



As parents and loved ones of teenage girls, we all want to see our daughters thrive and be happy. Unfortunately, recent statistics show that the mental health of teenagers, particularly girls, is on the decline. According to a recent study, depression rates among teenage girls have doubled since 2010, with suicide rates also on the rise.

This is a concerning trend, and it's important that we as parents and caregivers understand the root causes of this crisis. Some of the factors contributing to the mental health issues of teenage girls include:

- Social media: Social media can be a double-edged sword. While it can connect us with friends and family, it can also contribute to feelings of loneliness, inadequacy, and anxiety. Teenagers, in particular, are vulnerable to the negative effects of social media, which can impact their mental health, self-love, and self-worth.
- Academic pressure: Teenagers today face immense academic pressure, with high expectations placed on them to excel in school and extracurricular activities. This pressure can lead to stress, anxiety, and burnout.
- Family and relationship issues: Family conflict, divorce, and relationship issues can all have a significant impact on the mental health of teenagers.
- Trauma: Experiencing trauma, such as physical or emotional abuse, can also contribute to mental health issues in teenagers.
- As parents and caregivers, it's important that we recognize these factors and take steps to support our teenage daughters. This is where the Compass Rose International Teen INpowerment retreat comes in.

The Teen INpowerment retreat is a program designed to help teenage girls aged 14-18 learn how to source their power from within and achieve good mental health. Through a range of

resources and exercises, including yoga, meditation, creative expression, and self-reflection, the retreat aims to help girls build resilience, manage stress, foster positive relationships, and find their purpose in life.

At the Compass Rose International Teen #INpowerment retreat, June 5-8, 2023 & August 5-8, 2023 in Divide, Colorado, girls will have the opportunity to participate in a variety of activities that support these outcomes, including:

- Finding your True North: Girls will be guided through a process of self-reflection and exploration to help them identify their core values and life purpose. This activity will help girls gain clarity and direction in their lives.
- Creating something that matters: Girls will be encouraged to explore their creative side and express themselves through art, music, writing, or other forms of creative expression. This activity will help girls feel a sense of accomplishment and purpose.
- Lucid dreaming: Girls will learn about the power of lucid dreaming and how to use this technique to explore their subconscious mind, gain insights, and promote mental and emotional healing.
- Virtual Reality & Archetypal play: Girls will engage in playful activities that help them explore and express different aspects of their personality and characters that are common to all humans. This activity will help girls develop self-awareness, shed masks they wear, and learn empathy.
- Holistic body health: Girls will learn about the connection between the mind and body and how to promote physical health through nutrition, exercise, and self-care.

I'm honored to be participating in launching these #INpowerment retreats with Compass Rose International, an organization dedicated to #INpowering young women around the world. To learn more about the retreat, scholarship opportunities, and other programs offered by Compass Rose International, visit their [website](https://compassroseinternational.org/our-programs/workshops-accelerators/young-womens-retreat/) at <https://compassroseinternational.org/our-programs/workshops-accelerators/young-womens-retreat/>.

The Teen Mental Health Crisis is a serious issue that I feel called to address as a parent and human. By understanding the root causes of this crisis and providing our teenage daughters with the tools and resources they need to thrive, we can not only help them achieve good mental health and a happy, fulfilling life, but also share the tools and resources that can change the outcome for an entire generation.

We are seeing collaborators, co-elevators, and contributors to help make this movement successful. We have scholarships available for the first retreat and have some openings for facilitators, guides, and licensed mental health practitioners. This will also be a leadership opportunity for teen girls and young women to lead the #INpowerment movement while improving their self-awareness, intuition, and community contribution.