



BY ALEXANDRIA CITY HIGH SCHOOL

By Anthony Galo and Gabriel Lopez-Alberto



TOPIC

I want students to receive mental health care so that it won't have to be an issue within our school systems

CYCP GOAL

All Children, Youth, and Families will be Physically Safe and Healthy

RESULT

All children and youth in Alexandria are mentally healthy

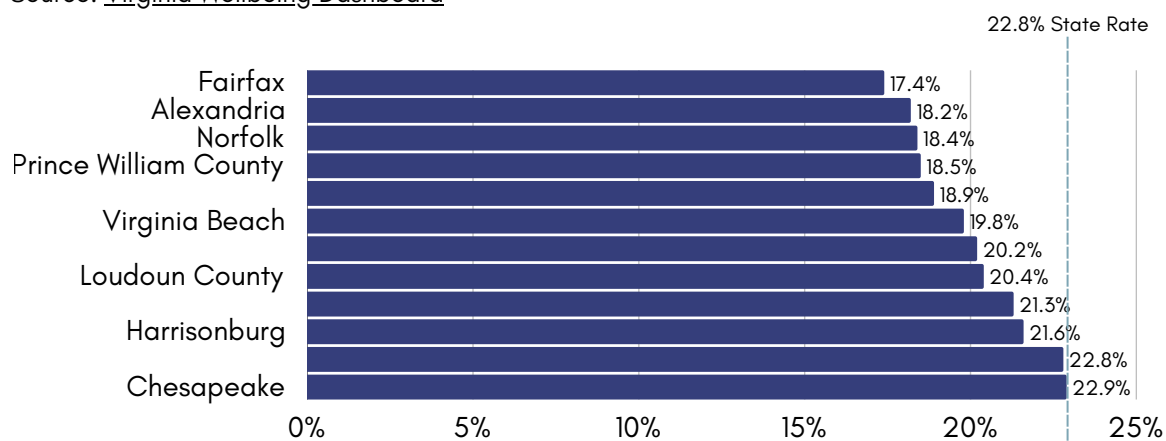
SIGNIFICANCE

It matters because the more students feel safe the less anxiety they feel within the community so they can thrive and be more of a safe environment. In doing so students feel as if they can express themselves in the classrooms and at home more often if they feel as if they are safe which is another reason why this result matters.

HOW ARE WE DOING?

ADULTS WITH DIAGNOSED MENTAL HEALTH CONDITIONS

Source: [Virginia Wellbeing Dashboard](#)



STRATEGIES FOR CHANGE

1. Helping students seek help they need mentally with teachers counselors and parents
2. Helping students feel safe and respected with counselors
3. Trying to be more involved with the students activity and emotionally wise.
4. Helping the students not feel as diverse on the things they struggle with other students like not separate them but instead have the help each other

CHAMPIONS

- The Alexandria Chamber of Commerce.
- The Alexandria Council of Human Service Organizations (ACHSO).
- Various civic associations.
- Alexandria Police Department.

PARTNERS

- **Teachers** guiding them and getting background knowledge
- **Counselors** helping seek the help they need and talking with them and putting them in club and activity to get their mind off it
- **Parents** helping their kids and be more there and active for them continuing to help and talk to the kids
- **Organizations** help students such as "child mind institute" coming together and helping the students receive the help and education they need providing and seeking donations as well to help these kids

WHAT HAS BEEN DONE SO FAR?

- We have helped the students get free mental health support at school and even out of school locations.
- Helped parents find help for their students to get them on track in life instead of doing something bad.
- We offer mental health support.
- We offer drug abuse help.
- We offer behavior support.

HOW MUCH WAS DONE?

- We had people speak out for us in May because of mental awareness month.
- Raise donations for the organization.
- Share the website to raise awareness

HOW WELL WAS IT DONE?

So far it's been a success for the organization for all they are trying to do is help, and they have been able to reach so many students even students with disabilities and help them as well

WHAT HAVE BEEN THE EFFECTS SO FAR?

- They have provided education to students in need.
- They have offered care for students in need.
- They also have a science section for students to learn and grow

WHAT ARE PLANS FOR THE FUTURE?

The plan for the future is to continue what we do best and spread awareness and provide help for those who need it. And find help for those who need it so it can help and improve our community

WHERE CAN PEOPLE FIND OUT MORE ABOUT YOUR TOPIC?



**Child Mind
Institute**

The [Child Mind Institute](#) is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.