The background of the cover is a photograph of a waterfront town, likely Alexandria, Virginia. It shows a row of brick buildings with blue shutters and a prominent white church steeple in the distance. The foreground features a body of water with wooden pilings. A large, stylized graphic consisting of two overlapping curved shapes, one dark blue and one light grey, is positioned on the right side of the page, partially obscuring the background image.

Alexandria Youth and Family Resource Guide

2023

Alexandria City Hall
301 King St.
Alexandria, VA 22314
alexandriava.gov/



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Introductory Letter: From a Caregiver's Lens

I am writing this introduction through a caregiver's lens based on experiences with my own grandson that began in 2011 when we relocated to Alexandria City. My own grandson was confined at the Northern Virginia Juvenile Detention Center (NVJDC) when he was 14 years old. He had many severe challenging behaviors, possibly like your child or even you. Our personal experiences and life details have become something my grandson and I feel is a necessity to share to help others understand the serious consequences of youth that become involved in the legal system. Understanding and navigating different systems is very important for your future and/or that of your youth that has become legally involved.

A short synopsis of our family: I, Sonnja (a.k.a. Grandma), was raising my grandsons in non-formal kinship care after they were placed in my care back in Pennsylvania by Child Protective Services (CPS). The younger grandson, whom I will refer to as DR, began having severe, intense challenging behaviors starting very early. By the time of our move, he was involved in special education and mental health services. After our move to Alexandria, I began searching for ways to manage my grandson's intense challenging behaviors. Over the course of the next 11 years, I navigated through a series of parent trainings, the Community Service Board (CSB), Child Protect Services (CPS), Court Services Unit (CSU), Northern Virginia Juvenile Detention Center (NVJDC), Bon Air Juvenile Dentition Center, Alexandria City Public Schools (ACPS) special education, Boys Probation House (BPH), and currently Virginia's Department of Corrections (VADOC).

During this time, I experienced feelings of frustration, hopelessness, shame, and mental and physical pain over an out-of-control child that has become multi-system involved. I watched as my grandson, DR, become dehumanized and simply housed away from family, friends, and community.

During this span of time I began to find my own voice, becoming energized to find a better outcome for not only my grandson but for the many other youth that become legally involved. I became educated on how systems work, on child development, and how trauma can affect the brain differently in youth. With all this information, I became involved in finding strategies to help the City better serve families and youth involved in the City's systems of care.

Both me and DR were invited to have a seat at the table to help develop better ways for families and youth to access services. Our voices were heard and highlighted throughout the collaborations between the City's agencies as they tried to develop policies, change state legislation, and even worked to alter the trajectory of my grandson's life.

Yes, he is currently confined in the adult system and has enormous barriers that come with being legal-system involved. But he also has been able to find his own voice and is training to become a Youth Mentor. He serves on a national youth leadership juvenile justice committee providing his own lived experiences to help others, reform policies, address racial disparities, and create preventive programs that honor childhood development.

This resource guide was developed during our collaborative work with Alexandria's child serving agencies. We want families and youth to have access to community resources and opportunities. Alexandria City remains invested in changing how families and youth are served. This resource guide is one step in that direction.



How to Use this Guide

Welcome to the City of Alexandria Youth and Family Resource Guide! This guide was developed by the City of Alexandria Crossover Youth Practice Model Prevention Workgroup – a multidisciplinary team working to promote healthy behaviors and empower all youth and families, particularly those who have encountered the juvenile justice and/or child welfare systems. The purpose of this guide is to assist youth and families in identifying what resources and services exist in the City of Alexandria and how they can be accessed.

It can be tough to figure out what’s available in the community – especially when you’re juggling other things like work, school, relationships, home life, and so on! Sometimes it’s also hard to know exactly what service or assistance you need. This guide is designed to provide basic information on some key topics and how to connect to activities, resources, and services related to those topics.

For example, if you’re interested in getting a job but are unsure of where to start, open the guide to [page 3](#) where the Table of Contents is located. Scan the list of topics and find the section on Career Development and Volunteer Opportunities located on [page 9](#). Go to [page 9](#) where you’ll find information on two local programs called TeensWork! and the Alexandria Seaport Foundation, and there is even a resource to help you determine what your career interests might be if you’re unsure.

There are hyperlinks embedded directly in each topic page for easy access to websites. Not viewing this on a computer or device? No problem! Each hyperlink is written out in full so you can type it into a web browser. Also included in most topic sections are tips for who to call directly in Alexandria, what information you should have on hand, and what questions you may want to ask.

Navigating life changes and addressing your needs or those of your family can be hard but knowing how and where to access support shouldn’t be hard. We hope the City of Alexandria Youth and Family Resource Guide will lead you to the community connections you’re seeking.

Basic or Emergency Needs

To reach the City of Alexandria Department of Community and Human Services, call 703.746.5700 or visit alexandriava.gov/DCHS

- *What should I know or be aware of before I call?*
 - You can get help with the basic or emergency needs listed in the above description section.
 - Your call will be returned within one business day. If it isn't, please call again and ask for a supervisor.
 - You must be a resident of the City of Alexandria to be considered for assistance.
 - The hours of operation are 8 a.m.-5 p.m. Monday-Friday.
 - English and Spanish speakers are available, as well as access to other languages.
 - You will NOT be asked immigration status and it will not be documented.

Description: A basic or emergency need is one that directly affects your ability to live or function on a daily basis when that need is not met. For instance, you may need help with food, buying work clothes, finding housing, paying heating or cooling bills, getting prescriptions, dental and vision needs, hearing aids, burial assistance, and accessing public assistance benefits (such as food stamps and medical, child care, cash, and energy assistance). There are local resources in Alexandria to help ensure your needs are met.

*A list of crisis hotlines is available on [page 12](#) of this document.



Basic or Emergency Needs **Continued**

Additional local resources:

Public Assistance Benefits

- alexandriava.gov/CommonHelp

Alice's Kids, Inc.

- Alice's Kids, Inc. is a non-profit organization that provides funding for identified children and youth for clothing, food, extracurricular program costs, and many other things based on requests they receive from teachers, social workers, police staff, and other public servants. For more information on how Alice's Kids works and how to submit a request form, visit aliceskids.org/about/our-process/ or call 703.746.8108.

Christ House Emergency Assistance

- If you need assistance with rent, utilities, or a related emergency, Christ House might be able to help. Visit ccda.net/need-help/rent-utility-and-emergency-household-assistance/alexandria-rent,-utility,-and-emergency-household-assistance/ or email ea-ch@ccda.net for more information.



Career Development and Volunteer Opportunities

The Alexandria Workforce Development Center's TeensWork! program includes:

- Employment support for people ages 16-21: Participants work with a counselor and take workshops to increase their chances of getting a job with private companies.
- Employment support for people ages 14-24 who are low income and need help to complete an educational program or find and hold employment: Participants work with a counselor to assess employment, education, and training needs and receive support services for personal life situations.
- Six-week paid summer work experience for people ages 14-21.
- The Youth Career Academy provides a safe space for Alexandria's youth to explore and learn about career options, scholarships offerings, and schedule an appointment with an employment training specialist, or access job leads.

For more information, visit alexandriava.gov/TeensWork

Description: Career development programs help you figure out what kind of work you want to do, provide training and support (example: help you create a resume) to help you get a job, or help find your career path. Volunteer opportunities are great ways to try new things, make connections for a potential job, get out of the house, and make a difference in the community.

If you are interested in current resources related to jobs, call 703.746.5990.

- ***What should I know or be aware of before I call?***
 - You will be treated with dignity and respect.
 - If you leave a message, you can expect a call back in one business day.
 - To qualify for *TeensWork!* programs you must be a resident of the City of Alexandria and a U.S. Citizen or have the right to work in the U.S., if born in a foreign country.
 - Services are available in English, Amharic, Dari, and Spanish and other languages via video or telephonic interpretation.
 - For youth under 18, parent/caregiver consent is required.

Career Development and Volunteer Opportunities Continued

Alexandria Mentoring Partnership

The Alexandria Mentoring Partnership (AMP) includes a number of local mentoring programs for youth and young adults. Mentors work with youth to grow their skillset, including those skills that may help with a job. For information on one of the programs or how to become a volunteer mentor, contact David Ulloa at david.ulloa@alexandriava.gov or visit alexandriava.gov/Mentoring.

Alexandria Seaport Foundation

The Alexandria Seaport Foundation serves individuals ages 17-23 by providing a paid opportunity to learn career and life skills through mentoring and project-based learning. Apprentices learn skills related to carpentry, applied math, personal finance and budgeting, resume writing and interviewing, interpersonal and job relations, and GED preparation. The Apprentice Program runs Monday through Friday from 8 a.m.-4 p.m. For more information, visit: alexandriaseaport.org/apprentice-program/

If you are interested in resources related to local volunteer opportunities, visit the following websites for more information on a wide variety of ways to volunteer:

- alexandriava.gov/volunteer
- volunteeralexandria.org
- volunteermatch.org
- alive-inc.org
- alexlibraryva.org

Having trouble determining your career interests? Try the O*Net Career Interest Profiler available at mynextmove.org/explore/ip (available in English and Spanish).

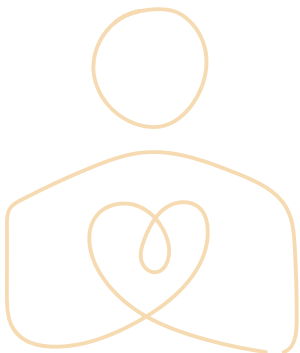


Child Abuse and Child Safety

If you are interested in resources related to Child Protective Services (CPS), call the CPS hotline at 703.746.5800 or visit alexandriava.gov/ChildAbuse

- ***What should I know or be aware of before I call?***

- By calling the CPS hotline, you can access providers and learn more about local resources such as:
 - Reporting child abuse and neglect
 - Voluntary services for families seeking help
 - Supervision guidelines for children and youth
- Before you call, you may want to consider:
 - Services are available to residents in the City of Alexandria.
 - Calls to report abuse and neglect can be made 24 hours a day.
 - Information about local services is available only during business hours.
 - If you're interested in reporting abuse/neglect, you might be asked specific information about the child/youth and family.
 - If you're interested in parent support and education, you may ask for parenting programs in the community.



Child Welfare Services

Description: Child Welfare Services is responsible for the safety, well-being, and permanency of children in the City of Alexandria who have been or are at risk of being abused and/or neglected. Child Welfare includes a continuum of services that are state and federally mandated, including: Child Protective Services, Foster Care, Adoption, Post Adoption, Independent Living, Resource Families/Homes, and Family Engagement.

For more information, visit: alexandriava.gov/ChildAbuse

Crisis Hotlines and Resources

For youth in crisis, visit: *Alexandria Safe Place* at alexandriava.gov/recreation-programs/basic-page/alexandria-safe-place or call 703.746.5400

For emergency mental health services, visit: *Emergency Mental Health Services* at alexandriava.gov/go/1865 or call 703.746.3401

For child abuse and neglect, visit: *Child Protective Services* at alexandriava.gov/ChildAbuse or call 703.746.5800 (City of Alexandria) or 1.800.552.7096 (Commonwealth of Virginia)

If you are concerned about an adult who is being abused, neglected or exploited, or other aging and adult services including clinical, emergency, and community supports, visit: *Center for Adult Services* at alexandriava.gov/Aging or call 703.746.5778

For domestic violence support, visit: *Domestic Violence Program* at alexandriava.gov/DomesticViolence or call 703.746.4911

For sexual assault support, visit: *Sexual Assault Center* at alexandriava.gov/SexualViolence or call 703.683.7273

For suicide or crisis hotlines:

- Dial 988 or chat 988lifeline.org/chat/
 - For Deaf and Hard of Hearing, use your preferred relay service or dial 711 then 988 or 988lifeline.org/chat/
- *Red Nacional del Suicidio*: Llame a 1.888.628.9454
- *The Trevor Project (LGBT+ Youth)*: Call 1.866.488.7386 or text "START" to 678678 or chat with someone online 24/7 through Trevor Chat at thetrevorproject.org/get-help/

For additional suicide prevention information, visit: *Suicide Risks and Prevention* at alexandriava.gov/go/2048.

For help with homelessness or running away, visit: *National Runaway Safeline* at 1800runaway.org or call 800-RUNAWAY (800.786.2929) or live chat or email via the website.

You can access many of the resources listed above at: alexandriava.gov/go/2384

If you or someone you know is in crisis, refer to the resources listed here. Every hotline listed is available 24-hours a day.

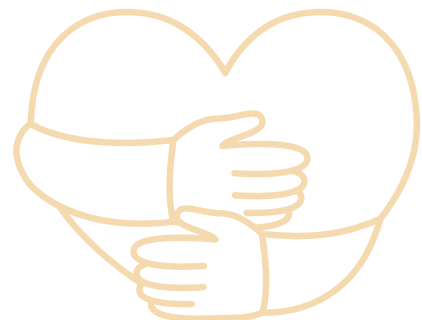
Domestic Violence

If you are interested in resources related to Domestic Violence and/or Teen Dating Violence in Alexandria, call the local Domestic Violence Hotline at 703.746.4911 or visit: alexandriava.gov/DomesticViolence

- **What should I know or be aware of before I call?**
 - You will be treated with dignity and respect.
 - You will be able to speak with a crisis counselor 24 hours a day and access:
 - crisis intervention and emotional support
 - advocacy with medical, police, and court systems
 - support groups
 - safehouse services.
 - You will be given information and resources.
 - You will be provided with safety planning and support.
 - Services are for Alexandria residents or individuals who have been assaulted in Alexandria.
 - Your information will be kept confidential unless there is a suspicion of risk to you or others.

Description: Domestic violence is a pattern of coercive, controlling behavior used by one individual to control or exert power over another individual in the context of an intimate relationship. This includes relationships such as dating between people who do not live together (dating violence), parent/child (child or elder abuse/neglect), and persons in same-sex relationships. Abusive behaviors can include physical assault, verbal and emotional abuse, sexual abuse or financial abuse, stalking and/or harassment as well as threats that can make a person fear for their safety.

Additional national resource:
National Domestic Violence Hotline
thehotline.org/



Early Childhood

Resources available in Alexandria:

- If you are worried about how your infant/toddler (0-36 months) is developing, contact the Parent Infant Education (PIE) Program in Alexandria at 703.746.3363 or visit alexandriava.gov/go/2544
 - An early intervention flyer (in English) is available at:
alexandriava.gov/uploadedFiles/dchs/childrenfamily/WhatisEarlyInterventionEnglish.pdf
 - An early intervention flyer (in Spanish) is available at:
alexandriava.gov/uploadedFiles/dchs/childrenfamily/WhatisEarlyInterventionSpanish.pdf
 - ***What should I know or be aware of before I call?***
 - Any concerned parent, relative, or friend can make the referral to the PIE Program. A doctor's referral is not required.
 - There are no costs to families for intake, screening, or assessments for eligibility.
 - There are no family income requirements to receive services. Eligibility for services is based solely on the child's needs.

Description: The first few years of a child's life are a roadmap for their future. You can find out if your child is developing typically and get help if needed. Getting help early makes a big difference. Even if your child is developing typically, parenting is hard – there is support and also help to access childcare available in Alexandria.



Early Childhood Continued

- For information on child care assistance in Alexandria, including eligibility criteria, visit alexandriava.gov/go/1933 or call 703.746.5437.
 - What should I know or be aware of before I call?
 - Eligibility guidelines can be found at doe.virginia.gov/cc/parents/index.html?pageID=4
 - Have in mind if you prefer a childcare center, family day home, or in-home care by a relative or independent provider
 - You will need to complete an application, which requires proof of residency and proof of employment or enrollment in an education program.
 - The application may be completed online at commonhelp.virginia.gov/ or you may request a hard copy by calling 703.746.5437 or email dchschildcare@alexandriava.gov
 - It typically takes 30 days from completion of application to begin receiving services. To avoid delays, begin looking for a provider before you are approved.
 - *You may apply for consideration of a hardship grant if you are found ineligible for Child Care Subsidy Assistance. *This is a temporary through 2023.



Early Childhood Continued

If you are interested in becoming a childcare provider, email dchschildcare@alexandriava.gov or call 703.746.5437.

If you don't live in the City of Alexandria and are worried about how your infant/toddler (0-36 months) is developing, visit the Infant and Toddler Connection of Virginia at itcva.online/. This organization can also help you find resources if you are out of state.

The Campagna Center offers educational and development programs for children including but not limited to early childhood education, health and nutrition awareness, before-and-after school programs, tutoring, and mentoring. For more information regarding eligibility and registration, visit campagnacenter.org/program/early-childhood-early-head-start-alexandria-head-start-and-early-learning-center/ or call 703.549.0111.

- Early Learning Center:
 - This is an early childhood education program for preschoolers ages 3-5.
 - It includes part-time, full-time, and year-round options.
- Early Head Start:
 - This is a year-round program serving children ages 0-3 and expectant mothers.
 - Early Head Start provides services in three different ways: center-based, home-based, and through family child care providers.



Education and Alexandria City Public Schools (ACPS)

Here is some general information about ACPS:

- Are you new to ACPS? If so, visit: acps.k12.va.us/enroll
- Want to know expectations for students, staff, and families? Visit acps.k12.va.us/codeofconduct
- Transitioning from an outside school division to ACPS? Questions about how best to have your child return to school? Visit acps.k12.va.us/student-services/
- Are you an adult interested in completing your schooling in Alexandria? Visit acps.k12.va.us/programs-services/adult-education
- Do you need assistance with multilingual supports? If so, visit: acps.k12.va.us/contact-us/language-line or contact the Office of English Language Services at 703.619.8022
- Have questions for the leadership of ACPS? Visit: acps.k12.va.us/departments/school-community-relations/community-partnerships-and-engagement/school-engagement-community-outreach/ask-acps or call the numbers listed in the chart on the following page.

Description:

The mission of Alexandria City Public Schools (ACPS) is “Ensuring success by inspiring students and addressing barriers to learning.”



Education and Alexandria City Public Schools (ACPS) Continued

Have questions for the leadership of ACPS? Call these numbers:

Office	Phone
Department of Student Services and Equity	703.619.8036
FACE Center's Bilingual Parent Information Lines, Monday-Friday 9 a.m. - 1 p.m.	Spanish/English: 571.775.9719 Amharic/English: 703.927.6866 Arabic/English: 703.927.7095
Family and Community Engagement Center (FACE)	703.619.8055
Homeless Education Liaison/Homebound Services	703.619.8134
Office of English Learner Services	703.619.8022
Office of School Health Services	703.619.8162
Office of School Leadership	703.619.8020
Office of School Nutrition Services	703.619.8048
Office of Specialized Instruction	703.619.8023
School Counseling Services	703.619.8157
School Psychology Services	703.619.8159
School Social Work Services	703.619.8156
Truancy Intervention and Support	703.619.8358

Education and Alexandria City Public Schools (ACPS) Continued

- Interested in family and community engagement through ACPS? Visit: acps.k12.va.us/families/family-and-community-engagement-face-center
- If you are interested in resources related to general information about ACPS, visit acps.k12.va.us/ or call Information at 703.619.8000.
- Below is a list of ACPS schools and contact information:

High Schools	Address	Telephone
Alexandria City High School King Street Campus (Grades 10-12)	3330 King Street, Alexandria, VA 22302	703.824.6800
Alexandria City High School Minnie Howard Campus (Grade 9)	3801 W. Braddock Road, Alexandria, VA 22302	703.824.6750
Alexandria High School Satellite Campus at ACPS Central Office	1340 Braddock Place, 2nd Floor, Alexandria, VA 22314	703.824.6750
Middle Schools	Address	Telephone
Francis C. Hammond Middle School (Grades 6-8)	4646 Seminary Road, Alexandria, VA 22304	703.461.4100
George Washington Middle School (Grades 6-8)	1005 Mount Vernon Avenue, Alexandria, VA 22301	703.706.4500
K-8 Schools	Address	Telephone
Jefferson-Houston PreK-8 IB School (Grades PreK-8)	1501 Cameron Street, Alexandria, VA 22314	703.706.4400
Patrick Henry K-8 School (Grades K-8)	4643 Taney Avenue, Alexandria, VA 22304	703.461.4170

Elementary and PreK Schools (Grades)	Address	Telephone
Charles Barrett Elementary School (PreK-5)	1115 Martha Custis Drive, Alexandria, VA 22302	703.824.6960
Cora Kelly School for Math, Science and Technology (PreK-5)	3600 Commonwealth Avenue, Alexandria, VA 22305	703.706.4420
Douglas MacArthur Elementary School (K-5)	4633 Taney Avenue, Alexandria, VA 22304	703.619.8520
Early Childhood Center (PreK)	5651 Rayburn Avenue, Alexandria, VA 22311	703.578.6822
Ferdinand T. Day Elementary School (K-5)	1701 North Beauregard Street, Alexandria, VA 22311	703.619.8430
George Mason Elementary School (K-5)	2601 Cameron Mills Road, Alexandria, VA 22302	703.706.4470
James K. Polk Elementary School (K-5)	5000 Polk Avenue, Alexandria, VA 22304	703.461.4180
John Adams Elementary School (K-5)	5651 Rayburn Avenue, Alexandria, VA 22311	703.824.6970
Lyles-Crouch Traditional Academy (K-5)	530 S. St. Asaph Street, Alexandria, VA 22314	703.706.4430
Mount Vernon Community School (K-5)	2601 Commonwealth Avenue, Alexandria, VA 22305	703.706.4460
Naomi L. Brooks Elementary School (K-5)	600 Russell Road, Alexandria, VA 22301	703.706.4440
Samuel W. Tucker Elementary School (K-5)	435 Ferdinand Day Drive, Alexandria, VA 22304	703.933.6300
William Ramsay Elementary School (PreK-5)	5700 Sanger Avenue, Alexandria, VA 22311	703.824.6950

Alternative Programs and Schools	Address	Telephone
Adult Learning Center Braddock Place Campus at ACPS Central Office (Adult education)	Main Administrative Office & GED Test Center 1340 Braddock Place, 7th Floor, Alexandria, VA 22314	703.619.8027
Alexandria City Detention Center	2003 Mill Road, Alexandria, VA 22314	703.751.3700
Alexandria City High School Evening Administrative Center (Adult education)	Evening ELL, GED, and Adult High School 3330 King Street, Room A123, Alexandria, VA 22302	703.824.6845
Chance for Change Academy	216 South Peyton Street, Alexandria, VA 22314	703.888.1204
Northern Virginia Juvenile Detention Center	200 South Whiting Street, Alexandria, VA 22304	703.461.4086

Additional local and national resources:

- Firefighters & Friends to the Rescue
 - This is a non-profit organization that runs a number of events, including a Back-to-School Backpack Drive to ensure students are prepared with supplies they need for school.
 - ffandfriends2therescue.org/
- Modern States' "Freshman Year for Free"
 - The program is designed to help lower or eliminate college costs for individuals interested in higher education.
 - modernstates.org/freshman-year-free/

Financial Counseling and Free Credit Reports

If you are interested in learning more about credit and how to get a free credit report, visit the Federal Trade Commission (FTC) website at:

- consumer.ftc.gov/articles/free-credit-reports.
- You can also get free credit reports at:
 - freecreditreport.com/
 - creditkarma.com
- For information on how to raise your credit score and how credit scores are used, visit:
 - experian.com/consumer-products/score-boost.html

Interested in learning more about financial services, including meeting with a financial expert for free to discuss budgeting, credit, and more?

- Visit the Women's Center website at:
 - thewomenscenter.org/services/legal-financial-resources/ or call 703.281.2657.
 - The Women's Center has locations in Northern Virginia and Washington, D.C. and serves everyone (not just women).



Credit Description: “Credit” is information that is used as a type of background check on your financial stability and reliability. Examples of the information included in your credit report are your history of paying bills and your level and type of debt. Your credit score can affect things like where you can rent an apartment and the interest rate on loans. It's important to know your credit score and how to build credit. Review your credit report periodically to make sure the information it contains is correct (e.g., to ensure your identity hasn't been stolen).

Financial Counseling Description: Financial counseling is a service that helps people manage their expenses, build savings, pay back loans, and increase their knowledge of financial matters.

Financial Counseling and Free Credit Reports **Continued**

Free Financial Independence Resources:

- The FI Show Podcast: thefishow.com/episodes/
 - Episode 99: *From the Ghetto to a Growth Mindset* – This episode features Jerry Brown from Peerless Money Mentor. Jerry grew up in a self-described ghetto with no real view of a way out. The episode features his background, how he turned things around, and how he's built a powerful financial network.
 - Episode 103: *The Trades Path to FI* – Tinian Crawford, blogger at DIY2FI and licensed electrician, talks about his path to licensure, the advantages of trade jobs and his transition to pursuing financial independence.
 - Episode 157: *First to a Million* – This episode features Dan Sheeks, author of *First to a Million* and founder of Sheeks Freaks. Dan is a teacher in Colorado and is changing the lives of young people and giving them a space where they can feel normal sharing their financial interests.
- Youth for Youth Financial Literacy for All: y4y.ed.gov/financial-literacy-for-all
 - Teen financial literacy resources from the Public Library Association: ala.org/pla/resources/tools/youth-services/teen-financial-literacy
- Financial Independence 101 from the Choose FI Foundation: choosefifoundation.org/financial-independence-101



Free and Low-cost Afterschool, Summer, and Weekend Activities

Description: Sometimes it's hard to find things to do or to know how to get engaged in your community. The City of Alexandria's Department of Recreation hosts the Out of School Time Program (OSTP) that can connect young people to activities. A Safe Place can also help young people identify and link to activities in the area.



If you are interested in resources related to Out of School Time programs in Alexandria, visit

alexandriava.gov/recreation-programs/power-on-programs or call 703.746.5411.

What should I know or be aware of before I call?

- You will be provided with general information on things to do when you are not in school, including after school and summer camp programs and locations, registration information, and fees and the fee assistance program.

If you are interested in learning more about A Safe Place in Alexandria, visit

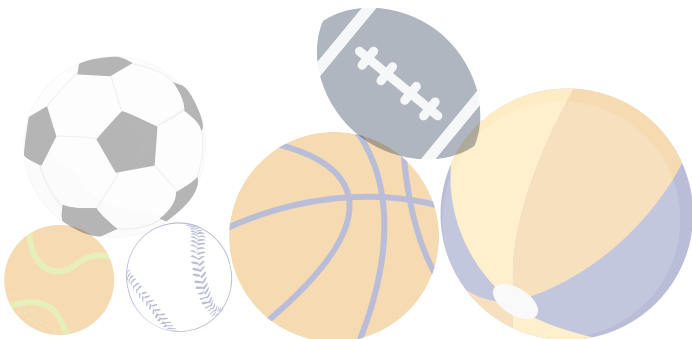
alexandriava.gov/recreation-programs/basic-page/alexandria-safe-place or call 703.746.5400.

- ***What should I know or be aware of before I call?***
 - A Safe Place is a referral service for youth needing assistance. A Safe Place staff will make referrals for various resources, such as housing, counseling, or substance use services.
 - A Safe Place staff will call back within 20 minutes of receiving your call.
 - There is no cost for the service.

Free and Low-cost Afterschool, Summer, and Weekend Activities **Continued**

Additional local and national resources:

- Youth Sports
 - There are tons of youth sports leagues in Alexandria, as well as plenty of fields and parks to explore and play in.
 - alexandriava.gov/sports/youth-sports
- Book Club
 - Alexandria's Charles E. Beatley, Jr. Central Library hosts a teen book club that meets twice a month.
 - alexlibraryva.org/beatley
- A Safe Place (national)
 - A Safe Place is not only run locally in Alexandria, but is also a nationwide organization.
 - nationalsafeplace.org/
- Campagna Kids
 - Campagna Kids is a licensed before-and after-school program for children in kindergarten through fifth grade. Services are also available during spring and winter breaks in addition to a summer camp.
 - Services are provided on a sliding-fee scale.
- Recreation Centers
 - Learn about free access to all of Alexandria's recreation centers for drop-in use.
 - alexandriava.gov/recreation-centers/neighborhood-centers
- Outdoor Pools (summer)
 - Find out more about Alexandria's outdoor pools.
 - alexandriava.gov/aquatics
- Parks and Amenities
 - Learn about Alexandria's parks, including locations, as well as free park amenities.
 - alexandriava.gov/Parks



Free Legal Services

Description:

Being court-involved can be overwhelming and expensive. It's important to know what resources are available in the community, including free and low-cost legal counsel and advice.

If you are interested in...

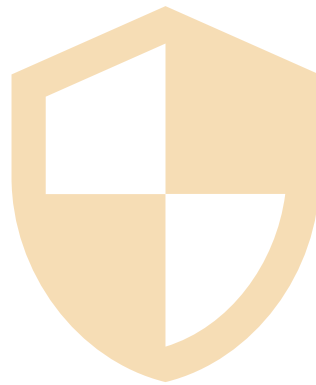
- **Representation at an immigration hearing**
 - The Executive Office for Immigration Review, Office of Policy, Office of Legal Access Programs created the List of Pro Bono Legal Service Providers, which is updated on a quarterly basis. The attorneys on the list have committed to providing at least 50 hours of free legal services a year for stated immigration court locations. To view the full national list, visit: justice.gov/eoir/list-pro-bono-legal-service-providers. To see the list of pro bono legal service providers in Virginia, visit: justice.gov/eoir/file/ProBonoVA/download
- **Legal services regarding family law, human trafficking, housing law, public benefits, child advocacy and education law, and support for re-entry and return to communities**
 - The Legal Services of Northern Virginia (LSNV) is the largest legal aid organization in Virginia and serves low-income and vulnerable populations. LSNV provides legal advice, brief services, and legal representation among other educational and community services. For additional information, visit lsnv.org/
- **Legal advice**
 - The Women's Center provides consultations and guidance through a free telephone consultation with local family law attorneys (services are available to all persons, not just women). More information can be found at thewomenscenter.org/ or by calling 703.281.2657.



Gangs and Human Trafficking

If a youth is suspected to be a victim of human trafficking, please contact the Child Protective Services (CPS) Hotline at 703.746.5800 or Alexandria Police Department (APD) at 703.746.4444. Human trafficking concerns are responded to jointly by CPS and APD to ensure investigative, protective, and therapeutic service needs are addressed. **For more information on local effective gang prevention and human trafficking interventions, visit:** alexandriava.gov/GangPrevention

If you are experiencing human trafficking and need immediate assistance, please call the **24/7 National Human Trafficking Hotline** at 1.888.373.7888 or visit humantraffickinghotline.org.



Gangs Description: The State of Virginia defines a gang as three or more people who have a common sign, symbol, or color, who have a criminal objective, and two prior criminal acts, one of which was an act of violence.

Human Trafficking Description: A means by which youth or adults are exploited to perform sex work or labor through the means of force, fraud, or coercion. Types of human trafficking include:

- **Sex Trafficking:** Sex trafficking is a means by which youth or adults are made to participate in sexual activity through force, fraud, or coercion (intimidation).
- **Labor Trafficking:** A means by which youth or adults are made to perform labor through force, fraud, or coercion (intimidation).

Gangs and Human Trafficking **Continued**

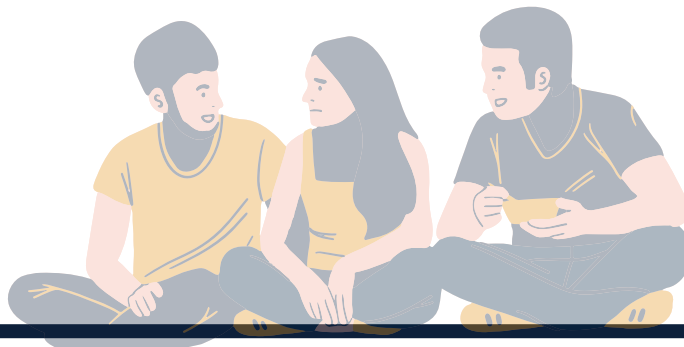
Are you a foreign national who believes they may have experienced labor or sex trafficking? If so, you may be eligible for social services and legal relief. If you are interested in resources related to labor or sex trafficking, call Ayuda at 703.444.7009 or visit ayuda.com/

- ***What should I know or be aware of before I call?***

- By calling Ayuda, you can request a legal screening and access resources such as:
 - Immigration/legal relief and representation including but not limited to: assistance with reporting human trafficking to relevant law enforcement authorities, removal proceedings, Trafficking Visas, and U.S. citizenship applications.
 - Mental health resources
 - Comprehensive case management services
 - Housing assistance

Additional national resources:

- National Center for Missing and Exploited Children (NCMEC)
 - missingkids.org/HOME
 - A brochure for families, titled “Coping with Child Sexual Abuse Material (CSAM) Exposure,” is available at: missingkids.org/content/dam/missingkids/pdfs/NCMEC_0022-20_CSAM%20Brochure_Digital.pdf
- Polaris
 - Polaris is a national organization that informs the public of human trafficking issues, including through the release of training and reports. Polaris also operates the National Human Trafficking Hotline (mentioned above), which can be reached at 1.888.373.7888 or text “BeFree” to 233733. Visit the Polaris website at polarisproject.org.



Healthcare

If you have health insurance, contact your insurance provider for referrals and related information (see the back of your health insurance card for a 1-800 number).

If you need help applying for Medicaid or FAMIS, visit vhcf.org/for-those-who-help/what-we-fund/project-connect-grants/ and scroll down to the Northern Region section.

If you have Medicare (receive SSDI or are 65 or older) or think you might qualify, the Virginia Insurance Counseling and Assistance Program (VICAP) is part of a national network of programs that offers free, unbiased, confidential counseling and assistance for people with Medicare. Visit vda.virginia.gov/vicap.htm or call 800.552.3402.

Description:

Healthcare is the effort we make to maintain or improve our physical and mental wellbeing, and includes both treatment and preventative measures.

Additional national resources:

- TeensHealth from Nemours
 - kidshealth.org/en/teens.html
- Center for Disease Control (CDC) website on Adolescent and School Health
 - cdc.gov/healthyyouth/healthservices/index.htm
- COVID hotline: 703.746.4988



Healthcare Continued

Locally, the **Teen Wellness Center (TWC)** provides free health services to persons between the ages of 12-19 years old who live in the City of Alexandria. TWC is located in Alexandria City High School at 3330 King Street, Alexandria, VA 22302. The main entrance faces King Street; you can enter through door #3. TWC is open 12 months out of the year and provides a range of health services. Additionally, on school days there will be a fulltime public health nurse at Minnie Howard to provide nurse services including STI screening, mental health screening, pregnancy testing, and birth control consultations. The nurse will serve as a liaison between Minnie Howard students and the TWC

If you are interested in TWC services, call 703.746.4776 or text “APPT” to 571.329.2245. For more information, visit alexandriava.gov/TeenWellnessCenter

What should I know or be aware of before I call?

- You will be treated with dignity and respect.
- If your call isn't answered, leave a message. Calls are returned within one business day.
- Languages spoken include English and Spanish with access to others via audio/video interpretation.
- Services are free.
- Immigration status is NOT checked or recorded.
- Services that are confidential and do NOT need parent/guardian consent include:
 - Pregnancy testing and prevention
 - Diagnosis and treatment of sexually transmitted infections (such as Chlamydia, Gonorrhea, HIV, and more)
 - Reproductive health services (including prescribing birth control)
 - Health education on nutrition, exercise, and stress reduction techniques
 - Behavior change counseling
 - Mental health and substance abuse counseling – caregiver consent is highly encouraged, though not required
- If you're under age 18, the following services are not confidential: immunizations, sick care, and annual/sports physicals. Visit the TWC website for more information.



Healthcare Continued

Neighborhood Health provides accessible, high quality, patient-centered primary care to patients in Alexandria, Arlington, and Fairfax County. Their comprehensive model of primary care includes: family medicine; internal medicine; prenatal care, women’s health and family planning, and pediatrics; dental care; behavioral health; laboratory services; pharmacy/low-cost medication assistance; HIV prevention, testing, and care; diabetes education; and medical and non-medical case management. For low-income patients without insurance or with high co-pays or deductibles, Neighborhood Health offers a discounted sliding fee scale. They accept Medicaid, Medicare, and most other insurance plans, and provide assistance with Medicaid applications and renewals.

For information on Neighborhood Health, visit: neighborhoodhealthva.org/ or call 703. 535.5568.

What should I know or be aware of before I call?

- You will be treated with dignity and respect.
- Languages spoken include English, Spanish, and Amharic with access to others via audio/video interpretation.
- Immigration status is NOT checked or recorded.
- If you are uninsured, your first appointment will be with a financial eligibility specialist to determine your sliding fee; once established, you will be able to make an appointment with a medical provider.
- Services for youth under 18 require parent/guardian consent, except for family planning and STI/HIV services.
- Your information will be kept confidential unless there is a concern of risk to you or others.



LGBTQ+ Resources

For information and local resources, visit the City of Alexandria LGBTQ Task Force website at alexandriava.gov/LGBTQ.

If you are interested in more resources related to LGBTQ+ youth, contact Erika Callaway Kleiner by calling 703.746.3118 or emailing erika.kleiner@alexandriava.gov

What should I know or be aware of before I call?

- You will be treated with dignity and respect.
- Your call or text will be returned within one business day.
- By calling Erika, you can access LGBTQ+ providers and learn more about local LGBTQ+ resources such as:
 - Support groups for LGBTQ+ youth
 - Information and support for families or caregivers of LGBTQ+ youth
- This is NOT a crisis line. If you are in a crisis or have an emergency, contact The Trevor Project at 1.866.488.7386, text “START” to 678678, talk to someone at thetrevorproject.org/get-help/ any day at any time, or call 911.
 - The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth.
- Your information will be kept confidential unless there is a suspicion of risk to you or others.

Description: Youth may be questioning or coming to terms with their sexual orientation or gender identity at any time. *LGBTQ+ youth often lack support around their identity from family or the adults in their lives. There are supportive resources for LGBTQ+ youth and their families in Alexandria and nationally. *LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning +. *This includes non-binary, genderqueer, and gender fluid youth as well as other sexual orientations and gender identities.*



LGBTQ+ Resources Continued

Additional local and national resources:

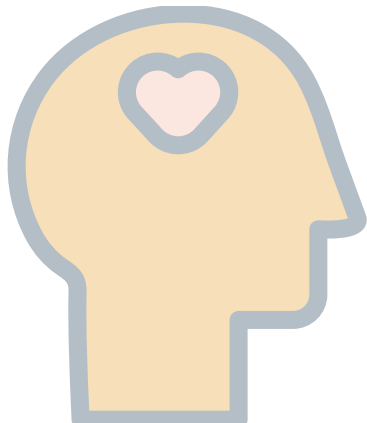
- Sexual Minority Youth Assistance League (SMYAL) – Washington, D.C.
 - smyal.org
- LGBT National Help Center
 - glnh.org
- It Gets Better
 - itgetsbetter.org
- The Asexual Visibility & Education Network
 - asexuality.org
- Trans Lifeline
 - translifeline.org/
- Article: Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children by Dr. Caitlin Ryan, Director of The Family Acceptance Project
 - apa.org/pi/lgbt/resources/lgbt-family-support.pdf
 - familyproject.sfsu.edu
- Parents, Families, and Friends of Lesbians and Gays (PFLAG)
 - pflag.org
- Metro DC PFLAG
 - pflagdc.org/
 - Email pflag.alexandria@gmail.com or arl.pflag@gmail.com for information on local chapters and support groups.
- Safe Space NOVA
 - safespacenova.org
- Side by Side
 - sidebysideva.org



Mental Health and Substance Use

Concerned about your mental health or substance use?

- Discuss your concerns with an adult you trust.
- Discuss your concerns with your pediatrician or physician.
- If you have insurance, contact your insurance company for options.
- Reach out to your teacher, school social worker, counselor, or psychologist. For ACPS, call 703.619.8108 or email student_services@acps.k12.va.us
- Call the Teen Wellness Center at 703.746.4776 or visit alexandriava.gov/TeenWellnessCenter. (See [page 30](#) for more information).
 - **What should I know or be aware of if I call?**
 - You will be treated with dignity and respect.
 - If your call isn't answered, leave a message. Someone will call you back.
 - Languages spoken include English and Spanish with access to others via audio/video interpretation.
 - For information on Student Support Services, visit acps.k12.va.us/student-services/



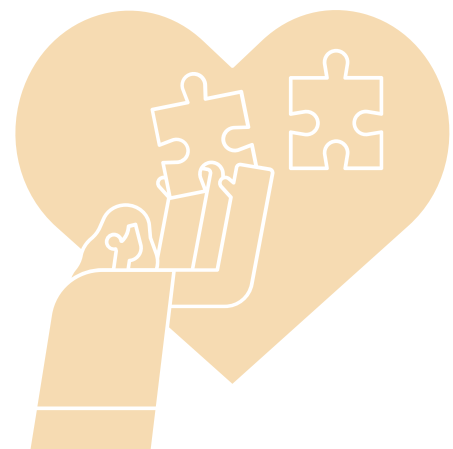
Mental Health Description: Mental health is defined as our emotional, psychological, and social wellbeing. It is influenced by events in our lives, our biology, social supports, nutrition, sleep, exercise, and more. It affects how we think, feel, and act. It helps determine how we handle stress, relate to others, and make choices.

Substance Use Description: Substance use is when people use tobacco, alcohol, and/or drugs. Some people use substances once in a while. Using substances even once can cause serious problems, injury, or even death depending on the substance or amount used. Substance use disorder is a brain disease that includes continued use of substances even when it causes health problems or problems with friends, at home, school, or work.

Mental Health and Substance Use **Continued**

Resources available in Alexandria:

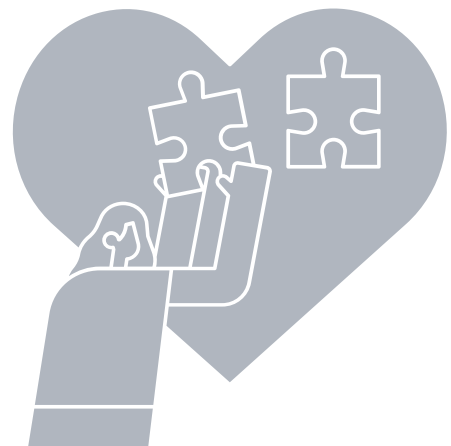
- Neighborhood Health provides behavioral health services in English and Spanish. See [page 31](#) for more information or visit neighborhoodhealthva.org/our-services/#tab-behavioral-health.
- Contact Child & Family Behavioral Health Services (CFBHS) at 571.213.7963 or dchsyouthintake@alexandriava.gov
- ***What should I know or be aware of if I call?***
 - You will be treated with dignity and respect.
 - If your call isn't answered, leave a message. Calls are returned within one business day.
 - Priority is given to youth most at risk and those with Medicaid or no insurance.
 - Languages spoken include English, Spanish, and Amharic with access to others via audio/video interpretation.
 - Immigration status is NOT checked or recorded.
 - Your information is kept confidential unless you are a risk to yourself or others.
- For information on CFBHS services, visit alexandriava.gov/child-and-family-services/behavioral-health-services-for-children-and-families



Mental Health and Substance Use **Continued**

Additional local and national resources:

- Free confidential youth mental health screening is available at Mental Health America (MHA) and includes screening for adults. Visit: screening.mhanational.org/screening-tools/
 - MHA has information on how to recognize mental health concerns in children and youth at: mhanational.org/know-signs-recognizing-mental-health-concerns-kids-and-teens
 - If you're struggling to talk to your parents about mental health, MHA has tips to get the discussion started at: mhanational.org/time-talk-talking-your-parents
 - MHA also has resources to address systemic racism related to mental health located at: mhanational.org/blog/confronting-barriers-and-systemic-racism-address-mental-health-among-black-youth
- One Pill Can Kill is the DEA's webpage with facts about and images of counterfeit pills that are laced with deadly fentanyl, and includes resources for parents. Visit: dea.gov/onepill
- The City of Alexandria has a website about its response to the opioid crisis, including how to get life-saving Narcan and Fentanyl test strips that anyone can use. For more information: alexandriava.gov/Opioids
- DCHS Adult Outpatient Services
 - If you or another adult is struggling emotionally and/or with substance use and you don't have insurance or an Employee Assistance Program, call 703.745.3535 or walk in.
 - For information on mental health services: alexandriava.gov/go/2392
 - For information on substance use services: alexandriava.gov/go/1930



Mental Health and Substance Use **Continued**

Additional local and national resources:

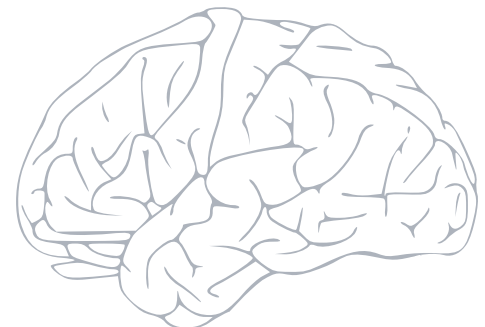
- Emergency Mental Health Services
 - If you are worried that you, your child, or another family member might hurt themselves or others, call 703.746.3401 or 911.
 - For more information, visit alexandriava.gov/go/1865
- Parent Support Line
 - Call 703.324.7720 or text “SUPPORT” or “PARENTING” to 30644.
 - The line is open Monday-Friday, 8 a.m.-4:30 p.m.
- The National Alliance on Mental Illness (NAMI) Virginia
 - NAMI connects youth and families to resources and in-person and online activities to support mental and emotional wellbeing.
 - To learn more, visit namivirginia.org/mental-health-resources/chi/
- Virginia Warm Line
 - If you are struggling with distress, trauma, and grief caused by COVID-19, call 877.349.6428. The line is open Monday-Friday, 5-9 p.m. and Saturday-Sunday, 5-9 p.m.
- RAISE: Alexandria's Trauma Informed Community Network
 - alexandriava.gov/go/2524
- Me and My Emotions
 - A website designed to empower youth and young adults and help them build resilience.
 - For more information, visit meandmyemotions.org.



Mental Health and Substance Use **Continued**

Additional local and national resources:

- The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people. You can find information at: thetrevorproject.org.
- The National Alliance on Mental Illness (NAMI) created a webpage titled How to Talk to Your Child about Their Mental Health, which can be found at nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/How-to-Talk-to-Your-Child-About-Their-Mental-Health
- NAMI also has tips on how to start a conversation with teens about mental health, located at mhanational.org/talking-adolescents-and-teens-starting-conversation
- Seize The Awkward is a website for teens, because having a conversation about mental health might be uncomfortable but it can make all the difference. Learn more at: seizetheawkward.org.
- Mental Health is Health is for teens and young adults, and is rooted in the reality that we all have mental health and need to take care of it like we do our physical health. Visit the website at: mentalhealthishealth.us
- Teenage Grief Sucks is a teen-run website where you can join conversations about teenage grief. Visit the website to get started: teenagegriefsucks.com



Mental Health and Substance Use **Continued**

Additional local and national resources:

- SAMHSA has a number of youth suicide prevention resources. Scroll down to the Youth & Family Resources section of their website at: [samhsa.gov/childrens-awareness-day/past-events/2019/resources-suicide-prevention](https://www.samhsa.gov/childrens-awareness-day/past-events/2019/resources-suicide-prevention)
- Youth MOVE (Motivating Others through Voices of Experience) Virginia is a platform for young people to share their stories and inspire others. YMV is Virginia's Statewide Youth Network and voice for young people with systems experience. In addition to the mental health system, YMV is open to youth and young adults (ages 13-30) who have experience in the child welfare, education, or juvenile justice systems, including foster care and substance use/recovery services. Learn more at: namivirginia.org/youth-move-virginia/
- The National Suicide Prevention Lifeline
 - 800.273.TALK (8255)
 - suicidepreventionlifeline.org
- The Child Mind Institute
 - childmind.org/topics-a-z/
- The National Child Traumatic Stress Network
 - nctsn.org
- The Substance Abuse and Mental Health Services Administration
 - [samhsa.gov](https://www.samhsa.gov)

Additional hotline resources are located on [page 12](#).



Racial Equity and Navigating Racial Injustices

ALL Alexandria is the City's commitment to race and social equity. Stay connected with current projects, events, and information including Frequently Asked Questions (FAQs), definitions, the annotated ALL Alexandria Resolution on Race and Social Equity, and the self-paced 30-Day Racial Equity Challenge by visiting alexandriava.gov/equity.

Contact the Office of Human Rights if you believe you have experienced discrimination in the areas of employment, housing, public accommodations, health and social services, credit, or education based on your race, color, sex, religion, ancestry, national origin, marital status, familial status, age, disability, sexual orientation, gender identity, or transgender status. Call 703.746.3140 or VA Relay at 711 or visit alexandriava.gov/HumanRights

What should I know or be aware of before I call?

- You will be treated with dignity and respect.
- You will be able to tell your story to an experienced investigator.
- You will learn about the protections available under federal, state, and local law.
- You will have interpreters available for languages other than English, including American Sign Language.
- Before you call, you will want to consider:
 - Where the alleged discrimination occurred. It must be within the City of Alexandria; if not, you will be referred to the right jurisdiction.
 - When the alleged discrimination occurred. It must be within 300 days of your call.
 - Your age. You must be 18 to file a formal complaint or someone may file for you if you are not yet 18.

Racial Equity Description: Racial equity means that people's experiences and treatment by others (including by individuals, agencies, and governments) are not influenced by the color of their skin. To achieve this kind of justice, we must challenge and eliminate the behaviors, beliefs, attitudes, cultural messages, practices, and policies that keep racial injustices and inequities in place.

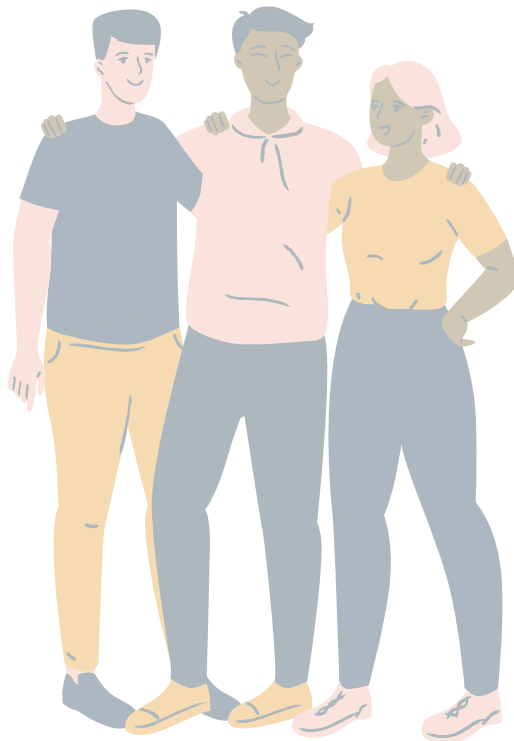


Resource Directory for Alexandria's Youth and Young Adults

The *Resource Directory for Alexandria's Youth and Young Adults* was built for youth and young adults to use to find resources that promote youth well-being in Alexandria. This inventory of resources has been compiled to increase awareness of and access to the many programs and services provided by the City, non-profit, and community organizations for Alexandria youth.

The Directory includes health services, social services, employment programs, college and career supports, out-of-school time opportunities, and upcoming events for youth (ages 11-17) and for young adults (ages 18-24).

For more information, visit: alexandriava.gov/child-and-family-services/youth-resources



Sexual Assault Resources

For more information, visit:
alexandriava.gov/SexualViolence

If you are interested in resources related to Sexual Violence, call the Sexual Assault Hotline at 703.683.7273 or visit

alexandriava.gov/SexualViolence

- ***What should I know or be aware of before I call?***
 - You will be treated with dignity and respect.
 - You will be able to speak with a crisis counselor 24 hours a day who can provide:
 - crisis intervention and emotional support;
 - advocacy with medical, police, and court systems; and
 - short-term individual and group counseling.
 - You will be given information and resources.
 - You will be provided with safety planning.
 - Services are for Alexandria residents or individuals who have been assaulted in Alexandria.
 - Your information will be kept confidential unless there is a suspicion of risk to you or others.

Additional national resource:

- Rape, Abuse & Incest National Network (RAINN)
 - rainn.org



Description: Sexual violence is an act of sexual aggression that occurs when a person is forced, threatened, or coerced into sexual contact without consent. Examples include forced vaginal, anal, or oral sex; fondling; indecent exposure (example: flashing body parts); uninvited voyeurism (someone watching you for sexual purposes without your knowledge or approval); obscene phone calls; and childhood sexual abuse and sexual harassment. Sexual assault can also occur virtually online or through phones via sharing/re-sharing or soliciting sexually explicit photos, videos, texts, and other messages without your consent.

Sexual Health, Contraception, and Pregnancy

If you are interested in resources related to sexual health, contraception, and pregnancy, call at 703.746.3130, text “SEX” to 30644, or visit alexandriava.gov/acap

- **What should I know or be aware of before I call?**
 - By calling ACAP, you can access sexual health information and learn more about local resources such as:
 - where to access free contraceptives and condoms;
 - where to go for pregnancy and Sexually Transmitted Infection (STI) testing; and
 - how to plan for your future and be prepared to have safer sex.
 - Before you call, you may want to consider:
 - The text line is ***NOT*** a crisis/emergency line.
 - Text messages will be answered within one business day.
 - Information and programming are focused on prevention/education. ACAP does not provide direct services/supports for pregnant and parenting teens.
 - If ACAP does not have the answer or resource you are looking for, they will work to connect you to what you need.
 - If you're interested in sexual health education, you might ask about their “PREP” programs.
 - If you're interested in sexual healthcare services, you might ask about the Teen Wellness Center.
 - If you're interested in employment or leadership opportunities, you might ask about their Peer Advocates or Leadership Council.

You may also reach out to the Teen Wellness Center directly to schedule an appointment for services. This is encouraged if your issue is time sensitive. See [page 30](#) for more information.



Sexual Health Description: The World Health Organization defines sexual health as a state of physical, emotional, mental, and social well-being in relation to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences that are free of coercion, discrimination, and violence.

Teen Pregnancy Description: Teenage pregnancy is when a woman under 20 gets pregnant. It usually refers to teens between the ages of 15-19, but it can include girls as young as 10. It's also called adolescent pregnancy.

Teen Pregnancy Prevention Description: The Alexandria Campaign on Adolescent Pregnancy's (ACAP) mission is to prevent adolescent pregnancy through culturally and age-appropriate education, advocacy, technical assistance, direct service prevention programs, and public awareness. Collaboratively, ACAP works with young people, their families, and the community to secure brighter futures.

Youth Leadership and Youth Development

For leadership information, visit: alexandriava.gov/go/1945

If you are interested in resources related to opportunities for youth, call Noraine Buttar at 703.746.3436 or email noraine.buttar@alexandriava.gov.

- ***What should I know or be aware of before I call?***
 - By calling Ms. Buttar, you can access youth leadership opportunities and learn more about youth programs such as:
 - Counselor Aides/Peer Advisors and Peer Advocates – paid work opportunities for teens;
 - the Youth Leadership Conference; and
 - other opportunities to be a change-maker in Alexandria.
- ***Before you call, you may want to consider:***
 - Opportunities are only available for teens who are residents of Alexandria.
 - If you want to join a program or participate in an activity, you will be asked about your skills and interests.
 - If you're interested in participating in a specific program/initiative, you will be asked about your availability.



Youth Leadership Description: Youth leadership is the practice of teens having impact on themselves or others. To exercise leadership, youth gain the skills and knowledge necessary to lead civic engagement, education reform, and community organizing activities.

Youth Development Team Description: The Youth Development Team provides services that promote healthy youth development and prevent alcohol and drug use, pregnancy, emotional problems, violence, and school drop-out. The Youth Development Team connects youth to many different paid and unpaid leadership opportunities including workshops, mentoring younger students, and an annual Youth Leadership Conference.

Appendix A: Additional Resources

If you need immediate **financial or other assistance**, check the resources where you live:

Arlington County

- **COVID hotline:** 703.228.7999
- **Health & Human Services:** arlingtonva.us/Residents/DHS-for-Residents

City of Fairfax

- **Social Services:** 703.385.7800

Fairfax County

- **Coordinated Service Planning:** 703.222.0880
- **Human Services Resource Guide:** fairfaxcounty.gov/hsrc/
- **Health & Human Services:** fairfaxva.gov/residents/health-and-human-services

City of Falls Church

- **Housing/Utilities:** 703.248.5005
- **SNAP:** 703.324.7500
- **Emergency Assistance:** fallschurchva.gov/698/Emergency-Assistance

City of Manassas

- **Social Services:** 703.361.8277
- **Social Services:** manassasva.gov/social_services/

City of Manassas Park

- **Social Services:** 703.335.8880
- **Community Resources:** manassasparkva.gov/departments/social_services/community_resources.php

Loudoun County

- **Social Services:** 703.777.0420

Prince William County

- **COVID hotline:** 703.872.7759
- **Social Services:** pwcva.gov/department/social-services/programs-homeless-households

If you don't see your county listed, **211 Virginia** is a free service that can help you find the local resources you need. It is available 24 hours a day, seven days a week. Call 211.

Appendix B: Terms You Might Hear

The following are words and phrases that you might hear service providers use from time to time. The purpose of this appendix is for educational purposes only (i.e., not to help with service access). Key terms are in bold font followed by a brief definition.

Adverse Childhood Experiences (ACEs) - Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, ACEs and their impact can be prevented with protective factors such as supportive families and community connections. For more information, visit

[cdc.gov/violenceprevention/aces/index.html](https://www.cdc.gov/violenceprevention/aces/index.html)

The City of Alexandria offers free Understanding ACEs training. Learn more at: alexandriava.gov/child-and-family-services/raise-alexandrias-trauma-informed-community-network#NowOfferingFreeUnderstandingACEsTrainings

The Virginia Department of Juvenile Justice (DJJ) will begin using the **Screening for Experience and Strengths (SEAS)** assessment in June 2022. SEAS moves beyond just focusing on ACEs and identifies a young person's protective factors, as well. This tool helps DJJ to make more informed decisions about the types of services and interventions needed to support youth.

Children's Services Act (CSA) – The Children's Services Act (CSA) is a Virginia law created to develop and fund various services and supports for eligible children and their families. Assistance through the CSA might be appropriate if a child or youth needs mental health, behavioral supports, or other resources not funded through private insurance or Medicaid.

- Explore the Virginia CSA website: csa.virginia.gov/

Developmental Assets – The Search Institute has identified 40 positive supports and strengths (i.e., assets) that young people need to succeed. Half of the assets focus on the relationships and opportunities they need in their families, schools, and communities (i.e., external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (i.e., internal assets).

Appendix B: Terms You Might Hear **Continued**

Evidence Based Associates (EBA) – Evidence-Based Associates (EBA) partners with the Virginia Department of Juvenile Justice (DJJ) in providing quality, coordinated, and effective community-based services for youth within the region. EBA is sub-contracted with DJJ to oversee referrals and services for youth on probation or parole referred by DJJ staff. Youth must be involved with DJJ to be referred to EBA for services, based on criteria outlined by DJJ.

- EBA website: evidencebasedassociates.com/virginia-service-coordination/

DJJ also utilizes Virginia Juvenile Community Crime Control Act (VJCCCA) funding: djj.virginia.gov/pages/community/community-diversion.htm#vjccca

Evidence Based Practice (EBP) – Evidence-based practice (EBP) is the objective, balanced, and responsible use of current research and the best available data to guide policy and practice decisions. An evidence-based approach involves an ongoing, critical review of research literature to determine what information is credible, and what policies and practices would be most effective given the best available information. Evidence-based practice requires measurable outcomes that show the program, practice, or policy is working as intended.

Family Assessment and Planning Team (FAPT) – Children’s Services Act (CSA) services are approved through a multi-disciplinary Family Assessment and Planning Team (FAPT) process. Local agency case managers work with families to go to the FAPT. The FAPT determines eligibility for CSA funding, explores the strengths and needs of individual children and families, and makes individualized service recommendations. Contact your case manager or your local CSA office for more information. Learn more at: csa.virginia.gov/UserManagement/Home/LocalGovernmentContacts/0

Trauma – Trauma refers to experiences that cause intense physical and psychological stress reactions. It can refer to a single event, multiple events, or a set of circumstances that is experienced by an individual as physically and emotionally harmful or threatening and that has lasting adverse effects on the individual's physical, social, emotional, or spiritual well-being.