



BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

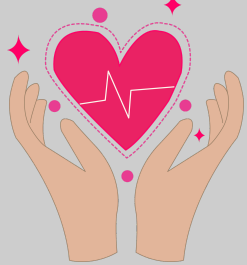
Mental and Behavioral Health

TOPIC DESCRIPTION

Our proposal towards mental health and behavioral health includes using the time of our advisory on Monday's to in cooperate self paced SEL (Social emotional learning) slides created by a actual specialist in mental health to provide help to students in many aspects.

RESULT

To see a decrease in cases of students who struggle with mental health during their transition from high school to college especially.

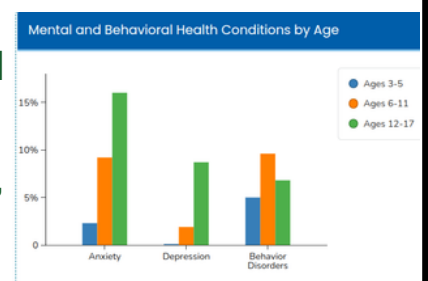
49%

High school seniors in USA SUFFER IN MENTAL HEALTH

SIGNIFICANCE

The importance of mental health is an important topic now in this generation. With a increase since 2019 of high-school students who struggle with mental health. Mental health is an important issue that can effect students progress academically, physically, and emotionally.

A good mental health can improve focus, motivation, success while having a poor mental health, Can lead to high, high school drop out rates, different substance abuses, a risk in suicide, and death amount the youth.



CYCP GOAL AND STRATEGIC AREA

This aligns with promote health, wellness, and well being. To prevent or reduce the risk of developing these problems by creating a plan to help students regulate their mental health and help them be aware of mental health, and building resilience through different habits and resources.

HOW ARE WE DOING?

We have our team wellness center and counselors as resources but we've noticed that those resources don't really focus in mental health issues enough or aren't primarily for mental health. For example, the team wellness is primarily for health purposes like a clinic and counselors mainly focus on academics. We want to focus in mental health specifically high school seniors who are worried or stressed out about the transition from high school to college so we would provide advisory lessons made by a therapist

BE KIND
TO
YOUR MIND

IMPLEMENTATION

Having a school therapist that provides these SEL advisory lesson every Monday, and having that therapist in school in the case that the student would like to have a One- on-One with them or to have a space to escape from whatever they are dealing with.

PARTNERSHIPS

1. Friends of the Alexandria mental health center
2. Alexandria Teen Wellness Center
3. CASEL



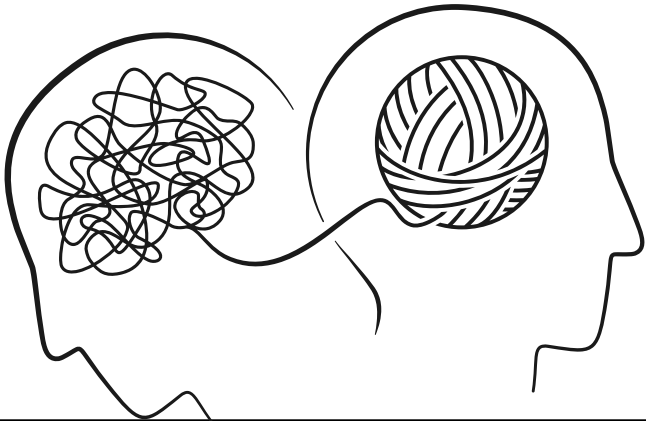
PERFORMANCE EFFORT

Back then we would get graded for advisory depending if we did the work or not, at some point advisory didn't matter so grades stopped. Maybe if we implemented grading advisory again or a reward so that we were sure students did the advisory lessons.



PERFORMANCE EFFECT

Although our plan can be very effective some students may not engage or put in effort since it is a self paced thing, which is why we would in cooperate a reward for those students who are actually participating in these self-paced lessons.



RECOMMENDATIONS

Our policy recommends to take mental health more seriously and take initiative on increasing different access to resources available to students. implementing mental health education into curriculum, implementing trauma informed practices, having “mental health days” for students, and making sure we have enough staff training for different situations that could occur. We also should partner with more community partnerships to provide, or connect students with families needing support.

ONLINE

CASEL- <https://casel.org/>
_ There are online Social Learning resources online for those who need it that focus on a variety of topics.
Hazel Health - <https://www.hazel.co/>
-Hazel Health is an online resource that students can access if they do not wish to meet with someone in person.

IN PERSON

A school therapist would be provided.

Teen wellness and counselors would still be considered an option.

CITATIONS

- Supporting our students' mental health - Fund Our Schools. (2025). Fundourschoolsva.org. <https://www.fundourschoolsva.org/resources/supporting-our-students-mental-health/>
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