

## *It's not an anger problem it's an emotion problem*

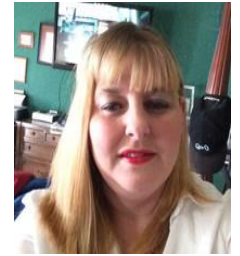
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### *Abstract*

Substance use among today's youth is on the rise due to an inability to articulate their emotions. Rather than parents seeking to understand and teach their child to articulate and express their "anger" appropriately, parents teach their children to take a pill it makes things better. This sets the stage for future substance use to cope. There is proven research there are Mental Health disorders that are underlying issues for a child to have difficulty expressing themselves in which medication is needed. However, without proper behavior modification a child's frustration can easily be categorized as "anger". Although this research is in the very early stages, I hope to prove through therapy adolescents who use drugs become sober and cope with their emotions in a healthy manner. The IV will be observed through both individual counseling as well as group counseling and are between the ages of 11-18. The participants will be observed over a course of several years to determine if early intervention with emotion regulation proves to be valid.

In conclusion this research will help gain an understanding as to better help parents understand and help their children while lowering the amount of drug use, bullying and developing socially and emotionally members of society.



### *Biography:*

Tina Huseth graduated from Pittsburg High School in 1990. Currently I offer all counseling services, including Anger Management. I work with teenagers, adults and couples. Offering Substance Abuse Assessments.

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