



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD

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

APRIL IS...

Alcohol Awareness Month

CYCP GOAL

All Children, Youth, and Families will be Physically Safe and Healthy

YOUTH/CARING ADULT SPOTLIGHT

In honor of Alcohol Awareness Month, this Report Card shines a spotlight on the incredible work that the Substance Abuse Prevention Coalition of Alexandria (SAPCA) and the coalition's partners (see *Partners Involved* section) have accomplished since the CYCP was adopted in April of 2021. SAPCA's Board of Directors include:

- Allen Lomax, Chair
- Kim Hyde, Vice-Chair
- Quameer Reddick-Parker, Treasurer
- Tom Gates
- Kate Harbour
- Captain Monica Lisle
- Fredy Martinez
- Shirlen Rac Carpio



Photo above: Red Ribbon Week 2021 Proclamation

RESULT

All Alexandria youth choose to be alcohol-free.

WHY THIS MATTERS



Underage drinking is dangerous. Alcohol use among youths is strongly correlated with violence, unwanted and risky sexual behavior, poor school performance, suicide, injury or death, fractured relationships, health issues such as depression and anxiety disorders, diminished overall health and well-being, using other drugs, and other harmful behaviors (Hingson and Kenkel, 2004). Research also suggests that adolescent drinking can inflict permanent damage on the developing brain (Brown and Tapert, 2004).

Most adults who have a substance use disorder started using substances during their teen and young adult years (U.S. Department of Health and Human Services, 2016). There are many reasons why some youth begin drinking alcohol or using other substances. A few of the key risk factors include: childhood trauma and Adverse Childhood Experiences, genetics, favorable parental attitudes, poor parental monitoring, family rejection of sexual orientation or gender identity, peers who use substances, lack of school connectedness, and mental health issues (CDC).

Youth alcohol use is preventable. Studies have consistently shown that young people who experience more of the Developmental Assets – such as family support, positive family communication, family boundaries, supportive relationships with caring adults, a caring school climate, a community that values youth and sees them as resources, and access to creative activities and youth programs – engage in fewer risk-taking behaviors and are more likely to report thriving indicators. In other words, the more assets a young person has, the more likely they will make healthy choices.

THE MORE ASSETS A YOUNG PERSON HAS, THE MORE LIKELY THEY WILL MAKE HEALTHY CHOICES



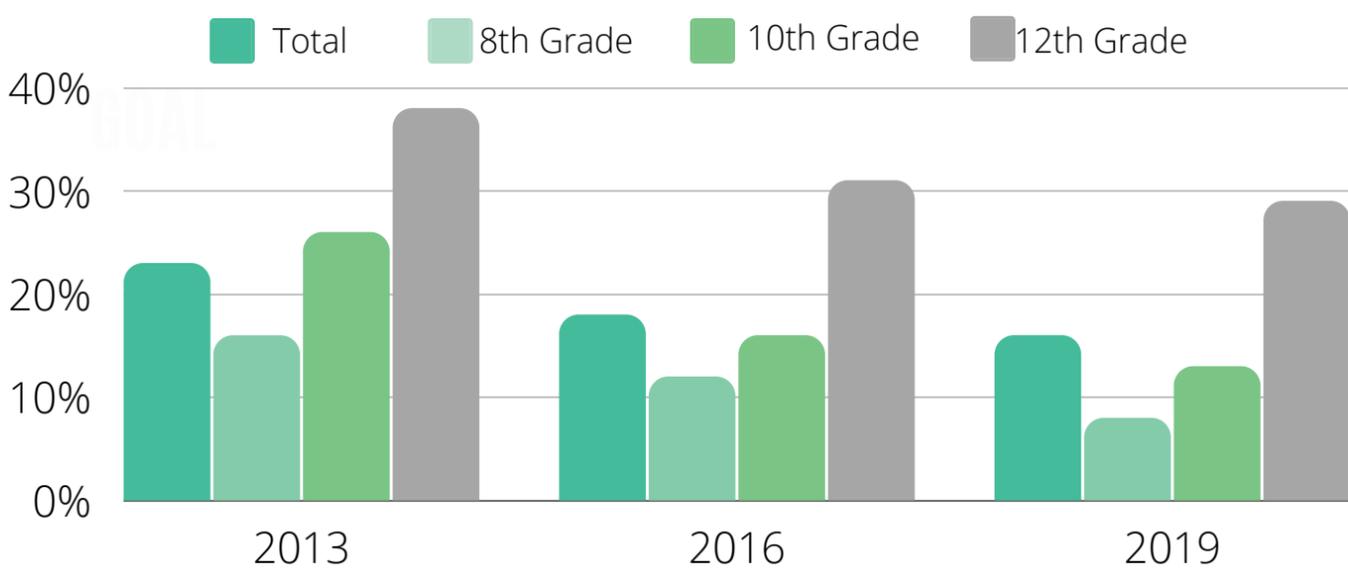
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HOW WE ARE DOING

Youth Alcohol Use

% of Alexandria City Public Schools students who report using alcohol once or more in the last 30 Days

Source: *Developmental Assets: A Profile of Your Youth, 2019*



STRATEGIES

- Enhance connections to and bonding with adults, peers and organizations in the community
- Provide youth with information about substance use and raise awareness about the impacts of substance use
- Modify access to alcohol
- Provide healthy alternative to use

CHAMPION



PARTNERS

- [Alexandria Campaign on Adolescent Pregnancy](#)
- [Alexandria City Public Schools](#)
- [Alexandria Health Department](#)
- [Alexandria Library](#)
- [Alexandria Mentoring Partnership](#)
- [Alexandria Police Department](#)
- [Alexandria Sexual Assault Center](#)
- [Alexandria Sheriff's Office](#)
- [Bishop Ireton High School](#)
- [Casa Chirilagua](#)
- [Community Lodgings](#)
- [Department of Community and Human Services](#)
- [Liberty's Promise](#)
- [Resilience Alexandria: Inform, Support, Elevate](#)
- [SAPCA Board of Directors](#)
- [SCAN of Northern Virginia](#)
- [Tenants and Workers United](#)

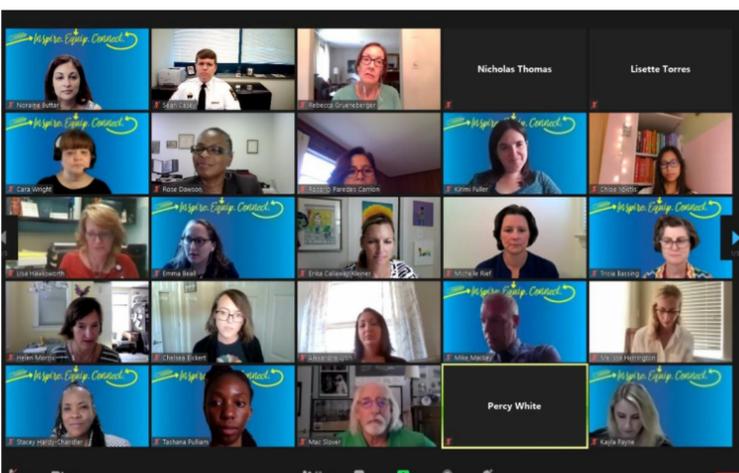
WHAT DID WE DO?

Youth Alcohol Use Prevention Campaign Launch (June 2021)

Launched the "I don't drink because..." Youth Alcohol Use Prevention Campaign. Alexandria City High School students created a series of positive messaging short videos to encourage youth to be alcohol free.



Alexandria Youth Leadership Conference (August 2021)



In collaboration with the Alexandria Campaign on Adolescent Pregnancy (ACAP), the Alexandria Sexual Assault Center, and the Alexandria Library, SAPCA hosted the 8th annual Alexandria Youth Leadership Conference, a free event for rising 9th-12th grade students. The purpose of the conference is to build and enhance personal and leadership skills and includes a meet-and-greet with community leaders.



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WHAT DID WE DO?

Red Ribbon Week (October 2021)



This annual alcohol and drug prevention campaign, carried out school district-wide, reached more than 2,800 students to unite the community and take a visible stand against drugs through a poster contest, City proclamation, and virtual community circles.

Alexandria Youth Speak Up: Lessons Learned from Alexandria's Youth (December 2021)

Co-hosted a virtual event with ACAP and the Children Youth and Families Collaborative Commission (CYFCC) featuring a panel of Alexandria City High School students highlighting what they need from adults to navigate life after the pandemic.



Alcohol Compliance Checks (December 2021)

The Alexandria Police Department conducted alcohol compliance checks. Among 24 Alexandria businesses, 21 of these retailers passed the compliance checks by not selling alcohol to an underage person.

The Substance Abuse Prevention Coalition of Alexandria thanks these retailers for helping to prevent underage drinking. These businesses successfully passed alcohol compliance checks conducted in December 2021 by the Alexandria Police Department.

7-11	Thank you!	Harris Teeter
411 E. Braddock Rd. 3023 Duke St. 800 Franklin St. 1025 W. Glebe Rd. 2 S. Jordan St. 3412 Mt. Vernon Ave. 30 S. Reynolds St. 331 S. Whiting St. 24 Hour Express 4007 Mt. Vernon Ave.	Aldi 4580 Duke St. CVS 1680 Duke St. 3130 Duke St. 503 King St. 433 S. Washington St. EOS Convenience Store 140 S. Reynolds St.	4641 Duke St. Jano Mart 4105 Duke St. Mart-11 301 N. Ripley St. Rite Aid 4515 Duke St. Whole Foods 1700 Duke St.

Listening Sessions with Latino Youth and Parents (January - August 2021)

ALEXANDRIA YOUTH, JOIN THE CONVERSATION
 Latino middle and high school youth are invited to attend virtual focus groups to share knowledge and beliefs about youth substance use and abuse in the Latino community.

Participants will be entered into a raffle for a \$75 Target gift card. Information shared is confidential. Focus groups will be conducted in English and Spanish.

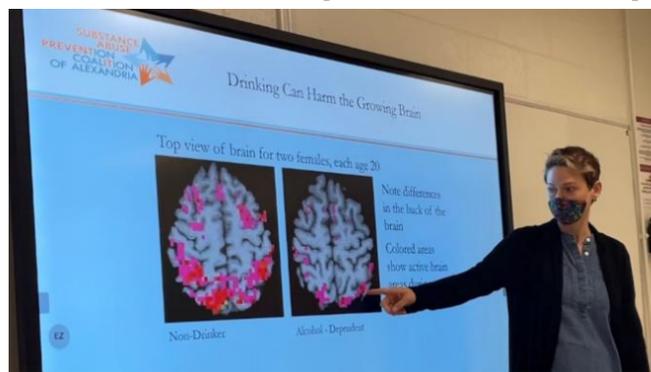
Join one of the focus groups on Zoom.

June 8 5:30 - 7:00 p.m. Register to attend: https://bit.ly/3uoDxig	June 9 5:30 - 7:00 p.m. Register to attend: https://bit.ly/34kwwk3	June 10 5:30 - 7:00 p.m. Register to attend: https://bit.ly/2StAzvF
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Learn more at alexandriava.gov/sapca.

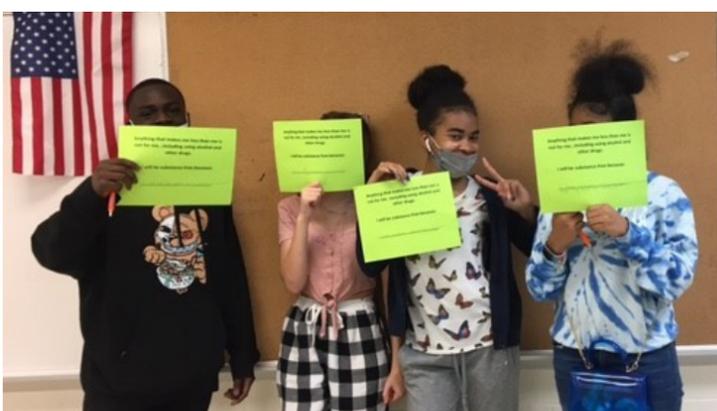
Collaborated with Latino-serving organizations to hear directly from Latino families about attitudes and beliefs regarding youth alcohol use. Information shared will support the creation of a prevention campaign targeted towards the Latino community.

Facts and Consequences Workshops (November 2021 and April 2022)



These workshops educate youth about the health, legal, and social consequences of alcohol use. Presentations were delivered to 150 Alexandria City High School students and 189 Bishop Ireton High School students.

Keep It 360 Peer Advocate Workshops (December 2021 and April 2022)

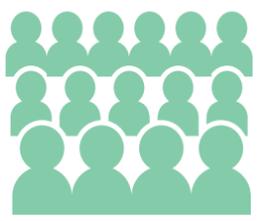


The Keep It 360 Peer Advocates presented workshops to over 100 Hammond middle school students to share information about the facts and consequences of alcohol use, how to respond to peer pressure, and the importance of coping with stress in healthy ways. The Keep It 360 Peer Advocates are a group of Alexandria youth that work closely with SAPCA, ACAP and the Alexandria Sexual Assault Center to support prevention and outreach efforts.



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HOW MUCH DID WE DO IN 2021?



4,070 youth engaged

1,163 adults engaged



222 volunteer hours



3,456 substance abuse prevention materials distributed to the community

HOW WELL DID WE DO IT?

94% of students agreed that "What I learned during these activities was useful and important."

78% of students felt that "I could openly share my opinions and ideas."

88% of students thought that "The group facilitators did a good job."

77% of students enjoyed the activities.

Participant feedback from workshops with Hammond middle school students led by Keep It 360 Peer Advocates (104 responses)

95% of students agree that "A person can feel peer pressure even if nothing is said."

98% of students agree that "alcohol, marijuana, and prescription drugs can interfere with a person's brain functioning."

84% of students agreed that "This presentation provided information and ideas that are helpful to me."

Participant feedback from Facts and Consequences presentations with Alexandria City High School and Bishop Ireton High School students (224 responses)

When students were asked "What did you like best about these activities?" they said:

"We talked about real life problems which could potentially help us in the future."

"They help me become a better person for the future."

"Learning about safety and taking care of our bodies."

"I got to state my opinions"

"The group facilitators did a good job, and I was able to express my feelings without being judged."

"How we got to write some ideas on what you can do to stay alcohol free."



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IS ANYONE BETTER OFF?

81%

of the Hammond Middle School students who participated in the workshops led by Keep It 360 Peer Advocates plan to use the information they learned during these activities in the future.

Among the students who participated in the Facts and Consequences presentations: (224 responses)



82%

agreed "Waiting until I am of legal age to try or use alcohol is important to me and my health"

87%

agreed that "If asked to try drugs or alcohol, I would be comfortable saying 'no' in an assertive manner."

88%

agreed "I learned at least one thing that was new today."

67%

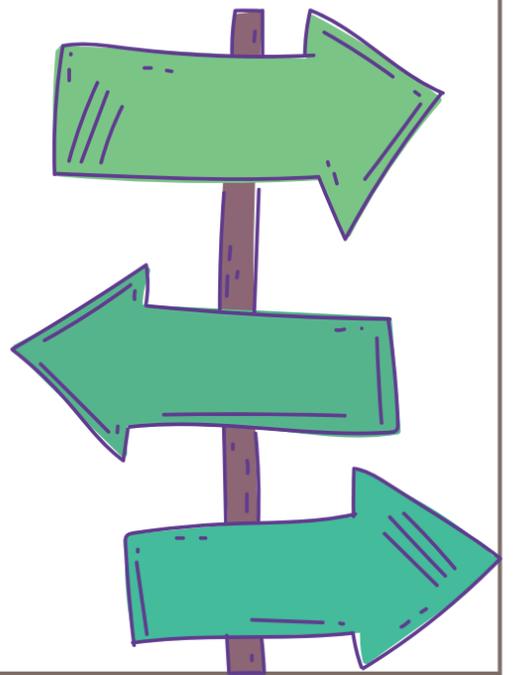
agreed "I would be all right if my friends rejected me because I didn't do something they wanted me to."

95%

agreed "It is important that I do not get in a car with a driver who is under the influence of any drug, including alcohol, marijuana or prescription drugs."

WHERE WE ARE HEADED

- Working with a consultant to create an alcohol use prevention campaign targeted towards the Latino community.
- Planning for the 2022 Alexandria Youth Leadership Conference.
- Collaborating with ACAP and the CYFCC to host a series of Youth Speak Up events starting in the fall of 2022.



RESOURCES

- [Substance Abuse Prevention Coalition of Alexandria's](#) website.
- [Youth Alcohol Use Prevention Campaign](#): Watch this video series created by Alexandria City High School students that encourage youth to be alcohol free.
- [Help Spread the Word - 2022 Young Adult Survey](#): This statewide survey, open to Virginia residents ages 18-25, collects input about young adults' experiences and opinions on mental health and substance use. Results will inform local efforts to meet the needs of Alexandria's young adults.
- [Tips for Communicating with Teens](#) | [Consejos para comunicarse con su adolescente](#)
- [Alexandria Youth Speak Up Event](#): A recap of the lessons learned and the summary of the December 2021 Youth Speak Up event.
- [Wellness Resource Guide](#): Information about coping with stress in a healthy way.
- [Family Dinner Toolkit](#): A toolkit about how parents and kids can make family meals count.
- [Family Conversation Starters](#): Talk About It Cards support families to get to know each other better by sharing experiences, feelings, and beliefs.