



5 STRUGGLES YOUTH FACE IN RESIDENTIAL

#1 – INCONSISTENT LEADERSHIP & RULES

Constant staff and organizational changes create an environment of rules not being followed or enforced consistently throughout residential, which leads to confusion and a sense of distrust.

#2 – TALKED DOWN TO

Youth feel spoken down to or even called names by staff which further hinders progress in the areas of self confidence and self worth.

#3 – LEADERSHIP HIERARCHY

Leadership staff talking down to less senior staff members, which creates an environment of distrust and bureaucratic disorder for youth.

#4 – LISTEN UP

The number one complaint is that youth don't feel listen to or heard in residential. They have a rebellious vibe and only move further and further away from goals when rules are imposed without involving the youth in the process.

#5 – LACK OF PHYSICAL ACTIVITY

Raising serotonin levels is a key to the recovery process. Not only can it be a positive outlet for frustration, stress and anger, but exercise leads to energy which leads to a more healthy mindset and daily habits. Exercise also reduces cravings, helps with better sleep patterns and leads to a more stable social environment for the individual.

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