

When parents are concerned about their adult children not gaining the skills to be independent adults, the causes and solutions are very individual. These are resources that provide some direction.

1. **988 is the national crisis and suicide prevention hotline.** Call them if you or your family member is experiencing suicide ideation, cutting, abusing drugs, or is generally in trouble and don't know what to do.

2. Parents should get support to address how they are setting boundaries and mentoring their adult child forward.
 - This could be a therapist who works with addictions or co-dependency.
 - The parents could [attend](#) AL Anon.
 - The parents could attend a [NAMI](#) (National Alliance for Mental Illness) group.
 - Finding someone trained in CRAFT <https://bha.colorado.gov/behavioral-health/CRAFT> (Community Reinforcement and Family Training)
 - The parents could read the following books.
 - [Hope Rising](#) by Casey Gwinn and Chan Hellman
 - [Doing Life with Your Adult Children](#) by Jim Burns
 - [Co-Dependence No More](#) by Melody Beattie

2. Parents need to figure out what is happening with their adult children if they still live in their house and need their money. Is this a mental health problem; an eating disorder; an addiction, or a substance use disorder (alcohol, marijuana, opioids, internet, porn? **Getting them assessed is an important step.** Figuring out what assessment and who is dependent on local resources.

3. Useful systems to look for:
 - For mental health issues, suicidal behaviors, and cutting behaviors -- I look for DBT groups (this is Dialectical and Behavior Therapy)
 - A person with an eating disorder should see a therapist who specializes in eating disorders and consider at least outpatient treatment.
 - [Center of Discovery](#) and [Emily Program](#) are two that are national.
 - Resources for WA State that have some national presence or might help you find similar ones in your state are:
 - [RecoveryAllies.com](#) – will help you get your family member into treatment
 - [Lara Okoloko](#) – CRAFT trainer in WA



Dr. Kristen Allott gathered these resources. She is a naturopathic doctor and acupuncturist. She can only work with individuals who are living in the state of WA. She is available to provide education to groups. She has free resources at [FuelYourBrain.org](#) and a workbook, [Fuel Your Brain, Not Your Anxiety.](#)