



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

VOLUME 3, ISSUE 6

This issue reports the progress made on preventing adverse childhood experiences by creating safe environments between April 2021 - September 2024

GOAL

All Children, Youth, and Families have Positive Experiences

RESULT

All young people feel safe at home, school, and in their community

WHY THIS MATTERS

Young people need reliable access to places and relationships where they feel safe to freely express themselves without fear of judgment or retribution, explore their world, identity, feelings, interests, and opinions, and develop skills and a sense of belonging. Having a place where they are physically, socially, and emotionally secure and supported by trusted, caring, and competent adults who set clear boundaries while treating them fairly and with respect is imperative for healthy development. These spaces are equally important across the many aspects of a child's life including school, home, and the community.

When children feel physically and psychologically safe, supported, and nurtured in their homes, schools, and communities, they are more likely to develop healthy relationships, engage in pro-social behaviors, succeed in school, participate in programs, and contribute positively to their communities. Safe and stable environments that foster inclusion and belonging, center healing, and are free from harm provide children with the security they need to explore, learn, and develop essential skills, such as problem-solving, communication, and emotional regulation, which are crucial for success in all aspects of life.

While all youth have the need to feel safe, these spaces are especially important for youth who are more likely to be impacted by injustice, violence, and discrimination. For example, promoting safe and supportive environments can be particularly helpful for LGBTQ+, who are more likely to be bullied at school and may lack family support at home.

By ensuring that every family, school, and neighborhood is equipped to create environments that support people who have experienced traumatic events like abuse, witnessing violence, bullying, family separation, displacement, and discrimination, and prevent these adversities from ever happening, we can foster a more inclusive, resilient, and supportive society that encourages young people to envision what they want to become, and who they want to be.



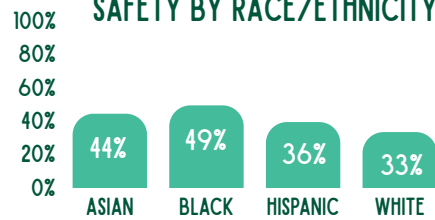
HOW ARE WE DOING?

YOUNG PERSON FEELS SAFE AT HOME, SCHOOL, AND IN THE NEIGHBORHOOD

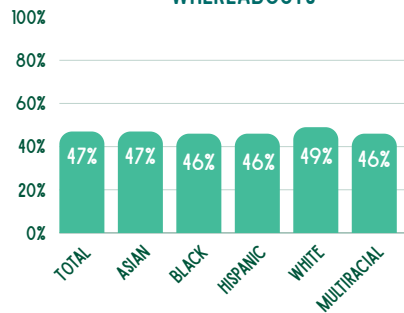
SAFETY



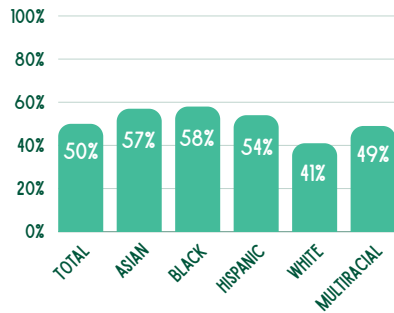
SAFETY BY RACE/ETHNICITY, 2022



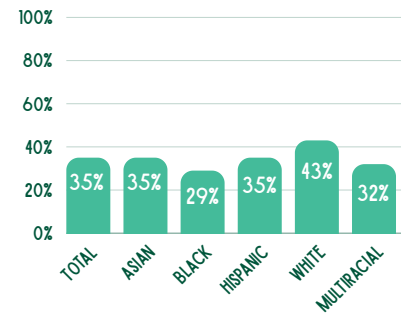
FAMILY BOUNDARIES FAMILY HAS CLEAR AND CONSISTENT RULES AND CONSEQUENCES AND MONITORS THE YOUNG PERSON'S WHEREABOUTS



SCHOOL BOUNDARIES SCHOOL PROVIDES CLEAR RULES AND CONSEQUENCES



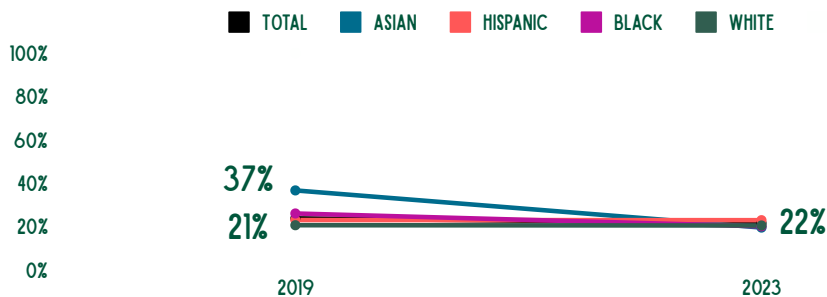
NEIGHBORHOOD BOUNDARIES NEIGHBORS TAKE RESPONSIBILITY FOR MONITORING YOUNG PEOPLE'S BEHAVIOR



DATA SOURCE: DEVELOPMENTAL ASSETS, ACPS, SEARCH INSTITUTE, 2022 | # OF SURVEY RESPONDENTS: 1,538

WITNESS TO DOMESTIC VIOLENCE IN PAST 12 MONTHS

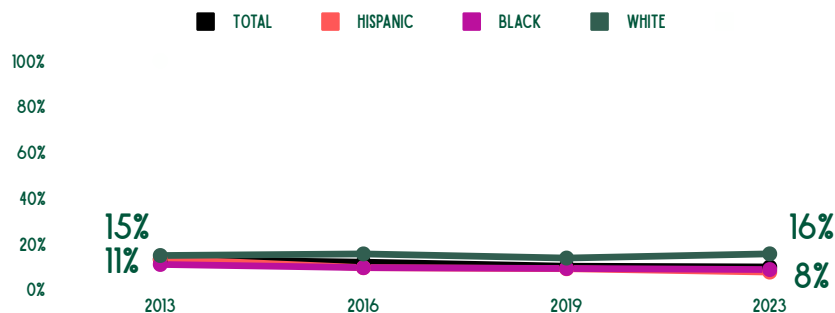
SOURCE: YOUTH RISK BEHAVIOR SURVEY, 2023
OF SURVEY RESPONDENTS: 1,473



Trends: Compared to 2019, fewer youth reported witnessing violence where they live in 2023.

BULLIED ON SCHOOL PROPERTY IN PAST 12 MONTHS

SOURCE: YOUTH RISK BEHAVIOR SURVEY, 2023
OF SURVEY RESPONDENTS: 1,473



Trends: Since 2014, the number of ACPS students reporting being bullied on school property has decreased by 23%. Compared with Black youth, White youth are 2.04 times more likely to be bullied at school.

STRATEGIES

Strategy #31. Minimize and prevent exposure to adverse childhood experiences (ACEs) and trauma in the household

Strategy #32. Strengthen and maintain relationships with Alexandria's Law Enforcement

Strategy #33. Expand access to and availability of physical spaces with trusted, caring adults, where youth can feel safe when not in school

Strategy #34. Maintain the physical environment of school buildings and school grounds as well as the physical safety of students

Strategy #35. Prevent bullying by providing education, building Developmental Assets®, and growing awareness among community

IMPLEMENTATION STATUS

Progress with preventing ACEs:

5 Strategies

21 Action Steps

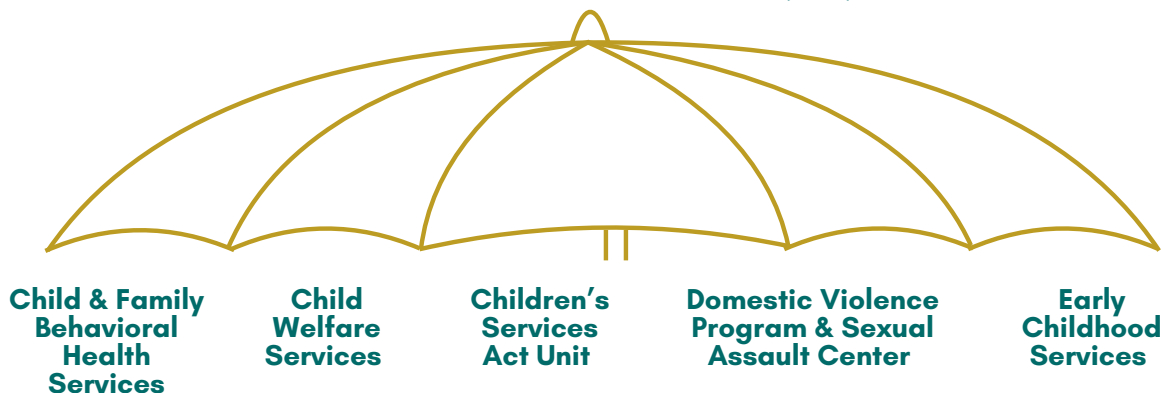
76% are in progress or fully implemented



CHAMPIONS & THEIR PARTNERS

- **Alexandria City Public Schools (ACPS)**
- **Alexandria Police Department (APD)**
 - Capital Youth Empowerment Program
- **Alexandria Department of Transportation & Environmental Services** partnered with:
 - Alexandria Parent-Teacher Association Council
 - ACPS
 - APD
 - DASH
- **Mayor's Campaign to End Bullying**
- **Alexandria Recreation, Parks, & Cultural Services** partnered with:
 - 4-H
 - ACPS
 - Boys and Girls Club of Alexandria
 - Northern Virginia Community College
 - YHelp

DEPARTMENT OF COMMUNITY & HUMAN SERVICES - CENTER FOR CHILDREN & FAMILIES (CCF):



*Youth Development is also housed in the CCF but not featured in this Report Card

WHAT HAVE WE DONE SINCE 2021?



MINIMIZE & PREVENT EXPOSURE TO ACES & TRAUMA IN THE HOUSEHOLD

The **Sexual Assault Center (SAC)** and **Domestic Violence Program (DVP)**

continued to:
Deliver education, information, and resources to reduce incidents of assault and intimate partner violence

The **Child Welfare Services (CWS)**

continued to:
Engage families in creating and maintaining supportive, nurturing, and structured environments

The **Early Childhood Wellness Program**

continued to:
Provide early intervention supports and services to infants and toddlers who are not developing as expected or who have a medical condition that can delay normal development

The **Children's Services Act (CSA) Unit**

continued to:
Provide resources to child-centered systems of care that effectively meet the needs of youth and their families

The **Community Services Board (CSB)**

of which **CFBHS** is a part - continued to:
Implement STEP-VA, which includes Same-Day Access, Mobile Crisis Supports, Outpatient services, and primary care screening to connect individuals to the services and supports they need

The **Partnership for a Healthier Alexandria Steering Committee** continued to monitor progress on the tactics that address disparities in the criminal justice system, including:

- Supporting the sustainability of the Alexandria Treatment Court
- Sustaining the Alexandria Crisis Intervention Training Program to provide jail diversion for individuals experiencing a mental health crisis
- Developing steps that will meet the goals of the commonwealth of Virginia's Marcus Alert System Plan
- Monitoring and engaging in the establishment and implementation of the Alexandria Community Policing Review Board
- Exploring youth criminal justice best practices such as restorative justice, youth court, and other similar programs
- Establishing pathways to connect impacted community members to resources to promote a holistic integration back into the community

The **Child and Family Behavioral Health Services (CFBHS)**

continued to:
Increase community access to behavioral health and substance use services for all Alexandrians with services based in Alexandria City Public Schools, the Del Pepper Community Resource Center, Northern Virginia Juvenile Detention Center and in the community

STRENGTHEN & MAINTAIN RELATIONSHIPS WITH ALEXANDRIA'S LAW ENFORCEMENT



The **Alexandria Police Department (APD)** continued to:

- Maintain and support meaningful relationships with ACPS and private schools
- Support community outreach efforts with ACPS students and faculty
- Work with CYEP to develop positive relationships with youth in the community
- Create and maintain partnerships with other city youth agencies



MAINTAIN SCHOOL & STUDENT SAFETY

Alexandria City Public Schools (ACPS)

continued to:

- Modernize school facilities
- Implement a 10-year Capital Improvement Program (CIP) plan

The **Department of Transportation and Environmental Services (TES)** collaborated with **ACPS** and **APD** to:

- Ensure the safety of the children as they walk to and from school through infrastructure improvements, enforcement, safety education, and incentives



PREVENT BULLYING

The **Mayor's Campaign to End Bullying** continued to:

- Review current reporting structures for bullying
- Deliver bullying prevention info to the community
- Establish 4 awareness days per year in Alexandria
- Advocate for adoption of bullying prevention curriculum in schools and out-of-school time programs
- Provide a yearly budget to allocate funding to the Mayor's Campaign to End Bullying Committee

WHAT HAVE WE DONE SINCE 2021?



PREVENTING CHILDHOOD TRAUMA

TO EFFECTIVELY MEET THE NEEDS OF YOUTH & THEIR FAMILIES

356 YOUTH

were provided resources to keep them in the community for treatment

\$185,000

raised for children in foster care and those at risk of out-of-home placement to participate in activities that help to normalize their lives

TO REDUCE ASSAULT & INTIMATE PARTNER VIOLENCE

644 ADULTS

were provided advocacy resources by the Domestic Violence Program (DVP)

244 PEOPLE

were served by the Sexual Assault Center

318 CHILDREN & ADULTS

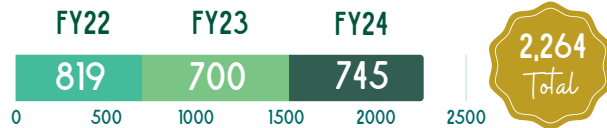
served in the DVP Safehouse

22,441 CHILDREN & ADULTS

service contacts by the DVP

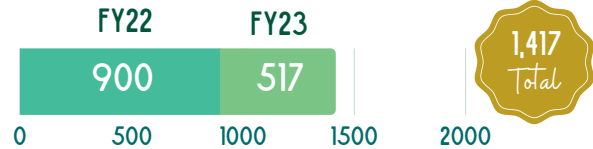
TO INCREASE COMMUNITY ACCESS TO BEHAVIORAL HEALTH & SUBSTANCE USE SERVICES

OF PEOPLE SUPPORTED BY THE CHILD & FAMILY BEHAVIORAL HEALTH SERVICES (CFBHS)

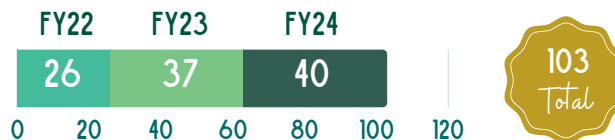


TO BUILD SAFE, STABLE, NURTURING AND SUPPORTIVE HOME ENVIRONMENTS

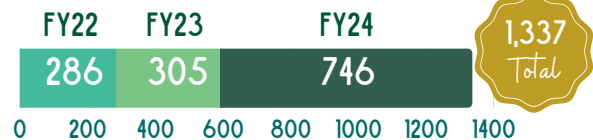
OF DEVELOPMENTAL SCREENINGS COMPLETED BY THE PARENT INFANT EDUCATION (PIE) PROGRAM



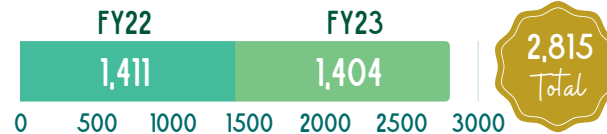
OF FAMILIES WITH FAMILY SUPPORT PARTNERS



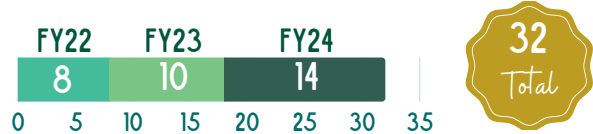
OF CHILD ABUSE PREVENTION TRAINING ATTENDEES



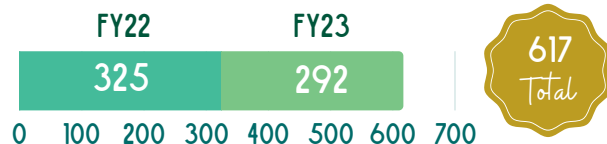
OF ADULTS RECEIVED MEDICATION AND COUNSELING FROM PSYCHIATRY



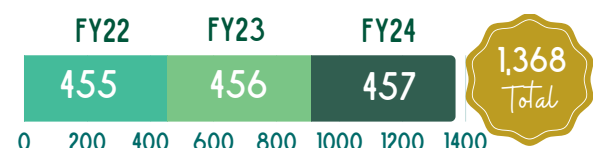
OF MANDATED REPORTER & OTHER PREVENTION TRAININGS DELIVERED



OF ADULTS RECEIVED TREATMENT FROM MENTAL HEALTH OUTPATIENT SERVICES



OF FAMILIES SERVED THROUGH CHILD WELFARE FAMILY ASSESSMENTS & INVESTIGATIONS





MAINTAINING SCHOOL & STUDENT SAFETY

TO ENSURE THE SAFETY OF THE CHILDREN AS THEY WALK TO AND FROM SCHOOL:

60% OF THE RECOMMENDATIONS

from the City's Safe Routes to School Walk Audit are in progress or complete

6 SPEED CAMERAS

were installed to support student safety at

4 SCHOOLS

7 SCHOOLS

had the speed limit reduced near them

5 SCHOOLS

had new walk audits completed near them

50+ CROSSING IMPROVEMENTS

were completed near schools

22 CROSSINGS

were installed, upgraded, or enhanced within walking distance of schools

OUTDATED 25 MPH SCHOOL ZONE SIGNS

were removed

\$1.8 MILLION

in grant funding was awarded to design and construct crossing improvements at 6 intersections near 4 ACPS schools.



FOSTERING A SAFE ATMOSPHERE WHERE YOUTH CAN GROW AND THRIVE

31 TEEN PROGRAMS

at
6 RPCA RECREATION CENTER SAFE PLACE SITES

4,521 YOUTH

youth participated in holistic programming for teens city wide

RPCA responded to

44 SAFE PLACE CALLS

from July 2023 - August 2024

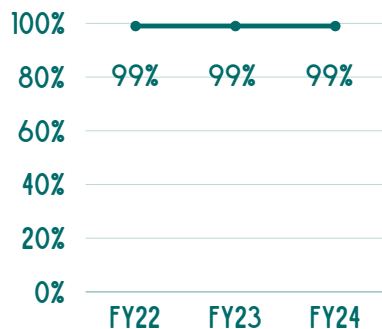
HOW WELL HAVE WE DONE IT?



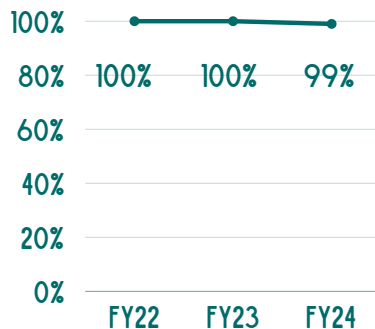
PREVENTING CHILDHOOD TRAUMA

TO INCREASE COMMUNITY ACCESS TO BEHAVIORAL HEALTH & SUBSTANCE USE SERVICES

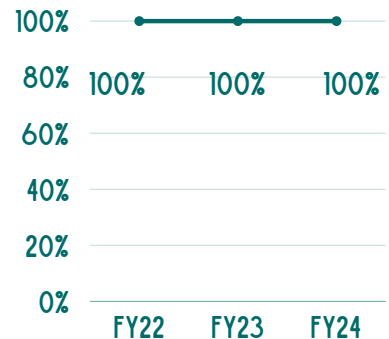
% OF YOUTH AND FAMILIES SURVEYED WERE SATISFIED WITH CFBHS SERVICES



% OF YOUTH AND FAMILIES SURVEYED SAID THEY WERE TREATED WITH RESPECT BY CFBHS STAFF



% OF YOUTH AND FAMILIES SURVEYED REPORTING THEIR STRENGTHS WERE RECOGNIZED



% OF YOUTH AND FAMILIES SURVEYED REPORTING THEIR OPINIONS WERE CONSIDERED



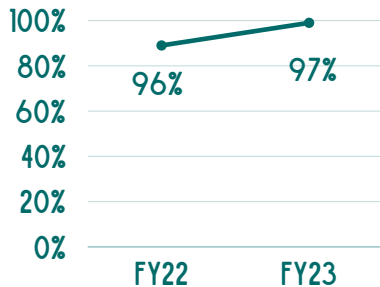
% OF YOUTH AND FAMILIES SURVEYED REPORTING PROVIDER WAS AVAILABLE WHEN NEEDED



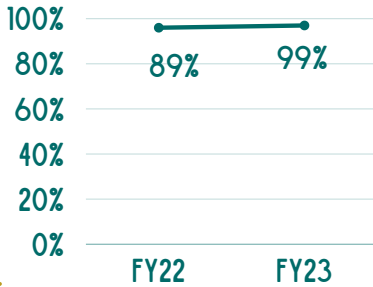
% OF YOUTH AND FAMILIES SURVEYED REPORTING SERVICE TIME AND LOCATION WAS CONVENIENT



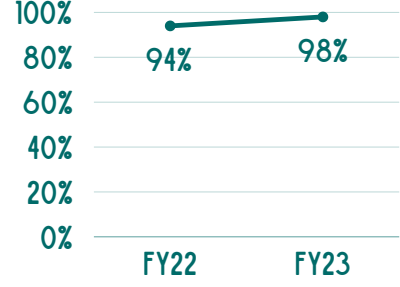
% OF ADULTS RECEIVING BEHAVIORAL HEALTH SERVICES WHO RESPOND FAVORABLY TO THE ACCESSIBILITY OF DCHS SERVICES



% OF ADULTS RECEIVING BEHAVIORAL HEALTH SERVICES WHO REPORT STAFF RESPECT THEIR CULTURAL BACKGROUND

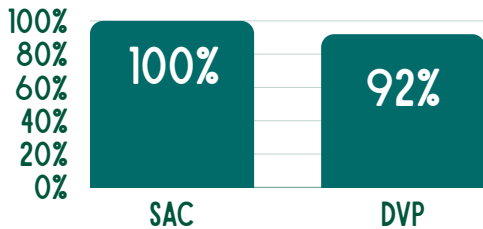


% OF ADULTS RECEIVING BEHAVIORAL HEALTH SERVICES REPORT OVERALL SATISFACTION WITH DCHS SERVICES



TO REDUCE ASSAULT & INTIMATE PARTNER VIOLENCE

% OF THE INDIVIDUALS SERVED REPORT PROVIDER WAS AVAILABLE WHEN NEEDED



% OF THE INDIVIDUALS SERVED REPORT SERVICE TIME AND LOCATION WAS CONVENIENT



TO EFFECTIVELY MEET THE NEEDS OF YOUTH & THEIR FAMILIES

% OF THE YOUTH SERVED BY THE CHILDREN'S SERVICES ACT UNIT WERE PROVIDED TREATMENT

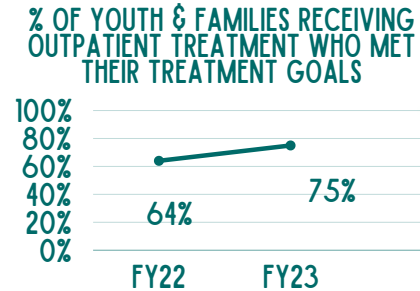
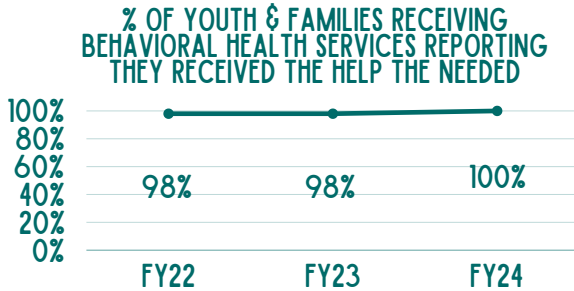


IS ANYONE BETTER OFF?

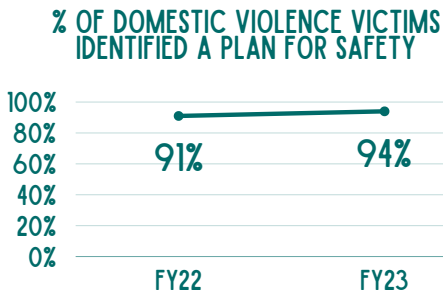


PREVENTING CHILDHOOD TRAUMA

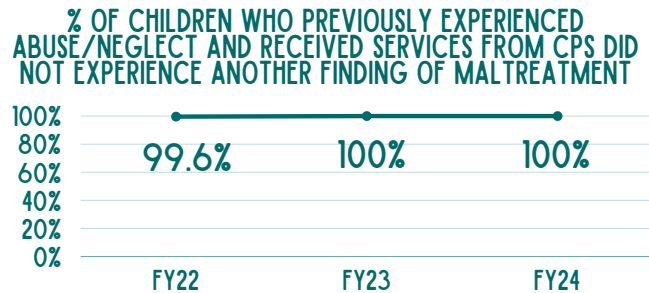
BEHAVIORAL HEALTH & SUBSTANCE USE SERVICES



VIOLENCE PREVENTION

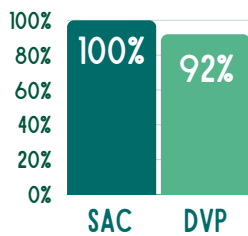


CHILD WELFARE & PROTECTIVE SERVICES

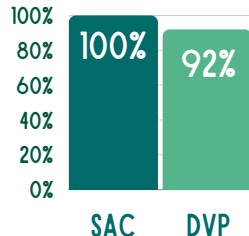


OUTCOMES AMONG PARTICIPANTS WHO ATTENDED A TRAINING DELIVERED BY THE SAC OR DVP:

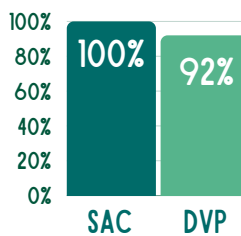
REPORTED THAT THEY GAINED A NEW SKILL &/OR RESOURCE THAT WILL IMPROVE THEIR RESPONSE/SERVICES



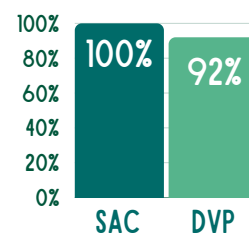
REPORTED AN INCREASED AWARENESS OF COMMUNITY RESOURCES



REPORTED AN INCREASED UNDERSTANDING OF SEXUAL &/OR DOMESTIC VIOLENCE



REPORTED AN INCREASED KNOWLEDGE OF FACTORS THAT PROMOTE HEALTHY RELATIONSHIPS OR PERPETUATE SEXUAL OR DOMESTIC VIOLENCE



EARLY CHILDHOOD SERVICES

% OF FAMILIES WHO SAY THAT EARLY INTERVENTION (EI) SERVICES HELPED THEM REACH IMPORTANT CHILD AND FAMILY OUTCOMES



MAINTAIN SCHOOL & STUDENT SAFETY

8,800+ STUDENTS

have a safer experience getting to and from school due to speed limit reductions, speed cameras, and crossing improvements

RESOURCES



PREVENTING CHILDHOOD TRAUMA

CHILDREN, YOUTH AND FAMILY MENTAL HEALTH AND DRUG AND ALCOHOL TREATMENT SERVICES

- Resources for your **child's mental health**
- Info about **Behavioral Health Services for Children and Families**

ADULT MENTAL HEALTH SERVICES

- **Recovery programs and services** for people experiencing mental health challenges and severe mental illness

ADULT SUBSTANCE USE TREATMENT SERVICES

- **Recovery programs and services** for those with substance use dependencies including use of alcohol, opioids and other drugs and co-occurring disorders

CHILD WELFARE SERVICES

- Info about how to identify and report **child abuse and neglect**
- City of Alexandria **CPS Hotline at 703.746.5800** or the **Virginia Hot Line at 1.800.552.7096**
- Learn about **child abuse prevention training opportunities**
- Info about **child welfare programs and services**
- Learn more about the **Fatherhood Engagement Program**
- Raise Your Voice to Help Neighbors at Risk of Abuse: How to recognize signs of abuse in children and adults. View or download the flyer in **English, Spanish, Amharic, or Arabic** and share with your network
- The **2023/2024 Prevention Resource Guide** highlights the innovative ways that communities around the country are doing purposeful prevention work to help children and families thrive.

CHILDREN'S SERVICES ACT (CSA)

- Information about the **Children's Services Act**, a Virginia state law designed to coordinate care and provide funding to support eligible at-risk youth and their families



MAINTAIN SCHOOL & STUDENT SAFETY

ALEXANDRIA SAFE PLACE

- A program where any youth in crisis can get immediate help 24/7.
- **Safe Place Locations**
- 703.746.5400
- More info about **Safe Place**

SAFE ROUTES TO SCHOOLS (SRTS)

A **program** that promotes walking and bicycling to school through infrastructure improvements, enforcement, safety education, and incentives.

ALEXANDRIA DOMESTIC VIOLENCE PROGRAM

- The **program** offers support to victims of domestic violence and their families and friends.
- We are here 24/7. Call us at:
 - **Sexual Assault Hotline:** 703.683.7273
 - **Domestic Violence Hotline:** 703.746.4911
- **National Sexual Assault Online Hotline**
- View or download a flyer that helps identify signs of domestic violence in **English, Spanish, Amharic or Arabic.**

PARENTING RESOURCES

- Find communication support, co-parenting tips, stress management strategies, and so much more in SCAN of NoVA's virtual **Family Resource Library**
- **Parenting Support Line (703.324.7720)** Anyone, no matter their immigration status, can call and receive help.
- Stress Management for Children and Adults: **"You Can Handle Stress" Fact Sheet** in English or **"Usted PUEDE manejar el estrés" Fact Sheet** in Spanish
- Northern Virginia Family Services **Healthy Families** provides the tools, guidance, and support that families need to build a healthy, successful life.

TRAUMA-INFORMED & RESILIENCE RESOURCES

- **Alexandria's Trauma-Informed Community Network**
- **Adverse Community Environments vs. Trauma-Informed and Equitable Systems**
- **Trauma Fact Sheet**
- **A Guide to Educating Children, Youth, and Families About Trauma and Resilience**



PREVENT BULLYING

THE MAYOR'S CAMPAIGN TO END BULLYING

Works to raise awareness, foster a safe environment to end bullying in schools and communities, and to encourage everyone to be familiar with, and to take a stand against bullying. Check out the **Bully Free Brochure** to learn more about the Campaign and bullying prevention.

- **National Center for Bullying Prevention**
- **National Education Association**
- **Center for Safe and Responsible Internet Use**
- **Wired Safety**
- **Stop Bullying**
- **Cyberbullying Research Center**
- **National Suicide Prevention Lifeline** 24 hours/day 1-800-273-8255