

## Benefits of Counseling

Some of the benefits of seeking counseling are:

- Reviewing incidents and processing the events can help people clarify what actually occurred.
- Counseling can help develop coping skills and strategies—allowing for the continuance of school, work or relationships.
- Establishment of a support network can help to decrease the negative psychological, physical, and emotional effects that often result from stress.
- Discussion of legal and judicial decisions can be utilized as part of the promotion of healing and resolution.

Your experiences can be utilized as a positive opportunity to build and practice confidence, assertiveness, and protective instinct skills.

## Who can help?

The Victim Advocate within the Laramie County Sheriff's Office can provide assistance with information about your case status, Crime Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to appropriate helping professionals or organizations according to your specific needs.



## Resources

**Youth Alternatives**  
(307)637-6237

**DARE**  
<http://www.dare-wyoming.com>  
[www.dare.com](http://www.dare.com)

**Crisis Chat** — Online Emotional Support  
[www.crisischat.org](http://www.crisischat.org)

**National Teen Dating Violence Helpline**  
1 (866) 331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org)

**Department of Family Services**  
1510 E. Pershing Blvd  
Cheyenne, WY 82001  
(307)777-6800

**District Attorney of Laramie County**  
(307)633-4370  
310 W. 19th Street Suite 320  
Cheyenne, WY 82001

**Laramie Co. Juvenile Detention Center**  
13794 Prairie Center Circle  
Cheyenne, WY 82009  
(307)775-7301

**Children's Action Alliance**  
(307)635-2272  
1-800-400-3999  
<http://www.wykids.org/>

## Adolescent Issues

**Laramie County Sheriff's Office**  
**Danny L. Glick, Sheriff**  
**307-633-4700**



Name/ID Number:

Direct Number:

Mailing Address:

1910 Pioneer Avenue  
Cheyenne, WY 82001

Raising a child will not always be easy. As children begin to mature, they want to exercise their independence from their parents and this could be the beginning of many conflicts as your teen attempts to mature into adulthood.

Monitoring teens is an art form. Too much and teens could rebel or not learn the skills they need to function on their own. Too little can easily result in behaviors that spell trouble.

Here are a few helpful strategies to manage your involvement with your teen:

## Monitor and Guide Teens

- Know where your teen is—especially on evening and weekends.
- Let teens know using alcohol, cigarettes or drugs is illegal and unacceptable. Discuss the potential consequences of their use.
- Monitor television programs your teenager watches. Contact your cable company to have parental controls installed to block programs you feel are inappropriate.
- Consider prohibiting teens to have a television in their room.
- Monitor the music your teenager listens to and set rules you feel comfortable with.
- Know how your teen is doing in school. Don't miss important parent-teacher meetings.
- Consider keeping computers in a public area of the house, such as the living room and monitor Internet use routinely. Insist your teen provide you with his/her password. If they refuse do not give them computer access. Consider creating a contract for use that both you and your teenager sign.
- Monitor cell phone records and set limits on use.
- Have your teen check in when they come home from school.
- Help your teen think through their plans for the night. Sometimes teens simply do not have the experience to make good decisions. It can be helpful to role-play potential scenarios.

- Insist your teen provides you with the name and phone number when visiting friends.
- Curfews are good to let your teen know there are rules to follow. Enforce curfews.

## Respect Teens

- Greet your teen whenever they come home in the evening—stay up until they arrive home. Ask how their night went.
- Have family routines. For example: Try to eat together on a regular basis (without the TV, please).
- First and foremost, express your love to your teen and let them know that it is your job as a parent to ensure their well-being.
- Explain to your teen why you need to know about their activities.
- Acknowledge their need for independence.
- Recognize that as teens mature, expectations of them should change accordingly.
- Nurture their self-sufficiency. Build trust by giving more freedom gradually.
- Talk to your teenager—about both important and unimportant things—often. Be involved.
- Lastly, be your teen's parent, not their pal.

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## Juvenile Behavior Issues

Sometimes, no matter how hard parents try, situations with children and teens arise that seem impossible handle. Teens often develop difficult behavior issues, and sometimes it leads to serious consequences – even detention.

**If your teen is incarcerated in Laramie County, he/she will likely be taken to:**

Laramie County Juvenile Service Center  
13794 Prairie Center Circle  
Cheyenne, WY 82009

**About The Laramie County Juvenile Court:**  
Provides for public safety while addressing the needs of juvenile offenders, families, and victims of crime.

### Detention Services

Intake (24 hours): 1-(307) 775-7301

Detention Services is the division responsible for housing and supervising juveniles awaiting trial who cannot be returned to the community during that time.

### Court Services

**Contact Laramie County Circuit Court for criminal matters regarding your adolescent.**

**(307) 633-4326**

**309 W. 20th Street Suite 2300**

**Cheyenne, WY 82001**

### Detention Services

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### Remember

Your teen needs your love and support more than ever when they have been incarcerated. Stay involved in the process and attend all hearings. Keep in touch with your child's probation officer and help your teen follow their plan. Be open with their probation officer and counselor about concerns, setbacks and successes.

If you are concerned about your teen's behavior and would like support, consider contacting one of the local agencies listed in this pamphlet for resources such as counseling, case management, dispute resolution, or mental health assessment.