

# The Haven Insider

WINTER 2009

## Books on Adolescence

By Nancy Randall

Very often parents find the world of adolescence perplexing, frustrating and confusing. Because this time in a child's life is so emotional (both for the parent and for the teen), it is important to know when adolescent behavior is normal, and when extra help, such as counseling, is warranted. The following are a few good books that parents of teenagers might find helpful.

Although all three of Dr. Mel Levine's books are terrific, The Myth of Laziness (\$15.00) is the most helpful to parents of teens. The author contends that no one is lazy, but instead suffers from "output failure". From examples encountered as Director of the Clinical Center for the Study of Development and Learning at the University of North Carolina, Levine offers practical tools for youngsters who are viewed by society as lazy.

I have heard Michael Bradley speak three times, and each time I am entertained and educated. His first book, Yes Your Teen is Crazy

(\$14.95) is for parents and explores the physical and psychological world of adolescents. His second, Yes Your Parents Are Crazy (\$14.95) covers the same territory but is written for teenagers. His new book, When Things get Crazy with Your Teen (\$22.95) offers answers to many of the conflicts and anxieties parents face.

Fun, yet practical, Get Out of My Life, but First Could you Drive Me and Cheryl to the Mall? (\$14.00) is a good read for parents who are first experiencing what it is like to live with an adolescent. Anthony Wolf, a PhD psychologist, covers just about every frustrating aspect of dealing with young teenagers (ages about 11-15).

For parents whose sons or daughters are suffering from snobbery, cliques and exclusion, Queen Bees and Wannabees (\$14.95) is a must read. Author Rosalind Wiseman has been there, done that and offers ways that youngsters can feel empowered and realize they have choices. Warning: Wiseman's examples may make you relive aspects of your childhood

you most want to forget.

The most sought after parenting book at our store is Madeline Levine's The Price of Privilege (\$13.95). A clinical psychologist, Levine (no relation to Mel) noticed teenage clients from affluent areas suffered depression, drug problems and anxiety disorders at a higher rate than the rest of the country. In her first book, she points out how often what parents view as helpful is many times very harmful. This book is a real eye-opener.

I can't resist recommending a work of fiction that has my favorite adolescent in it. Ordinary People (\$14.00) by Judith Guest was written over three decades ago but holds up beautifully in 2009. It exemplifies the angst and exhilaration of growing up in a wealthy suburb of Chicago and how good parenting and the right therapist can make the road to growing up less bumpy.

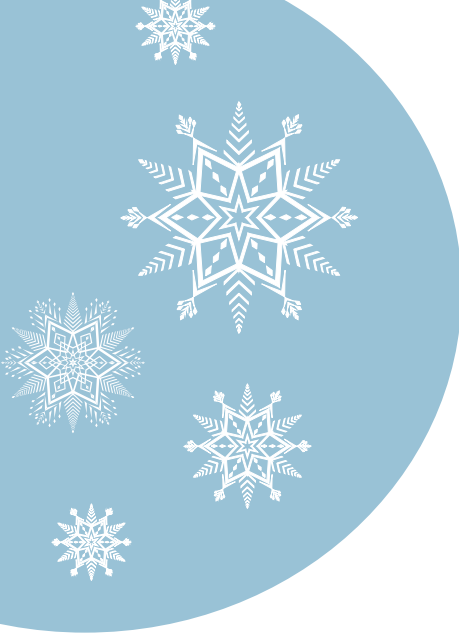
**Nancy Randall is a board member of Haven and a bookseller at the Book Stall in Winnetka, IL.**

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*"It is important to know when adolescent behavior is normal, and when extra help, such as counseling, is warranted."*

# HAPPENINGS AT HAVEN



## DJ SPIN OFF

Nearly 100 area teens enjoyed the sounds of three local high school DJs at Haven's first ever DJ Spin-Off Concert on December 12th. The event featured games, prizes and informational booths from local agencies LINKS and WYO. After a competitive contest, sophomore DJ Footloose won the grand prize. The exciting event was sponsored in full by Wendella Sightseeing Tours.

## BOYS GROUP

On February 24<sup>th</sup>, Haven will have it's first Boy's Group Meeting at 6pm. The group will be led by Andy Robins, a Haven Outreach Worker, and is open to all high school Juniors and Seniors. This program will help young men form relationships with positive role models and their peers through a consistent and open dialogue. Topics to be discussed will include issues surrounding school, family, dating, future goals and much more.



*SAVE THE DATE*  
*HAVEN YOUTH & FAMILY SERVICES*  
*PRESENTS*



**FAMILY FILM DAY**  
**Sunday, April 5th**

Please contact Haven for  
more information.



*GOING GREEN FOR HAVEN*  
*10th Annual Spring Benefit*  
*Saturday, April 25th, 2009*  
*Sunset Ridge Country Club in Northfield*  
[www.havenforyouth.org](http://www.havenforyouth.org)

**We're seeking new friends and contributors like you to help us continue providing the following services:**

- 24-hour crisis intervention to young people who are at risk for abuse, running away or family break-down.
- Outreach services that reach hundreds of area adolescents.
- Assistance and counseling to young people dealing with the everyday hurdles of adolescence.

**Thank you for your support!**

**Yes, I want to become a *Friend of Haven Youth Services!***  
 Enclosed is my contribution to help Haven help our children.

<b>Patron</b>	<b>Benefactor</b>	<b>Sponsor</b>	<b>Contributor</b>	<b>Donor</b>	<b>Other</b>
<input type="checkbox"/> \$1000	<input type="checkbox"/> \$500	<input type="checkbox"/> \$250	<input type="checkbox"/> \$100	<input type="checkbox"/> \$75	<input type="checkbox"/> \$ _____

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone (day): \_\_\_\_\_ (evening): \_\_\_\_\_

My contribution is made: In honor of/in memory of: \_\_\_\_\_

Please Notify: \_\_\_\_\_

Address: \_\_\_\_\_

I am enclosing my company's matching gift form so that my donation can be multiplied by my employer.

***Please make your checks payable to Haven.***

***Your contribution is tax deductible to the full extent of the law.***

***To donate online please visit our new website***

***www.havenforyouth.org***

## Haven's Annual Appeal - We Still Need Your Help

With today's economy, Haven is having more and more of a difficult time raising the funds needed to carry out its important mission. At the end of each year Haven appeals to the community for its biggest campaign. The holiday appeal helps raise a sub-

stantial amount of Haven's overall operating budget.

With the help of the community, Haven has been able to ensure that someone is ALWAYS there. Haven is available 24 hours a day for crisis and family intervention. Our teens face high stress situations

and difficult decisions everyday, and some do not know where to turn. Haven staff provides many teens and their families with the help they need.

So far this year Haven has reached 42% of our total goal for the appeal. These donations came from area

businesses and generous community members. But the campaign is not over and we still need your help. Please consider filling out the form above and becoming a sponsor to help Haven aid our youth through these important years.

## Erika's Lighthouse Develops Parent Handbook

Erika's Lighthouse is pleased to announce the upcoming publication of their new Parent Handbook on Child and Adolescent Depression.

The handbook is a practical guide, written by parents, with information and ideas on what to do if a child is suffering from depression—when and how to take action, what kinds of treatments are available, how to make the school day easier and what to do at home.

The book will be released to the public on March 12th at 9:30 A.M. at the Book Stall in Winnetka. Please feel free to join Erika's Lighthouse in this very exciting accomplishment!



**THE BOOK STALL**

**MARCH 12, 2009**

**9:30 A.M.**



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[www.havenforyouth.org](http://www.havenforyouth.org)



### What Our Clients Have to Say...

“Thank you so much for everything you have done for me. You have done so much for me this past year and I am very grateful, I feel like I am at a point where things are really good & I’m very happy & while I LOVE talking to you, I don’t need to talk every week anymore. Once again, thank you so much for everything, I REALLY appreciate it!

-*Haven Client*, Student at New Trier

“Thank you for taking the time to talk to me about my daughter. I can’t tell you how much I truly appreciate what you are doing for her just after one visit! Please know that I am ALWAYS available to do anything; I will accept ideas, suggestions, requests, whatever you say. I just want to be the best mom I can... she deserves it!”

- *Mother of a Haven Client*, Student at New Trier

Haven is.....

Confidential  
Free  
Helpful  
Fun  
*Informal Counseling*  
24/7  
Comfortable  
Safe  
*Hope*

**Haven’s Mission:**

Haven Youth and Family Services helps youth and their families in crisis. By offering specialized programs focused on prevention, intervention, and private counseling services, Haven collaborates with schools and other community agencies to counsel youth and to identify and prevent crises.