

LET & ABLE Newsletter

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I want every caring adult in the land to find their passion and walk in their purpose. There is a need through-out America for new and innovative adults to come to the fore-front and make the difference that they know they can. Because now is the time and today is the hour, the days of waiting and standing in the shadows are over.

Right now, someone in your community needs your passion and ability to get things done. I want you to know that you no longer must question your importance, have concerns about your level of training, and fear what may or may not happen.

What you have on the inside of you is exactly what the doctor ordered. The needed change in our communities is waiting for your relentless pursuit of wholesomeness and fruitfulness.

For you, there are no required concessions and unspoken rules that need to be followed. The storms of life that came to discourage you, watered the gifts and talents that have laid dormant in you for years.

If nothing else, set yourself to meet the expressed needs of others. Hear and see the wonderful things that individuals like you can accomplish and plant. Every big thing started out as a small idea. My hope is that you will let the processing of your dreams and life launch you to the next level of impact and success.

Are you ready to launch out? I am ready. Are you setting yourself to make a bigger difference? I have set myself. Are you loaded and fearless enough to take the leap of faith? I am loaded and waiting for you to join me and others.

Dr. Recco

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**Helping Teens Understand and
Process Their Lives**
by Recco Santee Richardson, PhD., LPC

It is well documented in current literature, research, and testimonials that the teens years can be extremely difficult for parents, teachers, and the teens. No matter how we slice it up, life, decisions, expectations, transitions, challenges, and cognitive development can deliver the good and bad to teens who are trying to figure out school, friendships, family living, and themselves. This article offers insight into helping struggling teens understand and process their lives. I have found that doing such can help them comply better with household rules, be more dedicated to their schoolwork and academics, select a better friend group to engage with, follow their passions, accept, and enhance their personage, tolerate change better, consistently manage their emotions, and experience peaceful living.

The below factors are fundamental and time-tested in their ability to help us parent, educate and service teens who struggle in critical areas of life.

1). The Age Factor: Teens that struggle often do so because of a lack of knowledge regarding their age. For teens during the early years of their lives, efforts should have been made by adults to lay the foundation for future living. Typically, when the foundation has not been laid, teens are unaware of the stages of development for their age and lack insight into why certain things are appropriate or not appropriate for them to discuss and indulge in.

As adults if we have not ensured a teen's proper understanding of their age and the associated values and themes, our lecturing and punishing them may not produce the results we desire. To achieve the desired results, we must start seeing things from teens' perspectives and experiences. *(cont. page 4)*

**This Article
Discusses**

>**The Teen Years**

>**The Impact Of Adults**

>**Talking To Teens**

>**Environment**

Join Dr. Recco & The "Real Men"



Real Men

Value Family Time

Don't Hit Women

Embrace Change Well

Are Present/Available

Appreciate Small Things

Lead By Example

Express Their Feelings

Control Their Sex Drive

Are Problem Solvers

Seek To Listen & Learn

Tell The Truth

Avoid Arguing

Have Steady Legal Income

Give Others Compliments

Are Not Insecure

Keep Their Word

Purse Knowledge

Have Good Friendships

No When To Say When

Campaign!

Our adult perspective may be right. However, it should not be seen by the teens as a barrier and the demise of their perspective. In other words, the goal should not be for us to be right. Instead, the goal should be getting the teens to understand and hopefully make the necessary adjustments in abiding by social and emotional rules that protect and nurture them at an appropriate age level.

2). Emotional Changes Factors: Let's face it. Some teens are extremely moody, irritable to no end, agitated daily, live on an emotional roller coaster, and the list goes on. Some of the stated can be blamed on poor effort, questionable nutrition, an unhealthy diet, and wayward beliefs and thoughts regarding co-existing with others. However, adults must find a way themselves to better understand the emotional life of teens. This may require us to take classes, enroll in a webinar, and do personal research. What a thought, adults putting forth effort to be taught and learn about a teen's emotions!

*“Emotions can be understood”
Dr. Recco*

The more teens' emotions make little sense to adults, the more the teens will have counter-productive emotions. I also suggest that adults take time to talk with their teens. Depending on others to reach and correct our teen is not a clever idea and not sustainable. Adults, listen! Heart to heart communication can work as medication, soothe emotional pains, and calm the rough edges of teens. This is true because sometimes all teens need is to talk with an adult who reaches out to them and cares.

As adults, we must be available to speak to and talk with teens. To do better emotionally, teens must sense that the adult is open-minded, interested in them, able to connect, and desires to make a difference.

3). Environmental Factors: Let's just say that I have been around the block a few times and see a trend. The trend is that most teens have no clue regarding the importance of having, appreciating, and taking full advantage of a wholesome home living environment and a safe community environment.

Their lack of understanding is due to their parents not providing such an environment regularly. For teens who live and dwell in less than desired environments, it is of utmost importance that they receive adequate support, guidance, mentoring, grace, cultural exposure, and access to community programming.

As adults we must have it within us to do or say something that keeps our teens from withering and pining. We cannot stand back and allow modern media, the music industry, failed relationships, poverty, mental health symptoms, and crime to shackle our teens. Adults within every community have the knowledge, skills, training, passion, and drive to help teens. Now is the time for us to finally jumpstart our business idea and community program that targets teens and addresses their needs. Within most communities, there is funding, facilities, and resources available to those who step out and offer a program that speaks to the heart of teens.

*“Raising teens still takes a village”
Dr. Recco*

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