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for Teenagers

# How to help adolescents in crisis

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HUDERF



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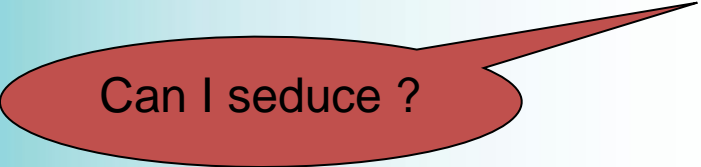
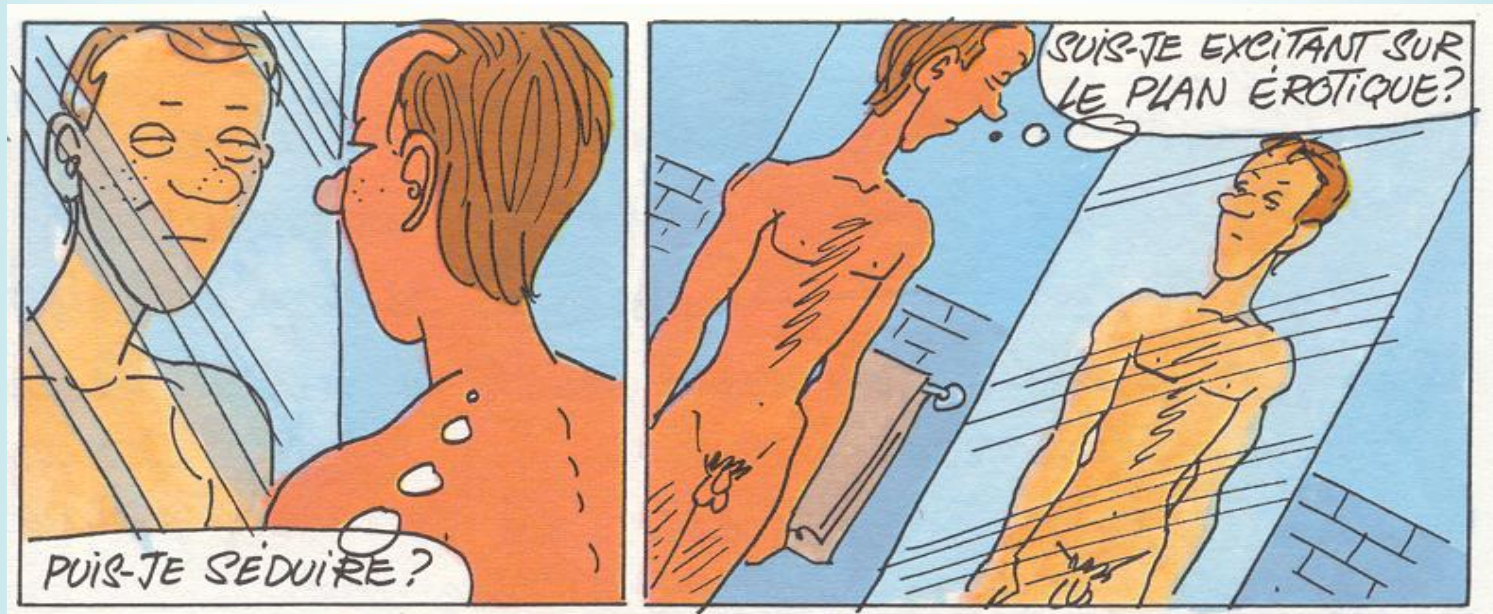
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The adolescent :

neither a child,  
nor an adult



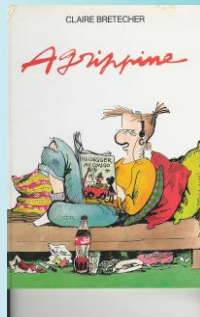
# The adolescence process



Agrippine, who are you ?

Are you you and if you are you, are you me?

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# The adolescent in turmoil

- Changes of the body – sexualization
- In need of autonomy
- Mourning childhood
  - Fragility of the ego
  - Intensive psychic change
  - Testing period
  - Easily acting out

# The process of adolescence

- Modification of the social and familial relationships
- Autonomisation
- Generational conflict
- School performance

Work for the adolescent, the family group and society



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# Crisis during adolescence : why ?

## A lot is happening

# For the adolescent

- **Psychic aspects :**
  - Fragility of narcissism
  - Eventual reactivation of the anguish of separation
  - Several mourning's
- **Relational aspects :**
  - Conflictualisation with the parents
  - But still need to be supported
  - Role of the peers
- **Cognitive aspects :**
  - Modifications of the brain





# The midlife crisis of the parents

- Ageing and health
- Mourning of their own parents
- Mourning of the ideal child
- Couples and sexual life - “Middle-aged lust”
- Conflictualisation with the teenager
- Professional difficulties
- Laicization of the social relationships
- Marriage on an emotional basis

# The adolescent in crisis

- Personal crisis
- Parental crisis : middle life crisis
- Societal modifications
  - Within the families
  - Cultural diversities
  - Environmental particularities

# From baby to adolescent

- Importance of the quality of the early child-mother relationships
- Importance of the quality of attachment
- Role of early stresses in the development of the brain organization
  - Physical or psychological neglect or abuse
  - Marital discord and violence
  - ...



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# Risks of the adolescent's crisis ?

# Risks

- Somatic problems : sleep and alimentation
- Difficulties in school achievement
- Relational difficulties within the family and the peers
- Psycho-pathological problems :
  - Depression
  - Anxiety
  - Drug or alcohol addiction
  - Impulsiveness, aggressiveness, acting out
  - Problems with the police, justice
  - Suicidal ideas



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How to take care of an adolescent in crisis ?

# A specific approach

Taking care of the various levels of suffering whilst respecting the personal space

- Listen to the suffering of the adolescent
- Do not diagnose too early
- Listen to the parents
- Do not act or give treatment immediately
- Take the environment and the school into account



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# Specific care structures for adolescents in crisis



# Modalities

- Early detection
- Multidisciplinary approach
- Holistic approach
- Practical and timely solutions
- De-stigmatization
- Focus on the positif
- Importance of networking



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# In adolescent psychological care

Prevention is better than treatment

but it's never too late



I feel  
hatred  
too  
There is  
no  
future  
for us



I feel  
hatred