



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

VOLUME 3, ISSUE

This issue reports the progress made on connecting youth to healthcare between April 2021 - Month 2025

CYCP GOAL

All Children and Youth are Physically Safe & Healthy

ALEXANDRIA SPOTLIGHT

This Report Card shines a spotlight on two champions helping to connect young people to trusted health care, education, and support. In Alexandria, 95.7% of children have health insurance, which is something to be proud of; but not all youth report having a regular place to go when they need care. School-based partnerships like these are helping to close that gap.

Teen Parenting Group (2024–2025 School Year):

With the help of Samara Christman, a social worker in the International Academy at ACHS, the Teen Wellness Center (TWC) hosted weekly meetups for teen moms during the school day. The group provided reproductive health education, parenting support, emotional wellness, and life skills. One regular attendee shared that the group was the only reason she came to school. Programs like this are a powerful example of what it looks like when health care feels made for you –

trusted, youth-centered, and easy to access. This group was made possible thanks to the Health and Community Education Specialist from the Alexandria Health Department, Zayda Morales, a strong partnership with ACAP, and the dedicated leadership of Samara Christman.



Zayda Morales promoting the TWC

Kristin Donley, Health and Family Life Instructional Specialist, ACPS:

Kristin Donley has played a key role in expanding awareness of TWC services by embedding them in the Family Life curriculum and inviting the TWC team to speak directly with middle and high school students during PE classes. These efforts help ensure that more youth, regardless of race, language, or background, know where to turn for care, guidance, and support. When youth are informed and empowered to access the services they need, they're more likely to stay healthy, show up for school, and feel seen.

To learn more about the Teen Wellness Center, visit alexandriava.gov/TeenWellnessCenter

RESULT

All young people have affordable health care

WHY THIS MATTERS

Access to health care isn't just about going to the doctor when you're sick, it's about having someone who knows you, listens to you, and helps you stay healthy. That's what we mean by a "medical home" - a trusted clinic or provider where young people can get regular check-ups, talk about their mental and physical health, and feel supported. With this kind of care, it's easier to catch problems early, manage stress, and stay on track in school and in life.

But access to care isn't equitable. Structural racism, immigration policies, language barriers, and economic inequality have led to persistent gaps in health coverage and outcomes, especially for Black, Latino, Indigenous, and immigrant youth. Families with low incomes often face barriers like complicated insurance systems, limited clinic hours, or lack of culturally competent providers.

That's why local investments matter. Alexandria has expanded access by opening Teen Wellness Centers at both Alexandria City High School campuses, offering free, confidential health services in a safe and convenient setting. Still, it's not enough to provide services. We must also ensure they are trusted, inclusive, and easy to use. When health care feels like it's made for you, you're more likely to use it, and that can make a big difference in how you feel now and in your future.



HOW ARE WE DOING?

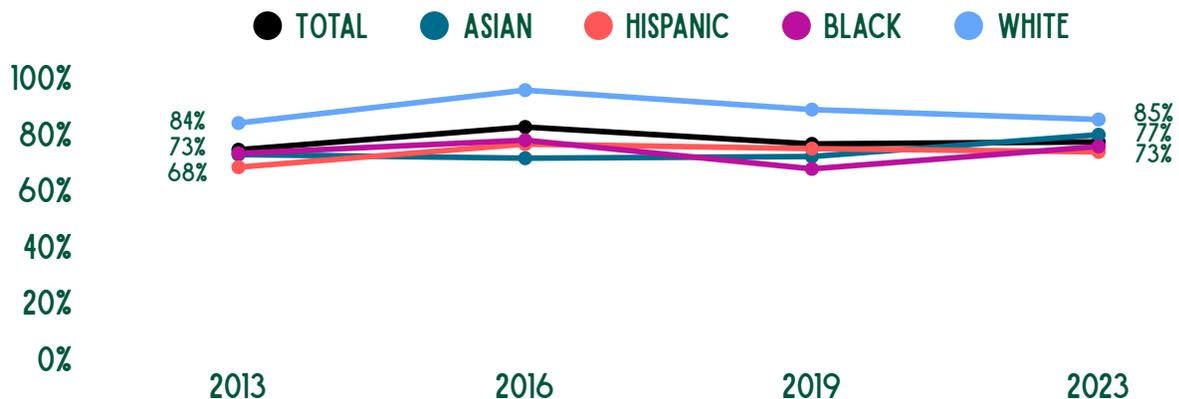
CHILDREN (0 TO 18) WITH HEALTH INSURANCE

SOURCE: AMERICAN COMMUNITY SURVEY, 2022



CHILDREN WITH A MEDICAL HOME OR A USUAL DOCTOR

SOURCE: YOUTH RISK BEHAVIOR SURVEY, 2023 | (N = 1,478)



Overall Trends in Medical Home Access: Access to a medical home is fairly high overall, but racial disparities have remained over the past decade.

Key Equity Trends:

- White youth consistently report higher access to a medical home, while Black, Hispanic, and Asian youth experience more variation and lower average rates.
- Compared with Hispanic youth, White youth are 16% more likely to have a medical home.

STRATEGY

Strategy #8: Connect youth and families to health care resources and services

IMPLEMENTATION STATUS

Progress with connecting youth to health care resources & services:

1 Strategy

4 Action Steps



CHAMPIONS

Champion

- Alexandria Health Department

Aligned Plans

- ACPS Strategic Plan 2025
- Community Health Improvement Plan 2025

PARTNERS

- Alexandria City Public Schools
- Alexandria Campaign on Adolescent Pregnancy
- City of Alexandria's:
 - Department of Community & Human Services,
 - Department of Recreation, Parks & Cultural Activities
 - Police Department
- Tenants and Workers United

WHAT HAVE WE DONE SINCE 2021?



INCREASE AWARENESS OF HEALTH RESOURCES & SERVICES

The Alexandria Health Department (AHD) launched social media presence via Alexandria Health Department social media to create shareable social content and directly engage with youth online

The Department of Community and Human Services (DCHS) developed and promoted a Youth and Young Adult Health Resource Directory, which lists 33 health services and resources to help students and families connect with available support.



HEALTH SERVICE DELIVERY IN SCHOOLS

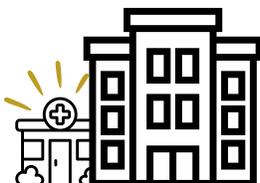


Health clinics located in Alexandria City Public Schools have continued to play a vital role in meeting student health needs at scale. Daily services provided by school nurses include chronic condition management, injury care, illness response, and preventive screenings.

AHD opened new Teen Wellness Center location in 2024 at Alexandria City High School - Minnie Howard Campus to expand access to health services. This location was used as a hub for Alexandria to host a free flu vaccine event in fall 2024.

AHD began a partnership with Alexandria City Public Schools to offer in-school physicals for middle school-age students in coordination with the middle schools sports programming launch.

HEALTH SERVICE DELIVERY IN HOUSING DEVELOPMENTS



As part of the CHIP's commitment to expanding equitable access to health care, planning efforts are underway to integrate "swing space" for health services into multifunctional spaces within future housing developments - a strategy designed to bring care closer to where youth and families live.

HOW MUCH DID WE DO?



HEALTH SERVICE DELIVERY IN SCHOOLS

*Alexandria City Public Schools Reporting,
July 22, 2024 to February 15, 2025*

*Alexandria Health
Department (AHD)
Reporting, 2024*

2,647 VISITS
to the Teen
Wellness
Center clinic

4,700 CLINIC VISITS
were made to
manage chronic
health conditions

**3,062 INDIVIDUAL
HEALTH PLANS**
supported daily in
school clinics

11,026 STUDENTS
received care for
routine medical
needs

**7,716 MANDATED VISION &
HEARING SCREENINGS**
completed by school nurses

53,528 STUDENTS
were seen for illness
and injuries



INCREASE AWARENESS OF HEALTH RESOURCES AND SERVICES



AHD Reporting, 2024
30 OUTREACH EVENTS
were hosted across
Alexandria to promote Teen
Wellness Center and
Alexandria Health
Department.

*Department of Community &
Human Services Reporting*

**33 COMMUNITY
HEALTH RESOURCES**
listed in the **Youth and
Young Adult Resource
Directory.**

HOW WELL HAVE WE DONE IT?

*AHD Reporting, 2024 Customer
Satisfaction Survey results*

100% OF RESPONDENTS
were "very satisfied" with their care
and would not change anything
about the clinic or their experience.
These results suggest that the TWC
did a great job of providing
confidential quality healthcare to
Alexandria's teens.



IS ANYONE BETTER OFF?

The TWC helps remove barriers and improve access to care for young people by:

- **Providing free, year-round medical services** to all Alexandria youth, regardless of insurance status or ability to pay.
- **Offering care in trusted, judgment-free environments** located directly on ACHS King Street and Minnie Howard campuses, making services more accessible and reducing stigma.
- **Reducing absenteeism and improving treatment adherence** by bringing care to where students already are.
- **Creating safe spaces** where youth feel comfortable seeking support, which encourages earlier intervention and ongoing engagement with health services.

RESOURCES

TEEN WELLNESS CENTER

The Teen Wellness Center is a medical clinic created to provide accessible health services to anyone between the ages of 12-19 living in the City of Alexandria. Services are **FREE!** Learn more: alexandriava.gov/TeenWellnessCenter



SERVICES THAT ARE NON-CONFIDENTIAL

and need parent/guardian consent if you are under the age of 18:

- **COVID-19 vaccines**, by appointment or available during any other visit
- **Immunizations** for HPV, Influenza (flu), TDAP and more
- **Tuberculosis Testing**
- **Treatment of colds, acne, and other minor illnesses**
- **Physical examinations** required for schools, participation in sports, employment and the Special Olympics

SERVICES THAT ARE CONFIDENTIAL

and do **NOT** need parent/guardian consent:

- **Pregnancy testing and prevention**
- **Diagnosis and treatment of sexually transmitted infections** (Chlamydia, Gonorrhea, HIV, syphilis, and herpes).
- **Reproductive health services** (birth control)
- **Health education** on nutrition, exercise, and stress reduction techniques
- **Mental health and substance use screening and referrals**

LOCATIONS

ACHS - King Street

3330 King Street - Door 3
Alexandria, VA 22302

The main entrance faces King St and free parking is available in the garage to the rear of the school.

If you're in the school, enter through the door at the left side of the end of the college and career hallway.

Call **703.746.4776** to make an appointment or make an appointment in the office.



TWC entrance at the King St. campus (door 3)

Minnie Howard Campus

3701 W Braddock Rd. - Door 31, Suite 1206
Alexandria, VA 22302

If you are in school, exit from Door 32 in the Commons on the first floor. Walk towards the parking lot, then turn left. Enter through Door 31.

If you are visiting from outside of school, look for Door 31 on the right side facing the building from W Braddock Road. The door is closest to the bus bay/parking lot.

Call **703.746.4776** to make an appointment at the Minnie Howard location.



TWC entrance at Minnie Howard (door 31)

HOURS

Hours at TWC clinics King Street and Minnie Howard locations are:

- Monday, Tuesday, Wednesday, Friday from 9 a.m. - 1 p.m. and 2 - 5 p.m.
- Thursdays 1 - 5 p.m.

OTHER HEALTH RESOURCES

For a more comprehensive list of Health Services, visit the Youth Resource Directory at alexandriava.gov/child-and-family-services/youth-resources#HealthServices