



# BY ALEXANDRIA CITY HIGH SCHOOL

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## TOPIC

I want better programs for students so that every parent and student can feel support and beat this problem

## CYCP GOAL

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

## RESULT

All children and youth in Alexandria are mentally healthy

## SUCCESS STORY

We are celebrating NAMI, a group that supports people with mental health conditions, they support families and they are like a family where you can feel safe to be in.

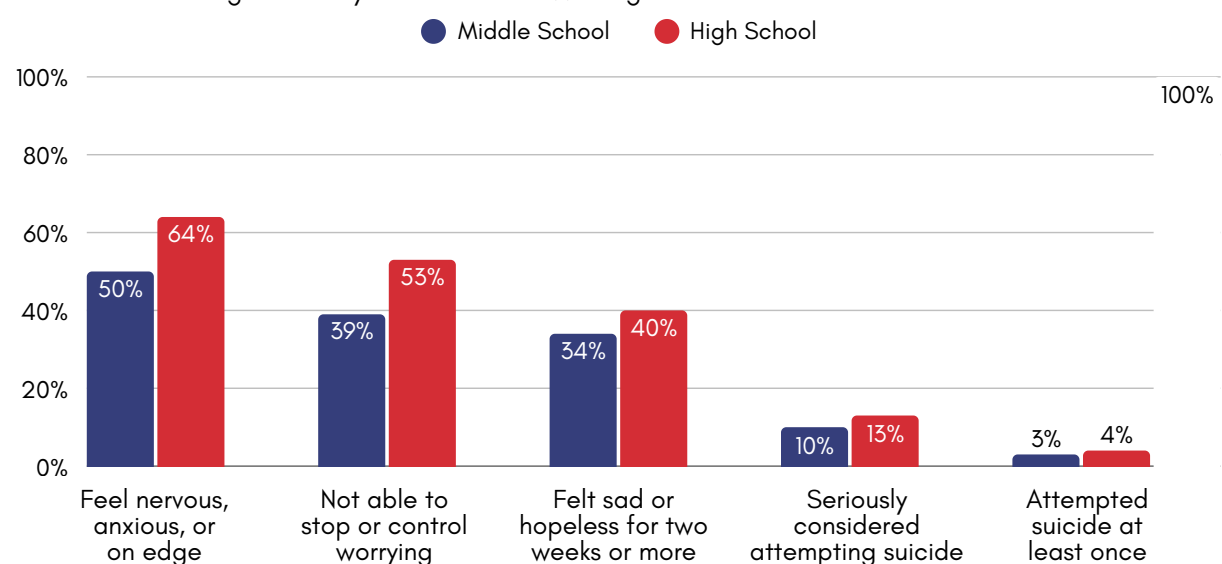
## SIGNIFICANCE

These results matters because this problem has been for a decade and is hard to show them that they have support, every program or supported don't have the same qualities and good effort, so these result will show up to parents as a positive advanced, everyone will gain progress programs and parents, because programs will be reconized as good supportes, parents will agree with that and all childrens mental health will be better with these results, and the prevention of suicides bad desicions could drecrease.

## HOW ARE WE DOING?

### MIDDLE AND HIGH SCHOOL STUDENTS REPORT CONCERNING MENTAL HEALTH ISSUES

Source: Joint Legislative Audit and Review Commission analysis of Virginia Department of Education's 2021 and 2022 Virginia Survey of Climate and Working Conditions



## STRATEGIES FOR CHANGE

As we can see the percentage of students that feel sad or hopeless is high one of the strategies can be access to psychologists in school, because not every school has psychologists or anyone to make students feel support.

## CHAMPION

A community partner can be NAMI which is a group that support students and families who are going through these issues they are recognized to be good at this, this could get a big impact to the community and schools who main problems are depression, anxiety etc.

## PARTNERS WHO CAN PLAY A ROLE

NAMI and guardians - these people are interested to solve and help students who don't have a hope in life because parents will always take care of their kids and if they something wrong of course they are going to help their children, programs took action too.

## WHAT HAS BEEN DONE SO FAR?

There is not any progress because the data shown is where we are right now, so progress is in process we still need to take action about it, what we have done so far is moving forward and fast, but the data stays the same so the plan is to move forward and make more action to help students.

## HOW MUCH WAS DONE?

- 64% of students feel nervous, anxious, or an edge which is normal for some of them but some students may need help.
- 53% Not able to stop or control worrying.

## HOW WELL WAS IT DONE?

- 40% of students say they are sad or hopeless.
- 13% of students serious

## WHAT HAVE BEEN THE EFFECTS SO FAR?

3 to 4% of the the students attempted to suicide at least one time, this involve students from high school and middle school.

## WHAT ARE PLANS FOR THE FUTURE?

Providing students and parents support from staff and programs so the negatives rates from the chart can change to great percentages.

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

Students can go to this website and see more about this topic which is interested, it relates about people's life Children and Youth Master Plan.pdf