



BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

Youth Mental Health

CYCP GOAL

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

RESULT

All children and youth are mentally healthy

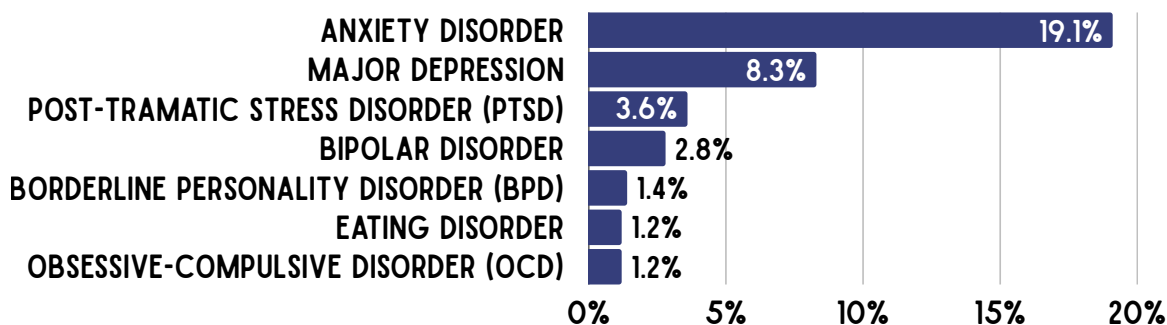
SIGNIFICANCE

Mental health for teenagers matters because teens can lead to risky behaviors like substance abuse, self-harm, or even suicide. We do not want that for our teenagers, we want them to be happy and have good mental health.

HOW ARE WE DOING?

THE MOST COMMON FORMS OF MENTAL ILLNESS

Source: ElectrolQ



STRATEGIES FOR CHANGE

- 1.Encourage Open Communication
- 2.Promote Healthy Habits
- 3.Limit Screen Time & Social Media
- 4.Build Supportive Relationships

CHAMPION

Teen Wellness Center - offers free and confidential health services to Alexandria residents aged 12-19. Services include mental health counseling, substance abuse support, and general medical care.

WHAT HAS BEEN DONE SO FAR?

- Several teen wellness centers in Alexandria, Virginia have been actively supporting adolescent mental health through a variety of programs and services.
- Embark offers residential treatment for adolescents aged 10-14 dealing with severe mental health conditions like suicidal thoughts, self harm, depression, and anxiety.

HOW MUCH HAS BEEN DONE?

They serve all teenagers
aged to 12 to 19.

HOW WELL WAS IT DONE?

They work everyday collectively contribute
to a comprehensive support system for
teen mental health in Alexandria.

WHAT HAVE BEEN THE EFFECTS SO FAR?

- Increased Mental Health Challenges
- Youth Risk Behavior
- Suicidal Ideation
- Academic & Social Pressures.

WHAT ARE PLANS FOR THE FUTURE?

The Future of teen mental health is being shaped by a combination of national strategies, state-level initiatives, and innovative programs aimed at prevention, early intervention, and equitable access to care.
The goal is to decrease the bad mental health of our teens!

WHERE CAN PEOPLE FIND OUT MORE ABOUT YOUR TOPIC?

- National Alliance on Mental Health
- HHS Office of Population Affairs