

CHILDREN & YOUTH REPORT CARD

By Alexandria City High School

MAY 11, 2026

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TOPIC: YOUTH MENTAL HEALTH

DESCRIPTION: Mental health is an important issue for many students at ACHS. High school students can feel stressed by homework, tests, family responsibilities, and thinking about college or the future. This stress can make it harder to focus in class, keep up with assignments, and feel motivated. This matters at ACHS and in Alexandria because student mental health can affect learning, attendance and the overall environment. When students get better support, they are more likely to feel safe, connected and ready to succeed.

Goal & Baseline Data:

What Do We Know?

In Alexandria, Virginia, 47.6% of 10th-12th grade students report anxiety and about 41.4% of 8th graders report anxiety. This means about 4 out of every 10 eighth graders are dealing with this issue. Nearly half of older students experience stress or anxiety that can affect their learning, focus, relationships and overall well-being. This data shows that youth Mental health is a real and important issue in our community.

Goal:

I want to reduce the percentage of students reporting anxiety from 47.6% to 40%. My goal is to improve access to mental health support, increase awareness of available resources, and make it easier for youth to ask for help when the need it. Reducing this number would help students feel more supported and better able to succeed in school and daily life.

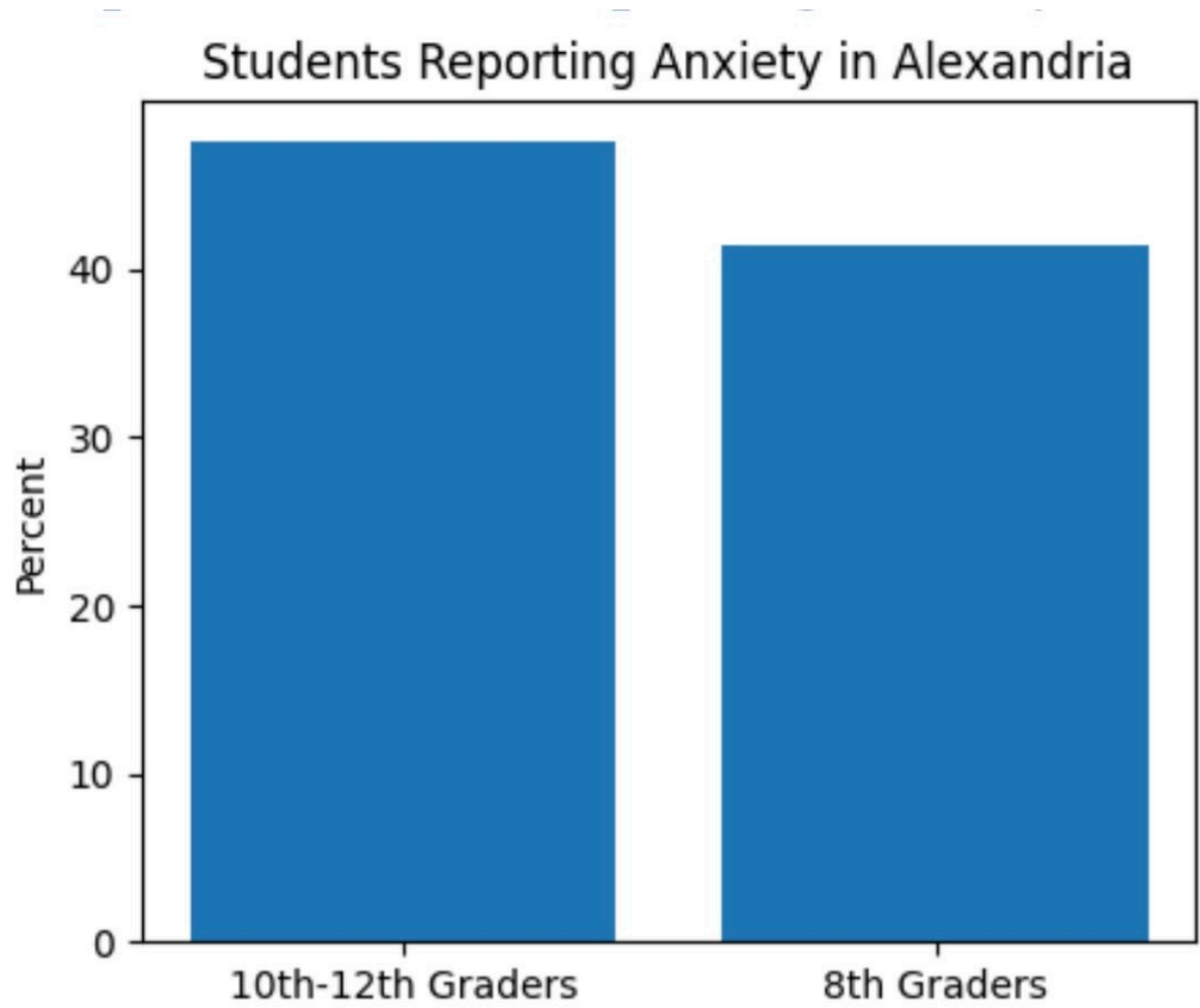
CYCP GOAL & STRATEGIC AREA

The children and youth community plan (CYCP) goal that connects to my issue is “Healthy, Supported, and Thriving Youth”.

My issue of mental health at ACHS fits this goal because mental health directly affects how students feel, think, and perform in school and daily life. Many students experience high stress levels, anxiety, depression and pressure which makes it harder for them to focus in class, complete assignments, and stay motivated. When students are not mentally healthy, it also affects attendance, relationships, and overall well-being. This CYCP goal focuses on making sure young people have the support they need to stay emotionally healthy, which connects directly to the need for better mental health resources and support systems at ACHS.

WHAT IS HAPPENING RIGHT NOW

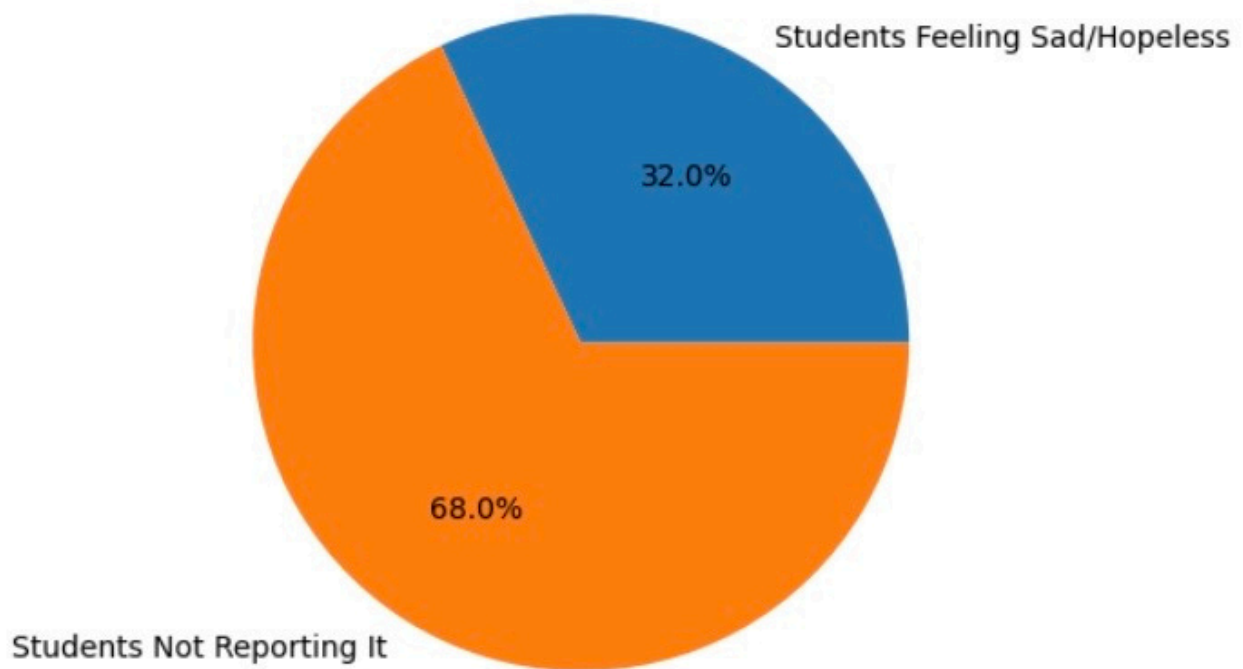
Graph 1: Students reporting Anxiety in Alexandria



This graph shows that 47.6% of 10th-12th graders and 41.4% of 8th graders in Alexandria report anxiety. It shows that anxiety is affecting a large percentage of youth in the community. This matters because anxiety affects learning, focus and overall well-being.

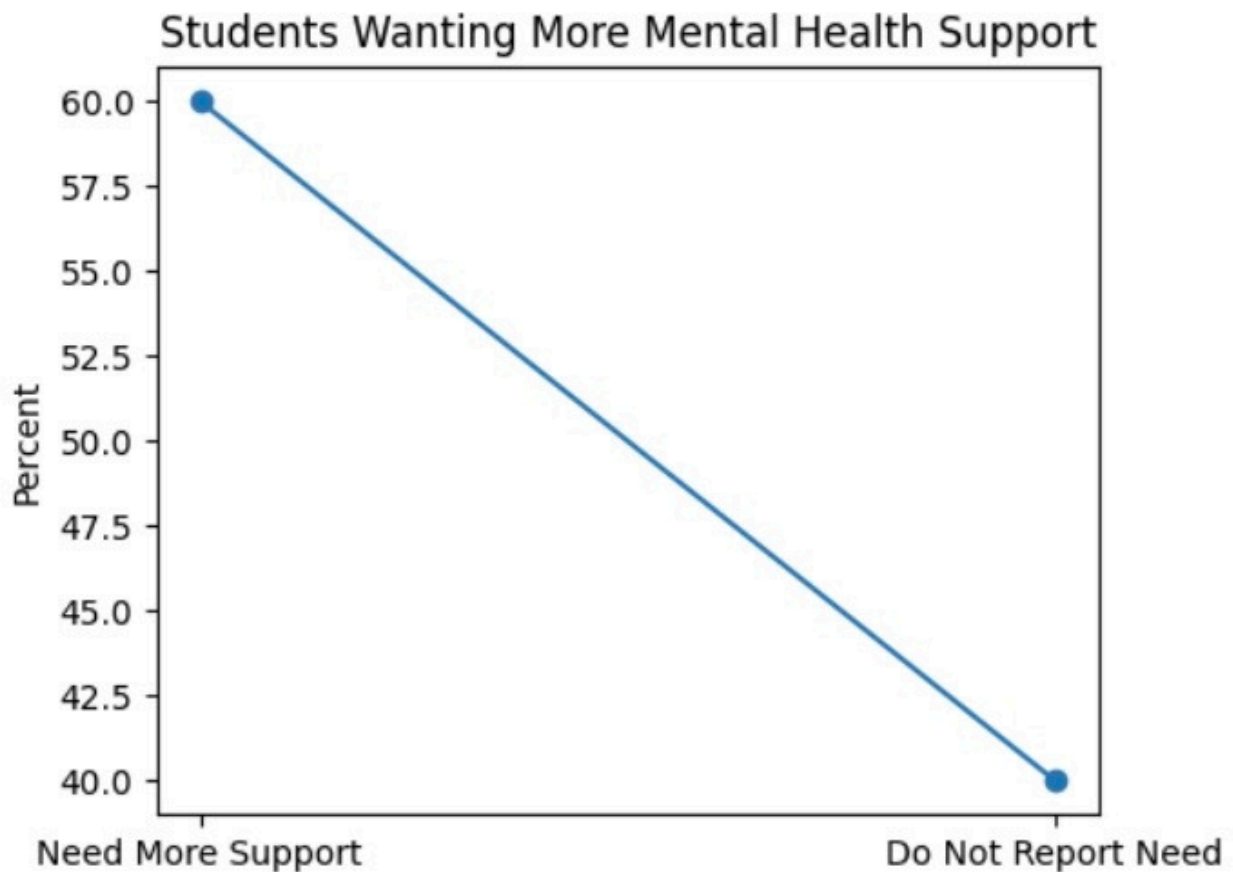
Graph 2: Students feeling Sad or Hopeless

Students Feeling Sad or Hopeless



This chart shows that many students report feeling sad or hopeless for long period of time. This matters because emotional struggles can affect attendance, motivation, and relationships. It may also increase the risk of more serious mental health concerns.

Graph 3: Students Wanting More Mental Health Support



This graph represents the growing demand for mental health support among youth. This matters because many students feel current resources are not enough. Current demand for support is increasing faster than available services and staff resources.

Strategies or actions have already been tried:

Alexandria City Public Schools currently provides counselors, psychologists, social workers, social-emotional learning programs, and student support teams. Schools also work with community organizations and local mental health programs to support students.

Are these strategies working:

The current support systems are helping some students, but the data shows that mental health challenges remain very common. Anxiety and stress levels are still high, which means more support and resources are needed.

What Has Already Been Tried

Schools and the city have already taken several steps to support youth mental health. ACPS has counselors, psychologists, and wellness programs in schools. Schools also teach social-emotional learning skills that help students manage stress and emotions. Some schools organize wellness activities, awareness campaigns, and stress-management programs. The city also

partners with local organizations and mental health professionals to provide additional support and services for youth and families.

Who Can Help

Stakeholder 1: Alexandria City Public Schools



ACPS can help by hiring more counselors and psychologists, increasing student access to support services, creating wellness spaces, and expanding mental health programs in schools.

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Stakeholder 2: Parents and families

Parents and families can help by supporting youth emotionally, encouraging open conversations about mental health, and helping students access available resources and counseling services.

Stakeholder 3: Community Organizations and Mental Health Professionals

Local organizations and therapists can provide workshops, support groups, counseling programs, and awareness campaigns for youth and families.

Alexandria Community Services Board (CSB)



Roundhouse Counseling Centers



Friends of Alexandria Mental Health Center



What Has Been Done So Far

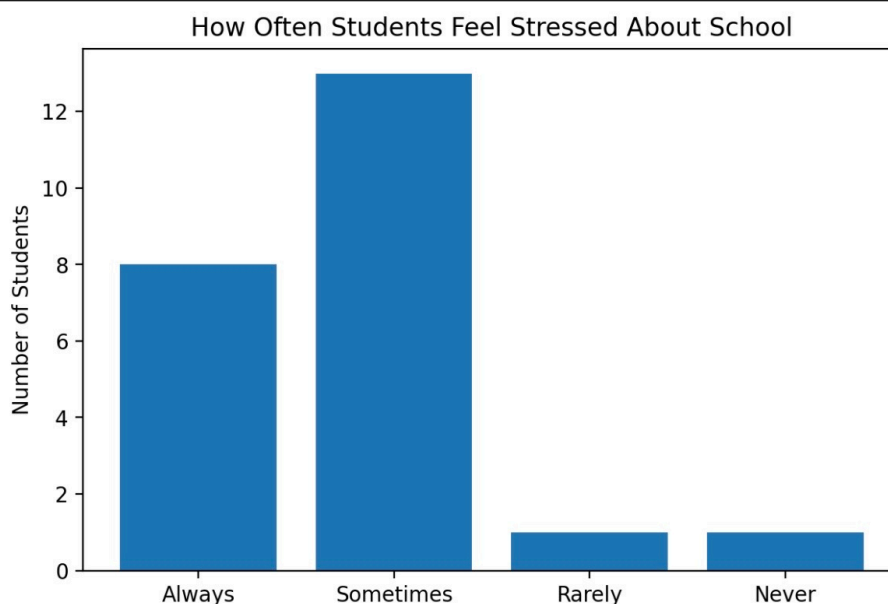
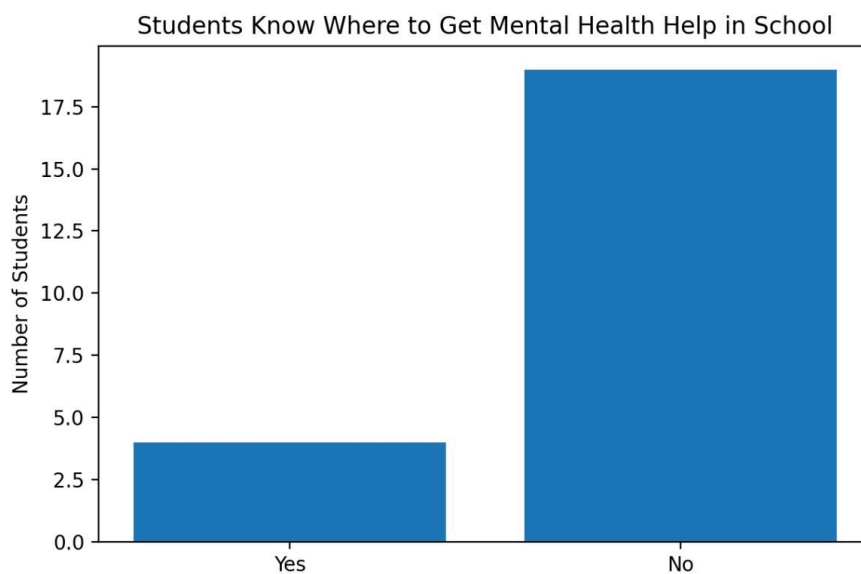
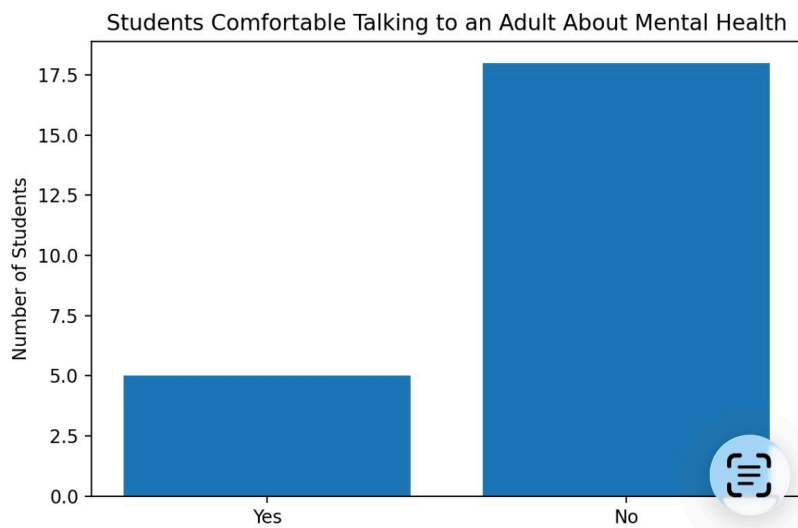
Quantity:

Schools already provide counseling staff, student support teams, social workers, wellness programs, and mental health awareness activities. ACPS also partners with local agencies and organizations.

Quality:

These programs are helping some students, but they are not fully meeting the growing demand. Many students still report high stress, anxiety, and difficulty accessing support quickly. This suggests that more counselors, more awareness and easier access to help are needed.

Is It Actually Helping



The survey data shows that the mental health resources available at ACHS and in Alexandria are not fully working for students. Although counselors and support services exist, many students are either unaware of them or uncomfortable using them. In the survey, about 82.6% of students said they do not know where to go for mental health help at school, and 78.3% said

they do not feel comfortable talking to an adult about their mental health. This shows that the current resources are not reaching enough students effectively.

This data also shows that stress continue to be a major issue, with most students saying they feel stressed sometimes or always. If the current support systems were fully effective, more students would likely know about the resources and feel comfortable asking for help. This does