



MIND IS MOMENTUM

Report Card on Mental Health in NoVA

Children and Youth Report Card Review

WHO WE ARE

Introducing our team and supporters!



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THE ISSUE

Northern Virginia (NoVA) youth is at an all-time-increase in mental health being a key problem for many children. Specifically in high school-aged students, mental health and well-being is persistently dropping in health.

SIGNIFICANCE

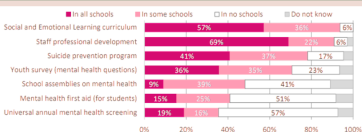
Mental health is important at every stage of life, from infancy through adulthood. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices (World Health Organization). Good mental health means that you can find healthy ways to cope with challenges, work productively and function well, feel good about yourself, and contribute to society.

When you're struggling with your mental health, it makes it difficult to focus on school and other responsibilities. Currently 1 in 3 youth living in Alexandria report feeling depressed (Developmental Assets Survey, 2022). Even before the COVID-19 pandemic, mental health was named as one of the top concerns by Alexandria's youth. Mental health problems in youth often co-occur with other health and behavioral risks like increased risk of drug use, experiencing violence, and higher risk sexual behaviors.

CLICK HERE FOR MENTAL HEALTH CENSUS FORM



PERCENT OF ADULTS IN NORTHERN VIRGINIA WITH ACTIVE SYMPTOMS OF CLINICAL ANXIETY/DEPRESSION



THE NUMBERS

NoVA youth who report feeling down or depressed. (Developmental Assets Survey, 2022)

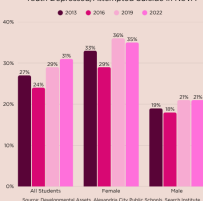


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CYCP GOAL AND STRATEGIC AREA

All Children and Youth in the NoVA area are safe, happy, and healthy.

Youth Depressed/Attempted Suicide in NoVA



"The advice I'd give to somebody that's silently struggling is, you don't have to live that way. You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it, because it's really important you share your experience with people so that you can get the help that you need." — Demi Lovato

YOU ARE NOT ALONE.

OUR PARTNERS

Click any icon to go to our partner's page!



NAMI



IOOV



SAARA

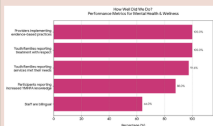


DBHDS



MHA

HOW WELL IS NOVA DOING?

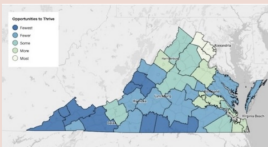


13 Average number of students on wait-list
100% of providers implement evidence-based practices
88% of participants report an increase in their Youth Mental Health knowledge

WHERE ARE WE HEADED?

1. Integrate mindfulness and movement activities across out of school time programming (clubs, non-profits, etc.)
2. Support efforts to establish an YM network composed of public and private agencies, organizations, coalitions, community groups, and others that incorporate essential components of "promising practices" for Youth Mental Health

PROSPECTIVE FUTURE



Communities with better living conditions have more opportunities to thrive. They also have lower rates of diagnosed mental illness and substance use disorders. Opportunities to thrive vary widely across VA. Even within a community, though, not everyone has the same access to these opportunities.

RESOURCES

1. National Crisis Helpline (24/7) - Call 988 or 911 if in immediate emergency
2. Discuss your concerns with your child's pediatrician
3. Contact your insurance company for options
4. Contact Child & Family Behavioral Health Services at 571.213.7963 or email DCHSYouthIntake@alexandriava.gov; priority is given to youth most at risk and those without insurance
5. Check out the City of Alexandria's Behavioral Health Services for Children and Families webpage
6. Build and maintain healthy relationships.
7. Learn and practice techniques to manage stress and other difficult emotions.
8. Take care of your body and mind. To get started check out these "50 Ways to Build Resilience" handouts - one for every day of the week!
9. Be intentional about your use of social media, video games, and other technologies.