



ISOLATION

It is not uncommon for adolescents to go through a period of isolation as part of marking their transitional period. In fact most teens do withdraw from their parents at some point and it is a healthy and necessary part of development. However some sink into a place of isolation where they may feel profoundly alone and alienated, unable to safely connect with anybody let alone any adult. Uncovering the reasons behind your child's withdrawn behavior can help end your teenager's isolation. Wilderness therapy and program like the one and Pacific Quest can help.

ADOLESCENTS AND SOCIAL ISOLATION

Social isolation—the absence of social relationships—is typically considered unhealthy when people spend excessive time alone. Socially isolating oneself can mean staying home for days, not talking with friends or acquaintances, and generally avoiding contact with other people.

Social isolation can worsen adolescents feelings of low self-worth, shame, loneliness, depression, and other mental health concerns. Therefore social isolation can be both a cause and symptom of other mental health issues. Isolation by itself is not really a diagnosis, because it can be also be a symptom of depression, social anxiety, or agoraphobia.

TEENS AND ISOLATION

Many teens struggle through their transitional period and have issues with poor self-image, little confidence, doubting that they can be competent and successful... these thoughts and feelings may make them become increasingly cut-off from school, family, and friends.

Isolation can be a symptom of an underlying problem, though it can also be part of the child's personality.

Teenagers suffering from depression may experience symptoms such as restlessness, sadness, negativity or a changed appetite. Isolation may also be a symptom of depression.

Common reasons for Adolescent Isolation:

- It can be caused by the way they look, dress, act, or a combination of all these factors.
- Being ostracized by classmates because they may either excel academically or underachieve. Fitting in is important to adolescents; those who stand out may be pushed to the fringes of social groups.
- Hormonal changes that cause moodiness and erratic or volatile behavior can drive teens away from each other.
- There are conditions such as Asperger's syndrome and ADHD which are characterized by social issues that can lead to isolation.
- Depression is a prime cause for isolation. A depressed teen loses interest in everyday activities and drops out of social groups at school.
- Too much time on social networking sites makes them lose touch with peers. They may replace genuine social interaction with chat rooms and conversations with strangers.
- Extreme shyness can be a cause of social isolation in teens.

PACIFIC QUEST FOR TREATMENT

When a more immediate action is necessary, Pacific Quest's program which combines a wilderness experience and some form of treatment is exceptionally beneficial.

Based on experience, Pacific Quest recommends the Sustainable Growth Wilderness Therapy Model for the most comprehensive approach to adolescent developmental issues and related problems. This model incorporates many of the treatment options to help adolescents achieve lasting change in terms of both behavior and overall physical

and emotional well-being. Multi-sensory treatments are critical in maximizing growth, balance, and learning potential, that's why Pacific Quest's whole-person, nature-based model works so well. Pacific Quest actually harnesses the power of nature and practices complete wellness, with qualified staff working together on every aspect. PQ works because it is an individualized, comprehensive and neuro-developmentally informed approach. At Pacific Quest, we can design strategies that reach our students and move them through a deep and lasting change process.

In fact, the therapeutic process itself provides an opportunity to establish trust with and experience the emotional support of another person, all of which will help a person to live a less isolated existence.