



Roots Adolescent Renewal Ranch Reveals the Signs of Drug Use in Teens

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Roots Renewal Ranch, a mental health facility for teen girls ages 13 to 17, has recently published an article that reveals the signs of drug use in teenagers. Statistics in the US show that almost 8 percent of adolescents have used illegal drugs within the last month, which is certainly not a small number.

There are a number of risk factors that contribute to the use of opioids, marijuana, or stimulants in teenagers, but even without these risk factors, there is still a chance that adolescents may use illicit drugs, which is why knowing the signs of drug use in teenagers is important for parents and loved ones. Detecting the signs of drug use in teen girls is quite difficult because their behaviors are already being influenced by high levels of hormones like estrogen and progesterone.

Early signs of drug use look a lot like normal, teenage, hormonal changes. Your teen might start isolating or sleeping more. She might show signs of anger or irritation. Her eating habits could change, and she may start losing weight. You might notice a change in her group of friends and how she dresses. Her taste in music could change.

Communication with teens is vital during the early stages of drug use. Parents or loved ones who suspect their teen girl of using illicit drugs need to talk to her about it. It is important to refrain from giving advice unless she asks, and to not pass any judgment on her. It may help to find a therapist who can help the teen navigate the various changes she is undergoing and find healthy coping mechanisms.

It is important to note that even if a teen girl is showing some of the signs, it does not necessarily mean that she is using drugs. But if these signs are noticed regularly, or they are worsening as time goes by, it might be a potential drug or alcohol problem.

Physical health signs to look for include fatigue or complete loss of energy, tremors/shaking/muscle spasms, tachycardia or bradycardia (fast or slow heart rate), damage to the intestines or stomach lining, weight loss, loss of consciousness or fainting, migraines, nightmares, and insomnia. Signs with regards to hygiene and appearance to look for include: dark spots, uneven skin tone, chapped lips, scars, significant weight loss, dark circles under the eyes, hair loss/thinning, pale skin, and cuts, scabs, or scars (especially around inner arms or feet). Behavioral changes to look for include: loss of interest in hobbies or things she usually enjoys; isolation or avoiding friends; a sudden change in friends or activities; low self-esteem; a drop in grades; a sudden disinterest in extracurricular activities; and a sudden pattern of risk-taking.

?Roots offers life-saving addiction treatment in a beautiful, safe, and healing environment. Here, [your daughter will] learn about addiction, how to manage the thoughts that led her to use drugs, and how to utilize healthy coping mechanisms in place of unhealthy substances. Through a comprehensive, whole-child (biological-psychological-social-spiritual) approach, provided in a safe, nurturing, and undistracted environment, the girls at Roots will journey through their life story, discover their core roots, create a loving sense of self, reconnect with family and community, build hope in a healthy and purposeful life, and develop a firm belief that they are enough,? the blog states.

Founded in 2021, Roots Renewal Ranch is a residential, dual diagnosis treatment facility located in Argyle, TX, that is focused on the needs of adolescent girls ages 13 to 17. Their immersive family systems component, extensive aftercare program, relationship-centered approach, and future-focused education program are essential in preparing the teenage girls for renewal and lifelong recovery from their addiction. They are located on on a six-acre ranch and is made up of a 6,000-square-foot facility and a 1,200-square-foot barn. Roots is designed to provide a healing environment for teen girls and allow them to learn skills that will help them lead fulfilled lives.

Those who would like to know more about the services offered by Roots Renewal Ranch can check out their website or call them at 888-399-0489.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch
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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.

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