



BY ALEXANDRIA CITY HIGH SCHOOL



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TOPIC

Student Mental Wellness & Academic Balance

TOPIC DESCRIPTION

Student mental wellness and academic balance is critical issue affecting the entire student body at Alexandria City High School. Students are currently facing unprecedented levels of stress and anxiety due to heavy academic workloads, and a lack of accessible, immediate support systems. This imbalance negatively impacts student by decreasing their ability to focus, lowering their academic performance, and leading to increased absenteeism. At ACHS, this matters because our school culture should prioritize the well-being of every student, not just their grades. By addressing these mental health barriers, we can foster a more supportive enviroment that allows students to relax and decompress mentally and academically. Ultimately, ensuring that students have the tools manage their mental health is essential for long-term success and safety of our entire Alexandria community.

BASELINE DATA & GOAL

According to recent students wellness surveys, 68% of high school students report that they do not know how to access the mental health resources currently available on the school campus. My goal is to increase student awareness and utilization of mental health resources by 30% by the end of the current school year through the implementation of a peer-to-peer support club and a school wide awareness campaign

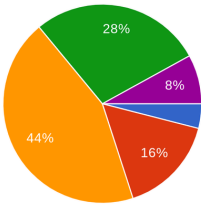
CYCP GOAL & STRATEGIC AREA

“All youth are mentally and physically healthy”
My issue fits this goal because mental wellness is a fundamental pillar of physical and behavioral health. By addressing the “awareness gap” and creating a “Zen Den” for decompression, I am directly supporting the CYCP’s objective to provide youth with the tools and environments necessary to manage stress and maintain emotional stability.

WHAT IS HAPPENING RIGHT NOW?

On a scale of 1-5, how would your current stress level related to schoolwork?

25 responses



- 1. Not stressed at all
- 2. Somewhat stressed but I got it
- 3. Stressed about school more than id like
- 4. very stressed
- 5. I completely get stressed

what does the data show?

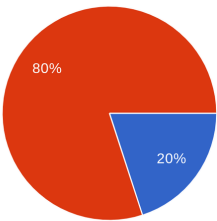
This data show 44% students agree that they are stressed about school more than they would like

why does this data matter?

if students feel like they are stressed it is very likely that they deal with burnouts and not getting much sleep

Do you feel like a nice quite room like a “zen den” to help you relax at school a few mins help?

25 responses



- No I wouldnt think it would help
- Yes that would be helpful

what does the data show us?

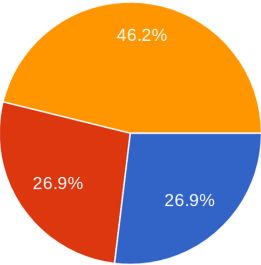
This pie graph shows us that 80% of the students attending here believe that a quiet room to relax and decompress

why does this data matter?

students currently do not have a space to relax from schoolwork for a few mins but if they did it is possible that they use the help and do better at school

Do you know how to access free mental health conseling resources at our school?

25 responses



- Yes
- No
- I have heard of them but don't know how to sign up

what does the data show??

This data shows that 46.2 % of the students don't know how to access mental health coneling reources

why the data matters?

it means that even with some ways the school tried to tell students how to access they arent working or clear enough

what strategies or actions have already been tried?

For this issue, the most known help has been counselors or therapy and some students have been helped but it is not working due to many factors like when counelors get busy and fail to answer the students at the moment they needed the help

WHAT HAS ALREADY BEEN TRIED?

Counselors can meet with students to discuss certain matters that are mostly school related and to support your classes and academic achievements and there is a teen wellness center as well and they help more on the health side of things you can get things there to help you and check ups even since they have a doctor as well

WHAT HAS BEEN DONE SO FAR?

At the school they have a teen wellness center and on site counselors students could talk to and some no cost virtual access to licensed mental health therapists which can be talked to in school or at home. they also have help such a social workers, nurses and psychologists. students feel like they need more trusted adults and well-being than just security rules

WHO CAN HELP?

- school counseling dept.
- school administration
- community non-profit



IS IT ACTUALLY HELPING?

yes in some cases it has helped but the it is not a big change ,since it dropped from a 44% to a 31%. I believe that everyone needs help in all kinds of ways and situations custome to their problems so it might not be fit for everyone and it may be another reaon the change is not so much of a differece.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

.For my solution to this matter is making a quiet room called a zen den in the school campuses as to where students can go to whenever they feel like they need a break in that room it would have a calming vibe to it and no bright light also people who they can talk to if they like, students are able to stay and relax for a few mins before returning to their tasks. I also would add mental health days a to where a student with the permission of their parent so they can also verify it and can take a day off to relax or take a break to avoid burnouts if needed. Also a mental health week

WHAT WILL HAPPEN NEXT?

If my solution was used students would then have more resources and days off due to mental health plus a quiet room which would be called a “zen den” to help students relax

LEARN MORE

Alexandria Community Services Board and they are helpful because they deal with many situations such as mental health.

CITATIONS

Citations in APA format:

National Association of School Psychologists. (2022). Comprehensive school-based mental and behavioral health services. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/school-psychology/comprehensive-school-based-mental-and-behavioral-health-services>

Virginia Department of Education. (2023). Mental health and wellness in Virginia schools. <https://www.doe.virginia.gov/programs-services/student-services/mental-health-wellness>

American Psychological Association. (2023). Adolescent mental health: A guide for schools. <https://www.apa.org/topics/children/adolescent-me>