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Local organizations host community film screening, Screenagers Next Chapter

Lynchburg, VA – According to a recent study conducted by Jama Pediatrics, teens are spending on average almost eight hours in front of a screen every day. Horizon Behavioral Health is partnering with the Suicide Prevention Awareness (SPA) Coalition and the Lynchburg (VA) Chapter of Links, Incorporated to co-host a special screening of Screenagers Next Chapter: Uncovering Skills for Stress Resilience. Adults, youth, and adolescents in central Virginia are invited to attend at no-cost.

The film follows Director Delaney Ruston as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how parents, educators, and other caring adults can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

Dr. Delaney Ruston shares with NBBJ, “We live in a screen-saturated world, and we’re examining how this affects teens’ emotions and communication preferences. In our film, we speak with teens about their personal stories, and talk with parents as well as schools – about what they are doing and how they can better support our teens.”

The free screening event will take place on **Tuesday, November 15th, 2022, from 6:00 pm to 8:00 pm** at the Regal River Ridge Cinema Center located at 3411 Candler Mountain Rd, Lynchburg, VA 24502. The screening will be followed by a panel discussion with Pediatrician, Dr. Rachel Gagen, Horizon Mental Health Clinician, Jennifer Smith-Ramey, parent Whitney Poole, Karen Carlson, Social Worker at Lynchburg City Schools, and Ayonna Harris of the Juvenile Parole/Detention Center.

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Horizon Behavioral Health has been the primary public behavioral healthcare provider in the Region 2000 area for more than 53 years. In the last year, Horizon provided services to approximately 12,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. This represents the highest level of accreditation that can be given to a behavioral health organization.