



The Children & Youth Community Plan: Progress Update

Presentation to the Children, Youth, and Families
Collaborative Commission on March 9, 2022



CYCP Progress Update

Setting Expectations

- For many nonprofits and City agencies, asking for data is asking a lot
- Updates provided in this presentation are merely a snapshot of the work being done
- Much of the workforce is still focusing their efforts on recovering from the pandemic
- 30 Action Plans (44 Strategies, 175+ Actions) in CYCP and 1 CYCP Coordinator
- Of the 175+ actions, ~30% are in progress (gaps in knowledge of progress, not in actual progress)



Goal 1: All Children, Youth, and Families will be Physically Safe and Healthy



Known Progress Updates:

- **Early Education and Care**
 - Developing a **data system** with key partners to capture how children are being served by and benefiting from the early care and education system
- **Healthy Eating**
 - Implementing a **menu of nutrient-dense produce** like microgreens, mushrooms, and pea shoots from local growers at ACPS schools
 - Most every school in the district has their own **garden**
 - Providing universal **free meals and delivery** of meals to virtual learners
 - ACPS School Nutrition Services was recently awarded a **\$120,000 grant** that will facilitate serving more kids more efficiently
- **Physical Health**
 - Planning to improve and expand access to **play spaces** throughout Alexandria this year
- **Health Care**
 - Alexandria's public library system offers free COVID-19 rapid at-home test kits, helping to **increase access to COVID-19 testing** to under-resourced communities.
 - **A Public Health Nurse position** was created to begin the development of an interdisciplinary team at the Minnie Howard Campus satellite of Teen Wellness Center



Goal 1: All Children, Youth, and Families will be Physically Safe and Healthy



Known Progress Updates Continued:

• Mental Health

- 75 people trained in **Youth Mental Health First Aid**
- DCHS Behavioral Health Services **added four school-based mental health professionals**, based in every high school campus, middle school and k-8 school. The team is also working to increase access to **Family Mental Health Services** in schools
- 100% of schools have RULER teams who have been trained in the **RULER curriculum**. Additional social emotional learning programs have also been provided to schools to **support social-emotional and behavioral interventions**.
- Social, emotional, and academic learning materials (**SEAL**) include the use of structures such as community circles and lessons on resolving conflict and emotional regulation.
- Discussions and strategies for **mental health breaks** are provided as part of the SEAL curriculum.

- **Prevention of Substance Use, Unintended Teen Pregnancy, and Dating/Sexual Violence**
 - **2,044 pounds of unused or expired medication** have been collected
 - Expanding the **gun and pill lock distribution program**
 - 60 youth attended the **Annual Alexandria Youth Leadership Conference**
 - **3 more peer advocates (8 total)** were hired and trained in sexual and domestic violence prevention, substance abuse prevention, sexual health education, and general advocacy and presentation skills
 - **85-112 middle schoolers** have received 12 workshops about healthy relationships and prevention from the Peer Advocates



Goal 1: All Children, Youth, and Families will be Physically Safe and Healthy



Known Progress Updates Continued :

- **Housing**
 - Through ARPA funding:
 - \$200,000 was invested into an **eviction protection program**
 - \$312,000 was invested into **rental resiliency** with the end goal of maintaining **long-term housing stability** and security
- **Transportation**
 - Service on all **DASH routes** are **free** of charge for all riders
- **Immigrant Resources**
 - Held a resource roundtable discussion among community partners to **improve resource sharing** among local agencies serving immigrant populations
- **Basic Needs**
 - Through ARPA funding, investments were made into:
 - developing a digital equity plan that will **identify infrastructure, device, and digital literacy barriers** in Alexandria.
 - **Alexandria Library Mobile Hotspot Lending Program**
 - **addressing food insecurity** by creating food centers continuing food distribution
 - **Preventing food insecurity and eviction**
 - supporting the creation of **new businesses and jobs**
 - **Supporting residents seeking jobs**
 - connecting residents to local, state and federal **services** and **offer emergency financial resources to low-income residents** who aren't eligible for government-sponsored programs
 - supporting a **Guaranteed Income Pilot** that will impact 150 households



Goal 2: All Children will be Academically Successful and Career Ready

Known Progress Updates :

- **Educational Equity**

- All students in Alexandria get a **library card**
- Alexandria City Council allocated ARPA funding for out-of-school time enrichment and financial assistance to **assist with learning loss and increase academic and social supports** to children, in addition to traditional recreational activities.



- **Classroom Technology**

- Residents can check out a hot spot, a device that allows you to **connect to the internet for free**, from Alexandria Libraries

- **College & Career Success**

- **Expanding the College and Career Center** at the Alexandria City High School so there can be a **stronger focus on the graduation rate for Hispanic males**
- The Workforce Development Center is **equipping youth for success** through training, employment, entrepreneurship and leadership opportunities
- 89 students were recruited to join Project Discovery which prepares low income and first-generation college-eligible students to **access opportunities in higher education**
- 55 parents attended the **Real Cost of College: How to Pay for It Workshop** in January 2022

Goal 3: All Children, Youth, and Families will have Positive Experiences

Known Progress Updates:

- **Safe Schools**

- Safe Routes to School encouraged ACPS families and staff to participate in **National Walk to School Day 2021**



- **Resilient Communities**

- 141 community members attended **Alexandria's Trauma and Resiliency Summit**
- 28 ACE Interface Presenters in Alexandria; 11+ Presentations Delivered
- Awarded \$350 to create mini-grants for organizations wanting to **transform their spaces into TI environments**
- **Engaged 460+ community members in workshops** on Understanding ACEs, Creating Trauma-Informed Spaces, Trauma-Informed Supervision, Cultivating Authentic Community Engagement and Advocacy 101
- Annually promote daily activities during **Resilience Week VA** and **Racial Truth and Reconciliation Week**

Goal 3: All Children, Youth, and Families will have Positive Experiences

Known Progress Updates :

- **Asset Building**
 - **100 people trained in Developmental Assets**
 - **60 people trained in “Intentional Relationships”** focused on building positive developmental relationships with young people
- **Youth Empowerment**
 - Fully implemented a 7-week **Civics Academy** for Youth
 - **Created a youth seat** on the Community Services Board
 - Engaged over **40 people in a youth-led forum**, “Alexandria Youth Speak Up”
- **Caring Adults**
 - **135 mentors** and mentor program staff were **trained in Developmental Assets**
 - **Created and filled a new position**, AMP Coordinator, to support the alignment of high-quality mentoring programs and ongoing mentor development and retention within the AMP
 - **Raised awareness** among City staff of the policy that incentivizes employees to dedicate work time towards mentoring one hour a week
 - **Recruited three or more programs** to join the Alexandria Mentoring Partnership
- **Social Connectedness**
 - Hosted **Titan Teen Takeover Nights** and **Community Cookouts** at various sites in the community
- **Out of School Time Programs**
 - **Dozens of afterschool providers** from across the city **received trainings** on the science of Adverse Childhood Experiences (**ACEs**) and **trauma-informed care**.
 - **The Youth Support Network was established** to focus on building relationships and collaboration among out-of-school time stakeholders



Coordinated and Equitable Systems

Known Progress Updates:

Racial Equity

- Provided community members the opportunity to develop and use their skills in advocacy
- CYFCC co-sponsored Alexandria Youth Speak Up event
- Participated in building a statewide Unified Policy Agenda that advances trauma-informed and racial equity policies
- Create a Civics Academy for Youth, modeled after the City Academy, where youth commissioners can be recruited from
- Investing in and requiring city staff to attend equity trainings and continuous learning

Organizational Capacity

- Implementing workplace wellness initiatives
- Developed and using a **common system of measurement** to track our progress and measure our performance
- Enhanced Communications and awareness with the creation of the **CYCP Report Card**

