



BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

Mental & Behavioral Health

TOPIC DESCRIPTION

Students, families, and school staff are affected by the issue in Alexandria. It impacts students by affecting their ability to focus in class when they are feeling stressed. Their social relationships and their overall happiness should matter to ACHS because when students don't have support, it leads to absence and academic struggle.

BASELINE DATA & GOAL

What we currently know is that many students don't know where to get help and they resort to getting help from a friend. The friend offers them drugs and then they fall into addiction. In schools more than 23% of students, teens are using drugs on school grounds.

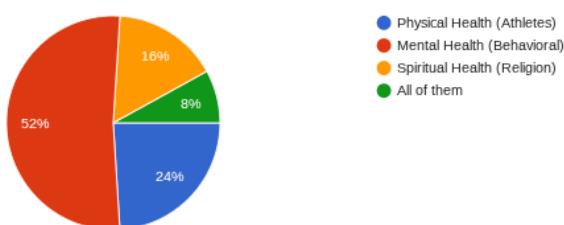
My goal is to have more social workers for students who are feeling stressed and can find help in rooms to talk with their social workers or counselors. There are around 4,500 students who go to ACHS but only around 30 counselors in ACHS.

CYCP GOAL & STRATEGIC AREA

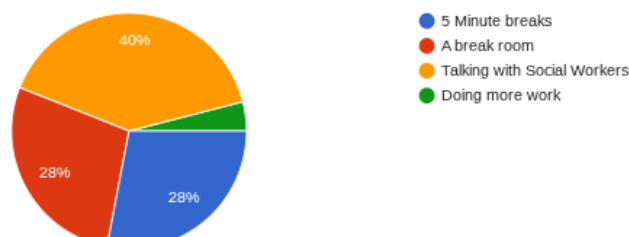
My target is to help students feel supported at schools when they are feeling stressed. My goal best fits in the category of Physical, Mental, and Behavioral Health because my plan is to help students when they are feeling mentally stressed.

WHAT IS HAPPENING RIGHT NOW?

What matters the most to you?
25 responses

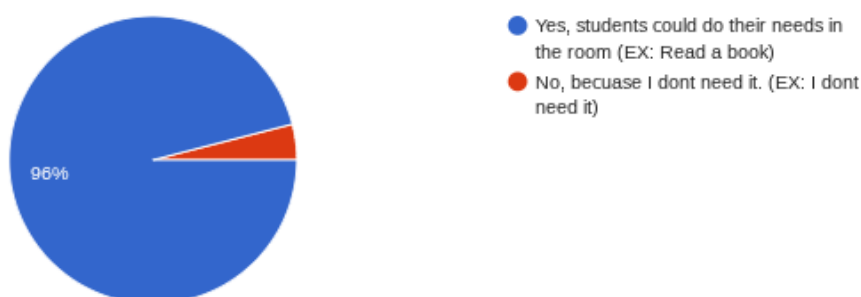


What would be a best way to alleviate stress
25 responses



Should a room be opened to students because of their needs/Health?
25 responses

[Copy chart](#)



What matters the most to you?: 52% of students identify Mental Health as their priority, showing it is the most important area for improvement.

Should a room be opened to students?: 96% of students agree of opening a dedicated room for health/needs.

What would be a best way to alleviate stress: 40% of students say they would liked to talk with their social workers.

Strategies and Effectiveness:

The data that I got from my survey says we need more general support systems for our school and we lack of social workers in the buildings.

These strategies are not working because the majority of students still report moderate stress levels and a lack of rooms/space to do their needs for mental health. My data confirms that this issue needs more attention and more support from out schools.

WHAT HAS ALREADY BEEN TRIED?

Most of the time students go wanting to talk with their social workers but they're usually busy. Sometimes students don't get to see their counselors due to there are many students in school and only a few counselors.

WHO CAN HELP?

Tomashia Cornitcher

Tomashia can help by making this topic more public and we can get more responses and thoughts to help achieve the goal.

School Board

The school board can help by posting the issue in the cite where many people can see and help with the situation by giving money, making helpful responses, and much more.



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken?

At ACHS they have done some wellness activities to help students needs. Some examples are counseling services, the availability of school counselors and social workers for students to schedule appointments. Digital resources, access to online mental health platforms or apps given by the schools to help students.

Quality: How well are those actions working?

Based on my data, these actions are not working effectively for students.

IS IT ACTUALLY HELPING?

Based on my survey, the actions taken by ACHS are not making a significant difference on students. While the school has done some effort with wellness platforms, my data suggests that students are not better off.

This is because 84% still feel stressed at school. if the current strategies were working we would expect to see higher percetsnge.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

Student wellness room at ACHS would be my solution where students can talk with their social workers and counselors. Unlike a counselor's office which often feels like a clinical or requires a formal appointment this room can be a nice space for students to do their medical needs

to provide support to the 84% of students who report moderate to high stress we can help them by regulating their emotions before returning to class in that room for students.

WHAT WILL HAPPEN NEXT?

By providing a space for students to relieve their stress the school will likely see a decrease in the 84% of students reporting in high stress

students will finally feel like they're being supported in schools because they will benefit from having a good source of people counselors for their needs and mental support

CITATIONS

Citations in APA format:

Source: Titan changemaker data

Source:

Source

Source

Source

Source

LEARN MORE

My survey is a helpful resource because it helped me gather information so I can use it on my report card and another helpful resource could be my teachers because they help me gather even more data for this report card