

Education and Virtual Schooling at Roots Renewal Ranch



ROOTS
RENEWAL RANCH

Roots Adolescent Renewal Ranch Explores Connection Between Mental Health and Virtual Schooling in Teenage Girls

April 28, 2022

ARGYLE, TX - April 28, 2022 - PRESSADVANTAGE -

Roots Adolescent Renewal Ranch, based in Argyle, TX, has recently published a blog post that explores the impact of virtual schooling on the mental health of teenage girls 13 to 17 years old. It has been observed that virtual schooling has caused many teens in Texas to feel like they were isolated from their peers and fatigued with the endless Zoom calls. This type of isolation has been linked to a number of serious problems, including addiction and mental health issues.

Opioid receptors are connected to the psychological, emotional, and chemical benefits that people get from social interactions, and when there is a lack of social interaction, opioids can activate the brain's reward system in a way that is akin to how a social interaction would. With the rising number of young people in a virtual schooling environment, it is essential to consider how many of them are already struggling with mental health problems. It is important to note that in Texas alone, according to the Kaiser Family Foundation, 14.6 percent of teenagers from ages 12 to 16 had suffered from a major depressive episode during the period 2018 to 2019.

Even before the 2020 pandemic forced children to spend large amounts of time on their devices, teenagers were already having mental health issues. According to a study from 2001 to 2004 by the National Institute of Mental Health, 11.2 percent of teenage girls suffered from social anxiety. And in the almost 20 years since that study, girls had to face social isolation, which is a known contributor to social anxiety. Furthermore, an average of 33.7 percent of adolescents in Texas who had a major depressive episode received care for depression from 2016 to 2019.

Another problem with virtual schooling is online bullying or cyberbullying. According to a survey in 2019, 35.6 percent of Texas children between the ages of 12 to 17 had suffered from cyberbullying in their lifetime, and 17.4 percent had been bullied within 30 days of the study. With the usual bullying, the children felt they were able to escape their bullies while at home. However, with online bullying, they felt like there is no hope because it can happen any time.

Fortunately, parents can do something to help their children fight the negative impact of isolation caused by pandemic restrictions. One such tip is ensuring that their child knows that her safety is their top priority; opening by volunteering information that parents might not prefer to share; starting with a public story; keeping the conversation with the teenager hypothetical at first; and letting them know that anything they reveal will be totally confidential.

Parents can also reach out to Roots Renewal Ranch if they feel that their teenage daughter is struggling with behavioral health problems, such as a mental illness or a substance use disorder.

Established in 2021, Roots Adolescent Renewal Ranch is a new residential and dual diagnosis treatment center in Argyle Texas that is focused on providing care for female teenagers aged 13 to 17 years old. Their primary goal is to apply a comprehensive whole-child (bio-psycho-social-spiritual) strategy within a safe, nurturing and focused environment. In this setting, the patients will have hope in a purposeful and healthy life, create a loving sense of self, undertake a journey of their life story, have a convicted belief that they are enough, and reconnect with family and the community. They strongly believe that their relationship-centered approach, extensive aftercare program, immersive family systems element, and future-focused education program are vital in preparing their clients for renewal and lifelong recovery. Their facility is strategically situated on a six-acre ranch and is composed of a 6,000 square foot home and a 1,200 square foot barn.

People who would like to know more about the link between mental health and virtual schooling and the services provided by Roots Renewal Ranch can visit their website, or contact them through the telephone or

via email. They can be contacted 24 hours a day from Monday to Sunday.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch Zoey Schwolert 888-399-0489 info@rootsrenewalranch.com 819 Indian Trail Argyle, TX, 76226

Roots Adolescent Renewal Ranch

Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.

Website: <https://rootsrenewalranch.com/>

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