. Through counseling, addicted teens learn to take control and approach life in a more constructive and positive way. The most common teen rehab programs are:

- **Contingency management** - A combination of stimulus control and positive reinforcement to redirect behaviors.
- **Cognitive behavioral therapy** - Goal-oriented problem-solving that works to change patterns behind a person's addiction, replacing them with more positive ways of addressing life's challenges.
- **Family counseling** - Addiction is not an individual problem. Teens typically live with their family. And the whole family needs to understand how to support the healing process. Family counseling focuses on empowering your teen to help him/herself rather than enabling. It works to strengthen the family bond that is so important for recovery. They learn how to more effectively communicate and support each other. Family health is a driving factor in a teen's ability to stay sober.

## **The Alcohol & Drug Treatment Center Designed for Teenagers is Renaissance Ranch in Ogden, Utah**

Don't let your child miss out on the beauty of life another day. There is hope. Happy, healthy lives can become a reality for you, your teen and your family. Check with your insurance company to see what they cover. Public assistance may also be available to your teen. We at Renaissance work to find financial solutions for your family. Please don't delay another day. We can help. It's time to take that step in the right direction and begin working toward healing. Call us today: 385-222-3737. Renaissance Ranch, Utah is the drug and alcohol treatment center for teens.