



The Road Home: A Guide for Parents with Teens or Young Adults Returning from Treatment

Ruben Jimenez

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Finally, there's a guide — written for parents, not just clinicians — describing the unique challenges you are likely to face when your teenager or young adult comes home from therapeutic treatment.

Using a wealth of examples, sample dialogues, worksheets, and insights gleaned from real families' experiences, *The Road Home* illustrates how to **manage the scenarios you can expect to face** in the weeks and months ahead—or that you may already be facing—and how to **avoid the most common pitfalls** awaiting you and your child after treatment.

Whether your child is returning from a wilderness therapy program, a therapeutic boarding school, or a drug and alcohol treatment center, *The Road Home* will empower you to:

- **Practice key communication skills and strategies** for ensuring a successful transition home.
- **Reduce your fear and anxiety** by forming realistic expectations and setting appropriate boundaries.
- **Confidently approach specific situations** that parents today face, including those involving drug and alcohol use, curfews, chores, school, friends, and sexuality.

If you're looking for a **step-by-step process** to prepare for your child's arrival home — and to strengthen your relationship with your child — this book is for you.

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