

CHILDREN & YOUTH REPORT CARD REVIEW	
	
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TOPIC	
Student Stress and Mental Health	
TOPIC DESCRIPTION	
Students at ACHS are affected by stress, anxiety, and depression caused by school pressure, homework, and grades. This affects their mental health, sleep, focus, and behavior in school. It can also make students feel overwhelmed and unmotivated. This matters in Alexandria because many students are struggling but do not have enough support. If students are stressed, it can also affect their academic success and daily life.	
BASELINE DATA & GOAL	
About 29% of high school students report stress, anxiety, or depression related. This shows that student mental health is a real and common issue. The goal is to reduce student stress by at least 50% and improve mental health support at ACHS by providing better access to help, like a school therapist or psychologist.	
CYCP GOAL & STRATEGIC AREA	
The CYCP goal connected to this issue is Physical, Mental, and Behavioral Health. My issue fits this goal because it focuses on improving student mental health and reducing stress caused by school. The goal is to make students healthier, more supported, and better able to succeed in school.	
WHAT IS HAPPENING RIGHT NOW?	
Frequency of school stress	• Every day: 30.8% • A few times a week: 42.3% • Option 3: 19.2% • Never: 7.7% • Rarely: 19.2%
• Most students say school stress affects them at least somewhat. • This shows stress is impacting most students' mental and emotional health.	
How Much School Stress Affects Students	• A lot: 23.1% • Somewhat: 50% • A little: 19.2% • Not at all: 7.7%
• Most students say school stress affects them at least somewhat. • This shows stress is impacting most students' mental and emotional health.	
Mental Health Support at ACHS	• Yes: 23.1% • No: 26.9% • Not sure: 50%
• Most students are unsure or say the school does not provide enough support. • This shows students do not feel confident in current mental health support at ACHS.	

WHAT HAS ALREADY BEEN TRIED?

The school already uses counselors and student support services. There are also programs and awareness efforts to help students with stress.

WHO CAN HELP?

- 1. **ACHS School -**
 - They can improve student support by adding more mental health services and helping reduce student stress.
- 2. **Licensed therapists / mental health professionals**
 - They can provide real mental health care for students, like therapy for stress, anxiety, and depression.



WHAT HAS BEEN DONE SO FAR?

ACHS currently provides school counselors and basic student support services. There are also some mental health awareness efforts at school.

These supports help some students, but many students still feel stressed and unsure about mental health support.

IS IT ACTUALLY HELPING?

No, it is not fully helping.
Survey results show:

- 30.8% feel stressed every day
- 42.3% feel stressed a few times a week
- 50% are not sure if the school has enough mental health support

This shows students are still stressed and do not feel fully supported, so the problem is not improving enough.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

The school should hire a licensed therapist or psychologist for students so they can get real mental health support during the school day. Students should have a safe place to talk about stress, anxiety, and school pressure.

Survey results show the need for this change:

- 30.8% feel stressed every day
- 42.3% feel stressed a few times a week
- 80% said they would support having a therapist at school

This shows most students are stressed and want more help. Adding a therapist would give students better support, reduce stress, and help improve focus and school performance.

WHAT WILL HAPPEN NEXT?

If a school therapist is added, student stress will go down and students will feel more supported. Mental health will improve because students will have someone to talk to during school.

Students will benefit by feeling less overwhelmed and more focused. Teachers will benefit because students will behave and perform better in class. The whole school will have a healthier and more positive environment

CITATIONS

LEARN MORE

CDC – Shows how stress affects students and school.

NIMH – Explains mental health problems and therapy help.

- Centers for Disease Control and Prevention
<https://www.cdc.gov/mentalhealth/index.htm>
- National Institute of Mental Health
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>