



Jakharri Roger

TOPIC DESCRIPTION

My topic is mental health in schools. I chose this topic because i think mental health is the most important thing to pay attention as a child is growing. Mental health can effect your performance in school, and your mood throughout the day, mental health affects kids in high school. This is important to ACPS because of the kids in their schools arent okay mentally then they wont do good in school.

BASELINE DATA & GOAL

1 in 5 male and 1 and 3 females go through depression, our goal is to not let those numbers increase while trying to get them lower

14.8 percent of kids in acps attempted suicide in the past decade (AlexandriaVa.GOV)

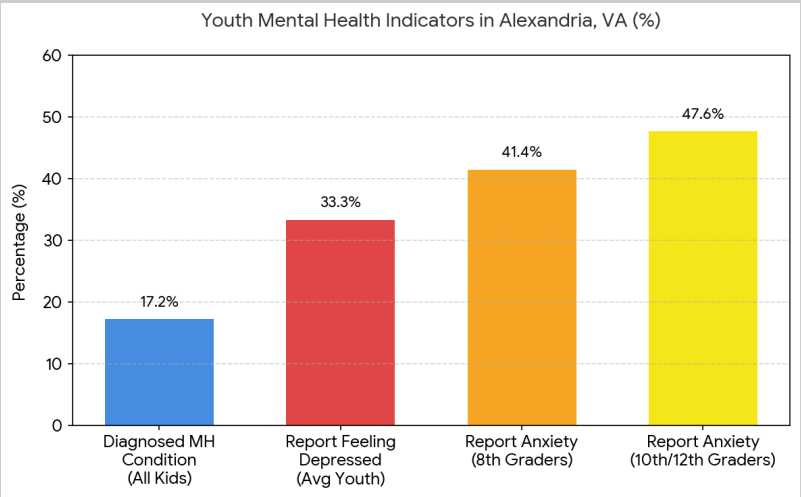
My goal is to get the 14 percent get below ten percent

CYCP GOAL & STRATEGIC AREA

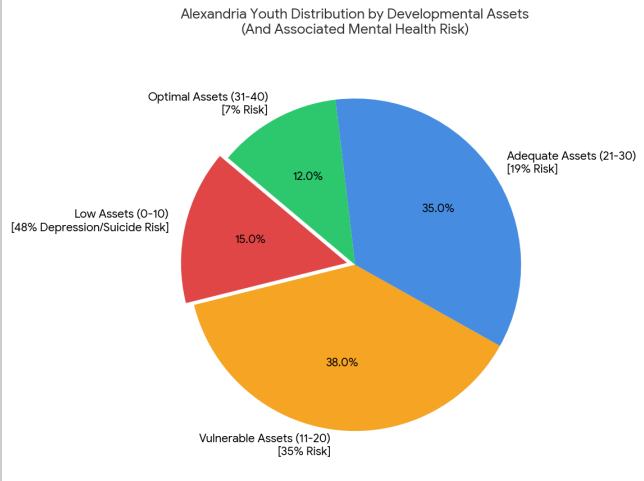
The CYEP (Capital Youth Empowerment program). They want to improve mental health for kids

they wanna reduce stigma and help manage emotions for kids.This relates to my topic cause managing your emotions is a big part of mental health

WHAT IS HAPPENING RIGHT NOW?



Bar graph shows the increasing rate of mental health



The circle graph shows the split in mental health in alexandria

### WHAT HAS ALREADY BEEN TRIED?

24/7 emergency services, and non profit groups have been major help for kids with mental health issues.

### WHO CAN HELP?

NAMI: provides help for community and schools for mental health  
Volunteer Alexandria: provides support to low fund groups to support mental health



### WHAT HAS BEEN DONE SO FAR?

Expanding access to mental health care. strengthening youth services and integrating mental health into communities.

These actions are helping in targeted areas throughout alexandria

### IS IT ACTUALLY HELPING?

These actions have knocked down suicide attempts to 8.9 percent compared to virginias 13.9 percent

the people of alexandria should keep doing what they are doing to continue to improve mental health

### WHAT SHOULD CHANGE? (YOUR SOLUTION)

Ny solution to improving mental health is getting more teachers and counselors involved into kids mental health, so the kids feel as if they can open up more about how they feel. This is a big thing that needs to happen because kids are at school most of their day.

In my google form 100 percent of the kids say that they do not feel comfortable enough to go to their counselors or teachers which is very concerning

### WHAT WILL HAPPEN NEXT?

If my solution is improved then it will help improve mental health for kids and more kids will be wiling to open up.

### CITATIONS

Volunteer Alexandria (2025)  
<https://www.volunteeralexandria.org/organization/001U0000000BI m2bIAB>

NAMI <https://nami-northernvirginia.org/>

### LEARN MORE

The 988 crisis hotline and the mental health groups around alexandria are more than willing to help kids with their mental health