



# BY ALEXANDRIA CITY HIGH SCHOOL

By Angelly and Madison



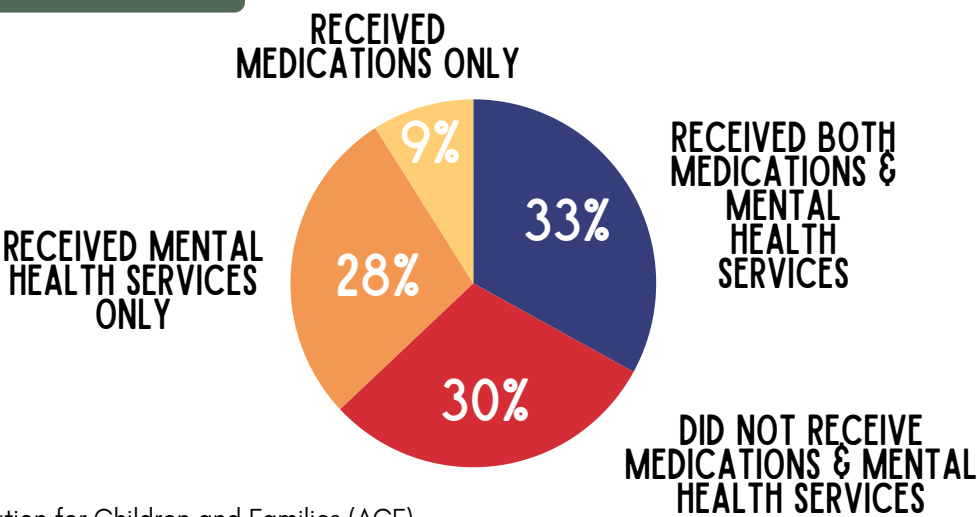
## TOPIC

Youth Behavioral Health

## CYCP GOAL

All Children, Youth, and Families will be  
Physically Safe and Healthy

## HOW ARE WE DOING?



Source: Administration for Children and Families (ACF)

## SIGNIFICANCE

Preventing both mental and physical health issues is crucial for overall well-being and a higher quality of life. Mental health impacts how we think, feel, and behave, affecting our daily functioning, relationships, and ability to cope with stress. Physical health, in turn, influences our mental state, and poor physical health can exacerbate mental health challenges.

## STRATEGIES FOR CHANGE

To improve both mental and physical health in youths:

- Encourage regular physical activity, healthy eating habits, and adequate sleep.
- Foster positive relationships, practice mindfulness, and manage screen time.
- Also, prioritize open communication, stress management techniques, and seeking help when needed.

The main goal to prevent mental and physical health issues in youth is to promote healthy development and well-being through a combination of strategies focused on prevention, support, and early intervention. This includes promoting healthy lifestyles, creating safe and supportive environments, and ensuring access to quality healthcare and resources.

## PARTNERS

- Government,
- Psychologist,
- Therapist,
- Administrators from school

## WHAT HAS BEEN DONE SO FAR?

- We have brought therapy to school and psychology class to high school.
- We have hotline for mental and physical health issues

## HOW MUCH WAS DONE?

Not much but we need enough to increase the rate of more improvement and success

## HOW WELL WAS IT DONE?

Good so far but it needs more improvement

## WHAT HAVE BEEN THE EFFECTS SO FAR?

They have improved a slight bit with the rate of students improving on their mental health

## WHAT ARE PLANS FOR THE FUTURE?

- Creating safe and supportive environments
- Providing mental health education
- Offering counseling services
- Integrating social-emotional learning

## WHERE CAN PEOPLE FIND OUT MORE ABOUT YOUR TOPIC?

- Government agencies
- Health organizations
- Insurance companies
- Healthcare professionals