

CHILDREN & YOUTH REPORT CARD REVIEW

BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

Students Struggling with Depression and Anxiety

TOPIC DESCRIPTION

Explain your issue in 4-6 sentences: Students deal with a lot of stress and mental health problems due to school. Students are often overworked by schoolwork such as homework, tests, projects, extracurricular, etc... Sometimes students need a safe space to go to or talk to someone but the school lacks the amount of school therapists and rooms to offer a safe space room. This can lead to students to deal with mental health problems alone and not seek help.

Who is affected? Students of ACHS

How does it affect them? It affects their mental health and can affect someone motivation

Why does it matter at ACHS or in Alexandria? Mental Health should be a top priority.

BASELINE DATA & GOAL

What Do We Know + What Is the Goal?

Show 1 piece of real data (from Titan Changemaker Data or another source) that proves the problem exists. THIS MUST BE A NUMBER! There are 31% of students who feel depressed and hopeless

Then write your goal: What do you want to improve or change? I want to see an improvement in students mental health by at least 15%

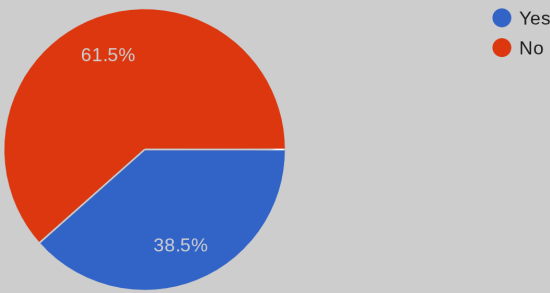
CYCP GOAL & STRATEGIC AREA

Which Children & Youth Community Plan (CYCP) goal connects to your issue? Positive Youth Mental Health

Name the goal and explain how your issue fits it. My goal is to have a safe space for students to go to and have a room where they can decompress.

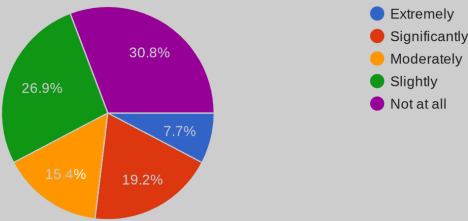
WHAT IS HAPPENING RIGHT NOW?

In the past month, have you experienced persistent feelings of sadness or hopelessness?
6 responses



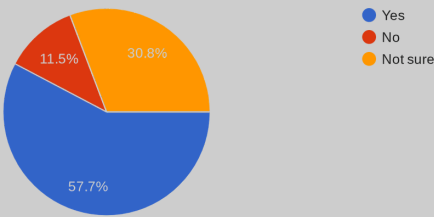
This data shows that 38.5% of students have persistent feels of sadness or hopelessness. This matters because students feel bad about themselves and can lead to low self esteem.

Have academic pressure and expectations negatively impacted your mental health
26 responses



This data shows that 19.2% of students have academic pressure negatively impact students mental health significantly. This matters because academics is putting pressure on students mental health which an cause students to have a decline in their academics

Do you feel like you have at least one safe space or person at school you can go to when you're struggling?
26 responses



This data shows that 11.5% of students feel like theres not a safe space to go to if they need a mental break. This matters because students wont have a place to decompress and just deal with stress on their own.

WHAT HAS ALREADY BEEN TRIED?

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

The school is not really doing anything about mental health. There isn't a safe space that people can go to or trusted adults to go to. Students have tried going to counselors but they end up telling other people meaning that they aren't really trusted adults so students might just deal with their problems on their own.

WHO CAN HELP?

List stakeholders or groups that could help solve this issue. Explain how each stakeholder or group could help.

You must include 2 stakeholders. Mr Lance Harrell, and Ms Melissa Finney

WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken? No major actions have been taken so theirs not really a change in students mental health other then it making students mental health worse since theirs no trusted adults or safe spaces they can go to.

Quality: How well are those actions working? The actions the school is doing is not helpful because as of now there's still not a safe space for people to go to and not enough trusted adults like school therapists.

IS IT ACTUALLY HELPING?

Use data to explain if the actions taken so far are making a difference. The actions aern't making a difference because theirs no increase in students mental health being better.

Are people better off or not? People are not better off just dealing with their mental health on their own. Their needs to be more trusted adults in the school and really take the time to make a safe space room in the school that students can go to.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

Explain your solution in detail.

Use your survey data to support your idea.

My solution is to make a safe space room at both King st and Minnie Howard campuses that students can go to if they need a mental break. I also want to get the school to hire more therapists so people can seek professional help and have an actual trusted adult that students could talk to without feeling judged. Students are also unaware of mental health services so i want the school to really push out these services and make it easy and accessible.

WHAT WILL HAPPEN NEXT?

If your solution is used, what will improve? Students will be able to have a place to decompress and take a break from school.

Who will benefit and how? It will benefit a lot of students who deal with a lot of stress.

CITATIONS

Citations in APA format:

Eickert, C. (2025). *Titan Changemaker Listening Session Handout* [Handout].

Developmental Assets, ACPS (2022)

Youth Issue Briefs - CYCP Priorities

LEARN MORE

Use this website for outpatient therapy services
<https://www.alexandriava.gov/adult-behavioral-health/mental-health-outpatient-services>

Use this website for someone who's in a crisis, they have 24/7 walk ins
<https://www.alexandriava.gov/adult-behavioral-health/program/24-hour-emergency-mental-health-services>