

BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

mental Health

TOPIC DESCRIPTION

Mental health affects students, teachers, and families at AC and in Alexandria. Stress, anxiety, and depression can make it hard to focus, learn, and stay healthy. This matters because poor mental health can affect school performance and relationships. More awareness and support can help people feel safer and stronger.

BASELINE DATA & GOAL

According to the Alexandria Youth Risk Behavior Survey, 10% of 10th and 12th grade students reported problems with anxiety

Youth Needs Assessment

The 2025 Youth Needs Assessment, developed by the Children, Youth, and Families Collaborative Commission and the City of Alexandria's Department of Community and Human Services, centers youth voices to identify key needs, service gaps, and priorities.

Last updated on Friday, February 20,

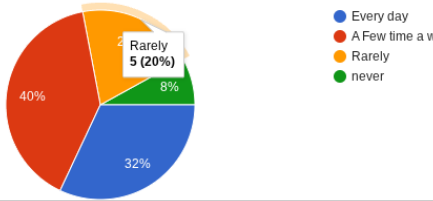
Our goal is to reduce student anxiety rates by 10% and increase mental health awareness and support programs at AC.

CYCP GOAL & STRATEGIC AREA

Our issue connects to the Children & Youth Community Plan goal of improving the health and well-being of children and youth. Mental health fits this goal because stress, anxiety, and depression can affect students' learning, behavior, and relationships. Supporting mental health helps students feel safer, healthier, and more successful at AC and in Alexandria.

WHAT IS HAPPENING RIGHT NOW?

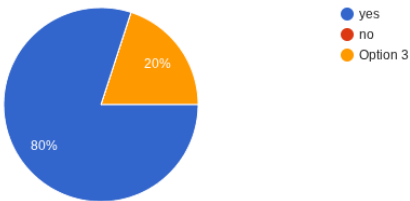
Student stress levels



the data shows many student feel stressed because of school and personal problem.

this matter because stress can affect grade, behavior, and mental health

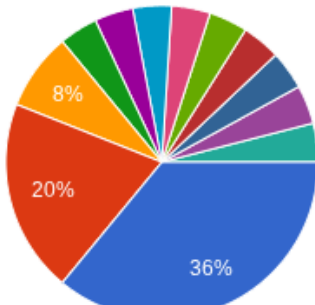
student accessing counseling



The data show only some student use school counseling services

this matter because more students may need support but are not asking for help.

Mental health awareness



the data show awareness of mental health is proving

this matter because student are learning how to support themselves and other.

WHAT HAS ALREADY BEEN TRIED?

Explain what the school, city, or other groups are already doing about this issue.

school have add counselors, mental health programs and awareness events

WHO CAN HELP?

school
school can teach students about mental health and they can provide counselors and safe spaces.

they help people manage stress, anxiety and depression they provide treatment and support.



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken?

Quality: How well are those actions working?

school have provided counseling sessions and mental health activities for students. These actions are helping, but more support is still needed

IS IT ACTUALLY HELPING?

Use data to explain if the actions taken so far are making a difference.

Are people better off or not?

people are becoming more aware of mental health
the problem is improving but some people still struggles to get help.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

Explain your solution in detail.

Use your survey data to support your idea.

school should have more mental health program
student should be able to talk openly without fear.

WHAT WILL HAPPEN NEXT?

If your solution is used, what will improve?

Who will benefit and how

students will feel safer and less stressed and more people will ask for help when needed.

LEARN MORE

List at least 2 helpful resources, and explain how they help.

national alliance on mental illness provides education, support and mental health resources

CITATIONS

Citations in APA format:

Source

<https://www.cdc.gov/childrensmentalhealth/data.html>Opens a new window

Source https://www.who.int/health-topics/mental-health#tab=tab_1Opens a new window

Source <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>Opens a new window

Source <https://www.samhsa.gov/mental-health/how-to-seek-help>Opens a new window

Source

https://www.cdc.gov/healthyyouth/protective/school_connectedness.htmOpens a new window

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