

REPORT CARD REVIEW

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TOPIC

Physical, Mental and Behavioral Health

TOPIC DESCRIPTION

Mental health significantly shapes a student’s capacity to learn, behave, and develop socially. Poor mental health directly disrupts concentration, lowers energy levels, and reduces memory retention, frequently resulting in lower grade point averages and chronic school avoidance. Emotionally, it manifests as extreme mood shifts, social withdrawal, and a diminished sense of optimism. Behaviorally, unmanaged trauma or anxiety can manifest as increased disciplinary problems, aggression, or dangerous coping mechanisms

BASELINE DATA & GOAL

Almost 31% of high schoolers report high levels of hopeless, sadness and having behavioral issues. I focuse more on problems like depression, anxiety and students fatigue at schoold. I hope my project can help students feel a little better and focus on their studies better. My goal was to give students access to physical activities, board games, anti-stress/anxiety toys, or to have a place where to go if they need a moment to relax .

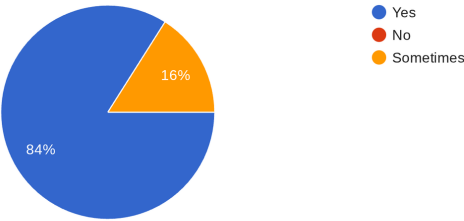
CYCP CONNECTION

These frameworks treat youth mental wellness as a community-wide responsibility, focusing on early intervention, building resilience, and fostering safe, trauma-informed environments to help young people thrive. Alexandria actively tracks youth mental health progress through clinical services, school support and crisis assistance.

WHAT IS HAPPENING RIGHT NOW?

Do you believe that mental health is a big issue that really needs to be addressed?

25 responses



• What does the data show?

This data shows 84% of students agree that mental health is big issue that needs to be addressed

• Why does this matter?

If students thinks this way is because they are already struggling with they own mental health and believe students need help with this.

• What does the data show?

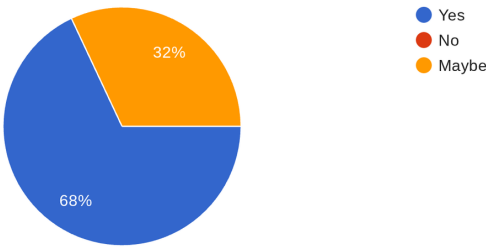
This shows 68% of students agree that they feel tired during school

• Why does this matter?

If the students are not feeling motivate enough to do work then there education will go down

Have you felt tired, in a bad mood, or unmotivated during school?

25 responses



• What does the data show?

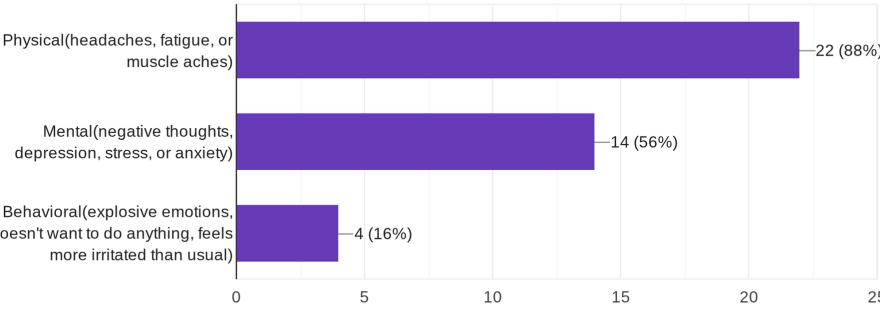
This show what is affecting the most at students, showing 88% of them feeling physical(headaches and fatigue), 56% mental(depression, stress, and anxiety) and 16% behavioral(explosive emotions and more irritated)

• Why does this matter?

This information matter because we see how bad mental health is affecting the students, this again, is not good for them and neither is for they education

Could you tell me which of these affects you the most?

25 responses



• What strategies or actions have already been tried?

For this issue, only therapy and counselors help have been the help students have from school and in my opinion, this is no working very well because most students do not know where to find this help and some do not want this

WHAT HAS ALREADY BEEN TRIED?

Counselors give students therapy via Hazel Health and the Teen Wellness Center.

This are to remove barriers to learning, boost academic achievement and support emotional development.

Also, school board have a priority on budget priority to maintain Student Support Team positions and Hazel Health to improve students academic performance, reduce absenteeism, and ensure safety.

WHO CAN HELP?

- Counselor-Therapy Hazel Health and Teen Wellness Center
- School Board-Students Support Team and Hazel Health
- City counselors-Aid training and addressing racial trauma and housing support



WHAT HAS BEEN DONE SO FAR?

Quantity: Partnered with Hazel Health: to provide all students with at-no-cost virtual access to licensed, diverse, and bilingual mental health therapists at school or home.

Student Support Teams: Deployed full-time, on-site personnel teams consisting of school counselors, social workers, psychologists, and nurses to deliver day-to-day behavioral and social-emotional interventions.

Quality: Students feel there is a need for better communication, more trusted adults, and more focus on emotional well-being rather than just security measures but early signs of success are noted in improved student awareness and better access to counseling services.

IS IT ACTUALLY HELPING?

It could be said that thanks to this there was an improvement in mental health data, but it's not a huge difference, since it only dropped from 44% to 31%. Students can use these resources, but not everyone will feel better with just this.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

My solution for this issue was to give all classroom access to physical activities, board games, anti-stress/anxiety toys, or have a room for students to go a relax or finish work without feeling stress. I want students to feel less exhausted and stressed about assignments or grades because I know what it feels like to have that weight on your shoulders and not be able to do much about it—to feel tired, give up, and not want to continue. For me personally, the idea of having something to distract me besides my phone is spending time playing with my friends. That’s why I believe that if students have materials to play with, relax, or unwind with for a while, it will help reduce stress and make them feel calmer and more motivated to continue their education.

WHAT WILL HAPPEN NEXT?

If your solution is used, what will improve?

I believe that if my solution is used it will improve students mental health, it will help them relax or make friends that can help in their live. Sometimes little things like games or talk to friends can make the different.

Who will benefit and how?

Students will be the main ones to be benefit from this because are the ones who have to work more, I believe that this can also benefit teacher last because this will make their students improve a finished their work.

CITATIONS

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

Mental Health Resources for Teens and Young Adults - Alexandria City High School. (2026b). Retrieved May 14, 2026, from K12.va.us website: <https://achs.acps.k12.va.us/student-services/school-counseling/mental-health-resources-for-teens-and-young-adults>

Mental Health Resources - Alexandria City Public Schools. (2025). Retrieved from K12.va.us website: <https://www.acps.k12.va.us/mental-health-resources>