

# Suicide, Serotonin, and Social Media: Camps Offer a Radical Lifeline for Gen Alpha

*Post-pandemic, teen mental health has declined sharply, but nature-based programs, including camps, are gaining recognition for their positive impact.*

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Colorado Springs, CO, Feb 24, 2025:

Nearly half of parents report new or worsening mental health issues in their teens since the pandemic, with emergency department visits for suspected suicide attempts rising by 31% in 2020 alone.

Many kids spend up to 7.5 hours a day on screens, reducing physical activity and deepening

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*Gregg Hunter*

feelings of isolation and depression. While Big Pharma and tech giants push quick fixes, emerging research indicates that effective remedies may be found in the natural world.

Studies show that time in green spaces can dramatically lower stress markers such as cortisol, heart rate, and blood pressure.

Summer camps are emerging as a beacon of hope in this challenging landscape.

“Camps are much more than a temporary escape. They are transformative environments that reconnect youth with

nature, community, and their own potential,” said Gregg Hunter, President and CEO of the Christian Camp and Conference Association.

“At a time when our children face negative influences and mounting pressures in modern life, the camp experience offers a proven, holistic solution that nurtures both body and soul.” Communities, educators, and policymakers increasingly recognize the urgent need for



Campers at Cho-Yeh enjoy time outside.

accessible, nature-based programs.

Journalists now have a unique opportunity to cover the hidden crisis of soaring screen time and digital isolation and showcase transformative stories of youth rediscovering hope through nature.

For more information about how time in nature is combating the youth mental health crisis, please contact the Christian Camp and Conference Association's media relations team.

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