



ALEXANDRIA'S COMMUNITY HEALTH IMPROVEMENT PLAN 2025

Fall 2023 PROGRESS REPORT

Prepared by Alexandria Health Department and the
Partnership for a Healthier Alexandria

December 14, 2023

REPORT SUMMARY

The CHIP

The [Community Health Improvement Plan \(CHIP\) 2025](#) is our community's roadmap and action plan for addressing the most important health issues in Alexandria. Specifically, this plan highlights ways that organizations are working collaboratively to improve health for all Alexandrians.

The priority areas of the CHIP are based on the results of the [Community Health Assessment](#) and were selected by community members: *poverty*, *mental health*, and *housing*. Strategies and tactics within this plan reflect the community conditions that impact health with an emphasis on addressing differences in health outcomes for our most marginalized populations. Residents and stakeholders in the public and private sector developed this plan over the course of 17 months. Ultimately, the CHIP serves as a true community-centered approach to address the health, economic, racial, and social issues within Alexandria.

Measuring Impact

The Alexandria Health Department (AHD) and the Partnership for Healthier Alexandria (PHA) are responsible for providing technical support, tracking and collecting data, and preparing the community progress report. The Monitoring and Evaluation Team complete a bi-annual review process with two components:

- 1) Assess barriers, action steps, and goals for each of the active CHIP tactics; and,
- 2) Leverage partnerships and expertise within the community to provide technical assistance to tactic owners experiencing implementation barriers.

Every six months, the Monitoring and Evaluation Team will provide a community progress report with updates on strategy progress, opportunities to enhance, revise, or amplify tactics within the CHIP.

Report features:

- Spotlight of tactics making an impact
- Recently funded tactics that are in progress
- Updates on previously funded tactics
- Data visualizations illustrating short term and long-term outcomes for select tactics

For more information, including an appendix with tactic updates from the most recent monitoring period (3/2023-11/2023), visit alexandriava.gov/health. Here you can also review the [Spring 2023 Progress Report](#).

Get Involved!

Creating a healthier Alexandria requires a collective effort from all agencies, organizations, and residents. If you would like to get involved with one of the tactics highlighted in this report, contact nathaniel.lewis@vdh.virginia.gov.

Review the [CHIP 2025](#) and see how much the report reflects the community's priorities. If you would like to be involved in the next [Community Health Assessment](#), keep an eye out for updates on the next series of community conversations.

CHIP PROGRESS SUMMARY

This summary provides an overview of tactic progress made within the CHIP.

ACTION

80 TOTAL TACTICS

37 Programmatic
36 Policy
7 Both



Tactic Progress by Priority



The Monitoring and Evaluation Team assists each tactic owner and collects regular progress updates.

SUPPORT

Barriers

Solutions

Lack of Funding	Finding new funding sources
Language Barriers	Recruiting and training bilingual volunteers
Turnover & Capacity	Finding new partnerships and existing staff strengths

163
Guidance Engagements

40 were one-on-one interactions

CHIP SPOTLIGHT

The Monitoring and Evaluation Team would like to thank the collective work of all tactic owners. These spotlights are an opportunity to see how just a few of the many tactics outlined in the CHIP are making a big difference in our community. The following spotlights cover the success related to one tactic per priority area to show the impact of this work:

Housing

Based on housing needs and priorities, the Healthy Homes Network was launched. The Network implements Alexandria's road map for healthier homes.

Gap analysis identified healthy housing needs and priorities.



Action plan developed.



Healthy Homes Network launched with 25 organizations.

Workgroups formed. Programs launched including ALX Breathes.



25+ households received at-home coaching for asthma/COPD.



"Every Alexandrian deserves safe housing. We can make a difference by rethinking our current systems and lifting up resident voices."

The Healthy Homes Initiative works to ensure all Alexandrians have healthy and safe, hazard-free housing. Based on a 2022 report put together by the Alexandria Health Department and the National Center on Healthy Housing, the Healthy Homes Initiative includes several programs led by different departments,

community-based organizations, landlords, and homeowners in Alexandria. Each year, different programs will advance the Healthy Homes Initiative in different ways. Find out more information about the Healthy Homes Initiative [here](#).

Mental Health

Community members received trainings in trauma-informed work and effective advocacy. The trainings equipped individuals with knowledge and skills to create community-driven change.

Community members received RAISE trainings in:



1,058 individuals trained



213 individuals trained



"By recognizing the impacts of trauma within our community, we are collectively creating a more equitable, safe, and resilient Alexandria."

RAISE is Alexandria's Trauma Informed Community Network. It is a diverse group of individuals from various systems-including governmental agencies, nonprofits, faith-based communities, community members, private providers, boards, and commissions-who work together to build a more trauma informed and resilient community. Find out more about RAISE [here](#).

Poverty

The Alexandria Treatment Court provided clients services and trained staff to align with National Drug Court best practices and help individuals achieve recovery.



Received **\$500k** to provide services to people struggling with substance use disorder, such as



legal support



service referrals



mental health services



10 current clients



court attendance rate



8 program graduates



"With the community's support, this program has the ability to continue improving the equity and results in our court system in order to generate true rehabilitation."

The mission of the Alexandria Treatment Court (ATC) is to support individuals in achieving recovery and to thereby enhance public safety by reducing recidivism. ATC's goals are achieved by providing treatment and ancillary services to offending citizens, utilizing a holistic and collaborative approach with the goal of participants becoming law-abiding, healthy, and productive members of the Alexandria community. Find out more about ATC [here](#).

PHA GRANT-FUNDED TACTICS

With the release of the plan, the Partnership for a Healthier Alexandria immediately initiated an annual grants program to help advance the CHIP's priority areas, strategies, and tactics. Over the last two years, PHA has awarded \$83,125 to ten nonprofits. Their work is described below.

2021 AWARDEES

AWARDEE: OFFENDER AID AND RESTORATION OF ARLINGTON, ALEXANDRIA, AND FALLS CHURCH (OAR)

THIS GRANTEE'S WORK FELL UNDER TWO DIFFERENT TACTICS WITHIN THE CHIP.

Category: Poverty

Strategy: Address disparities in the criminal justice system.

Tactic: Establish pathways to connect impacted community members to resources to promote a holistic integration back into the community.

Category: Mental Health

Strategy: Assure culturally appropriate and trauma informed mental health resources, services, and support for all Alexandria communities.

Tactic: Provide trauma-informed training to community groups.

Activity Summary:

- OAR successfully used the funds to support 35 individuals through facilitating Health and Wellness, Employment, and Healthy Relationships courses in the William G. Truesdale Adult Detention Center and the Arlington County Detention Facility (where several Alexandrians are located) while incarcerated and post release.
- Launched a new Gender responsive program, designed to focus on the unique needs of those identifying as women, females, or femmes. This program supports those participants identifying as women, females, or femmes while incarcerated and post-release.

AWARDEE: MOVE2LEARN (FORMERLY RUNNINGBROOKE)

THIS GRANTEE'S WORK FELL UNDER FOUR DIFFERENT TACTICS WITHIN THE CHIP.

Category: Mental Health

Strategy: Assure culturally appropriate and trauma-informed mental health resources, services, and support for all Alexandria communities.

Tactic: Provide trauma-informed training to community groups.

Category: Mental Health

Strategy: Incorporate mental health strategies into the school day.

Tactic: Integrate Social, Emotional, and Academic Learning (SEAL) activities across many different types of programs and classrooms.

Category: Mental Health

Strategy: Incorporate mental health strategies into the school day.

Tactic: Invest in professional development so educators and support staff to incorporate Social-Emotional Learning approaches into the school day.

Category: Mental Health

Strategy: Expand opportunities to free and low-cost physical activity.

Tactic: Partner with ACPS to sponsor monthly "walk the block" events for students, parents, staff, and community members.

Activity Summary:

MOVE2LEARN (M2L):

- Provided professional development to 200 special educators (teachers and paraprofessionals); 160 school counselors; 200 ACPS leaders from central office.
- Developed three M2L SEAL lessons focused on teaching students the mind-body connection. M2L/Running Brooke Director of Programs taught two to three in-person lessons each to 20 different classrooms (approximately 500 students) at Samuel Tucker, Charles Barrett, ACHS Avid, and Cora Kelly.
- Organized Step Challenge at ACHS for Mental Health Awareness Month with school counselor and social worker to provide over 1200 high school students M2L lesson plans.
- Translated M2L Toolkit materials (fitness cubes and clocks) into Arabic, Amharic, and Spanish.
- Distributed 300 fitness cubes to families at PTA/PTAC community events at nearly every school in ACPS.
- Distributed 400 toolkits to ACPS teachers during professional development sessions and instructed them on how to integrate movement into their classrooms.

2022 AWARDEES

AWARDEE: CARPENTER'S SHELTER

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Housing

Strategy: Build appropriate supports for those experiencing homelessness.

Tactic: Increase rapid re-housing to individuals and families experiencing homelessness.

Activity Summary:

- Carpenter's Shelter anticipated serving 140 households through its Rapid Re-Housing (RRH) program and ultimately was able to serve 191 households in FY 2023. The funding was used to expand the capacity of the RRH operations. As a result, four households were able to receive direct services.
- The program provided support to individuals experiencing a housing crisis and offered tailored supports that promoted long-term stability. Services included access to benefits, job opportunities, training, health care, childcare, and more.

AWARDEE: SPITFIRE CLUB

THIS GRANTEE'S WORK FELL UNDER TWO DIFFERENT TACTICS WITHIN THE CHIP.

Category: Mental Health

Strategy: Incorporate mental health strategies into the school day.

Tactic: Streamline the youth mental services referral process.

Category: Mental Health

Strategy: Incorporate mental health strategies into the school day.

Tactic: Strengthen school and community-based education, outreach, and access around family mental health.

Activity Summary:

- The Spitfire Club (TSC) piloted a model of integrated wraparound mental healthcare services into TSC's core book club programming. The pilot program aimed to establish one-two cohorts of up to 30 girls in Title I schools, affordable housing communities, or community centers serving low-income neighborhoods.
- Approximately 17 youth and eight caregivers were directly engaged in social-emotional learning programming. 80% of participants self-reported that this program has positively impacted their mental health, exceeding the target rate of 75%. 71% of respondents reported assets growth in "Support" and 57% of respondents reported assets growth in "Positive Identity" categories. Lastly, 100% of responding caregivers reported perceived improvement of social-emotional wellbeing in participants.
- Mental health providers offered monthly small group workshops during each regularly scheduled book club meeting. Providers developed positive mental health tools and classroom activities that participants utilized throughout the program.

AWARDEE: FRIENDS OF GUEST HOUSE

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Poverty

Strategy: Address disparities in the criminal justice system.

Tactic: Establish pathways to connect impacted community members to resources to promote a holistic integration back into the community.

Activity Summary:

- Friends of Guest House has successfully serviced 170 reentering women across all programs, including Residential, Aftercare, Outreach, and Peer Support Services. Each resident took part in in the Workforce & Life Development (WLD) Program, equating to over 2,000 class hours on topics such as parenting, personal finance, and job skills training.
- During the grant period, 39 women participated in the Aftercare program through the Second Chance Community, a house and three apartments with single rooms that clients can rent on a transitional basis with a sliding pay scale.
- The Outreach program provided non-residential assistance to 47 women transitioning directly from incarceration into the community. Services provided range from short-term support, such as locating affordable housing in the community, to longer-term case management.

AWARDEE: SOCIAL RESPONSIBILITY GROUP

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Poverty

Strategy: Increase access to employment resources and opportunities.

Tactic: Support the City project to collect and map minority and immigrant businesses to strengthen existing businesses and encourage new businesses.

Activity Summary:

- The Social Responsibility Group aims to establish a marketing/media platform to showcase individual businesses and entrepreneurs in addition to establishing an annual business expo.
- Approximately 200 businesses/entrepreneurs were engaged resulting in the creation of a database of newly established and existing businesses.
- Business within this network will have opportunities to build business relationships, identify opportunities for growth while gaining increased awareness within the community. This effort is ongoing.

2023 AWARDEES

AWARDEE: ALEXANDRIA SOCCER ASSOCIATION

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Mental Health

Strategy: Expand opportunities to free and low-cost physical activity.

Tactic: Establish and implement a youth physical activity scholarship program to cover all fees for eligible youth.

Activity Summary:

- Funds will be used to expand free after school soccer programming at the following Alexandria City (ACPS), Title I elementary and middle schools: Cora Kelly, Francis Hammond, John Adams, John Polk, and William Ramsay. ASA's Access4All After School League program will be expanded to ensure students at these schools have access to free soccer programming throughout the school year.
- Funding will also be used to train additional professional coaches. The Access4All After School program is designed to reach students who may not have access to organized and structured soccer programming. Each after school soccer session begins with a "team circle" wherein coaches facilitate sharing using social-emotional learning (SEL) practices in small groups. The team circle fosters and develops one or more of the following soft skills: peer bonds, authentic engagement, personal growth, expanded interests, goal setting, team building, and power sharing.

AWARDEE: POSTPARTUM SUPPORT VIRGINIA

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Mental Health

Strategy: Expand early intervention programming and counseling in the community.

Tactic: Expand mental health counseling services for adults.

Activity Summary:

- Funding will be used to recruit and provide peer/support training to expand the number of community members trained to provide evidence-based peer and social support to those suffering from mental health issues during pregnancy and postpartum.
- Individuals trained will have the opportunity to volunteer for Postpartum Support Virginia's warmline, launch a social support group in the community or volunteer to run virtual support groups in Alexandria.

AWARDEE: REBUILDING TOGETHER

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Housing

Strategy: Support healthy, high-quality, energy-efficient housing.

Tactic: Develop and implement a coordinated, healthy housing program.

Activity Summary:

- Funding will be used to cover contractor labor and material expenses needed to provide free home repairs and energy-efficient upgrades to our low-income clients. Repair expenses include roof repair, Energy Star appliances, installation of new smoke/CO detectors, weatherization, installation of GFCIs in kitchens and bathrooms, etc.
- Services are aimed to improve the health, safety, and well-being of a home's residents, especially related to asthma and other breathing conditions, mental and physical health, and financial stress.

AWARDEE: CASA CHIRILAGUA

THIS GRANTEE'S WORK FELL UNDER ONE TACTIC WITHIN THE CHIP.

Category: Poverty

Strategy: Increase quality, equity, and relevance of education for youth in and out of schools

Tactic: Increase awareness among youth and their parents and guardians on the process, requirements, and techniques for participating in higher education.

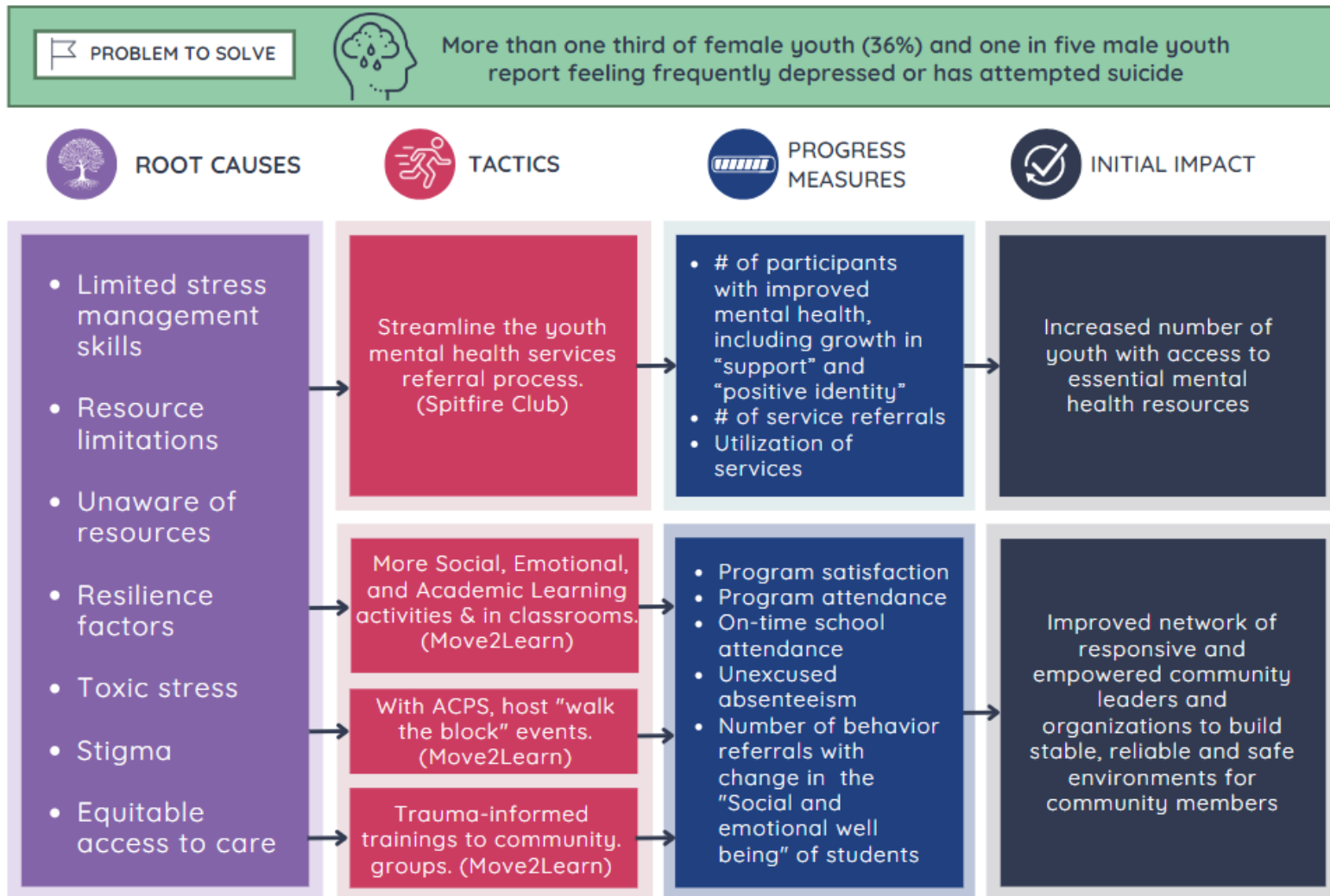
Activity Summary:

- Funds will be used to support the development of a new part-time position responsible for overseeing the daily activities of the program, ensuring the students and families have the tools and resources they need, and thinking through ways to improve the long-term viability of Casa to College.
- This effort will remove barriers for an estimated 21 high school students and families who desire to be first generation college enrollees. Through Casa to College, first generation high school students and their families gain awareness of post high school opportunities and access to college application support through targeted programming, building the leadership capacity of youth and their families in Chirilagua.

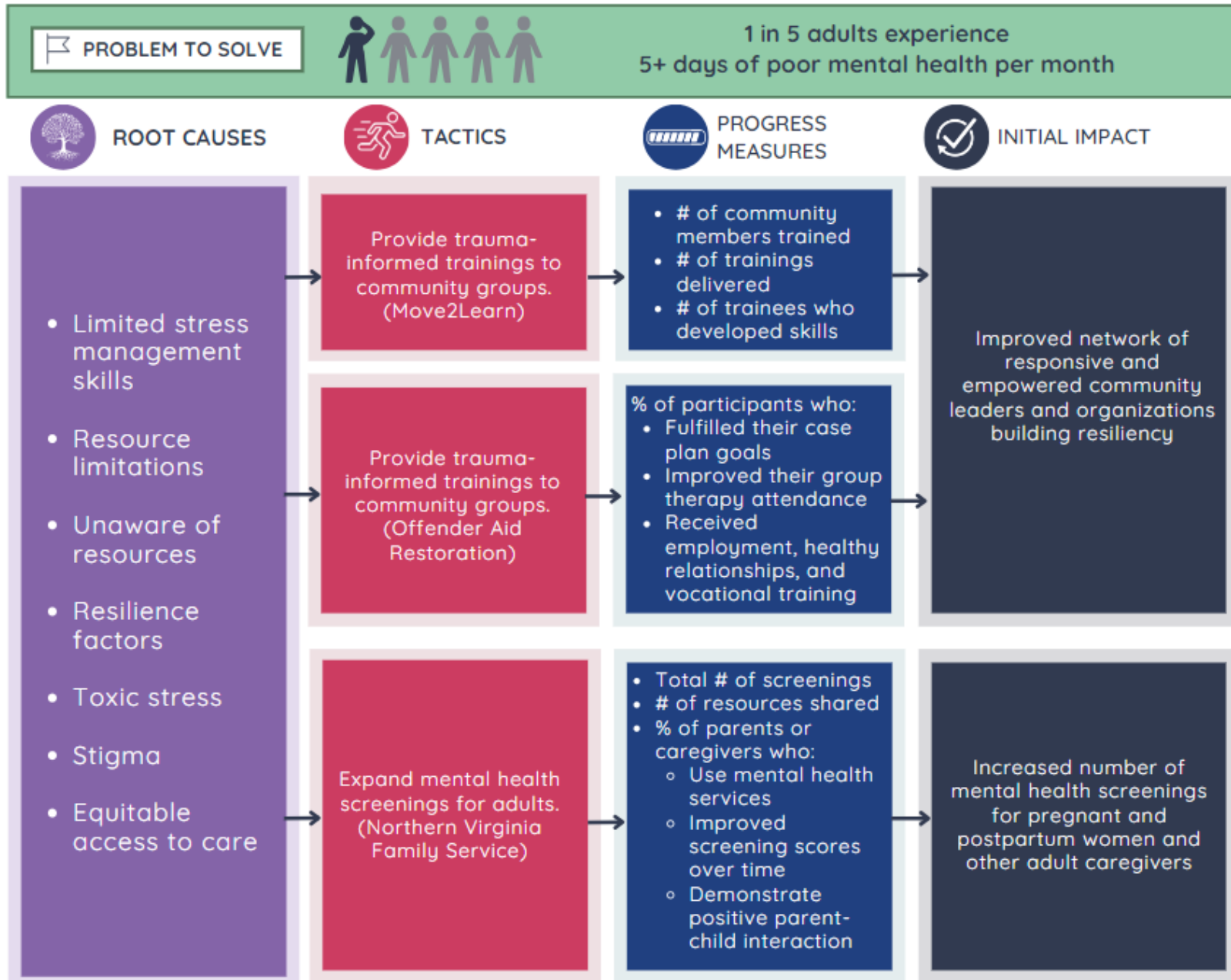
Connecting The Dots

The data maps below are designed to illustrate how tactics within the CHIP address the root causes of issues impacting residents in Alexandria. Look below to see how some of the recently funded tactics will make a difference in our community.

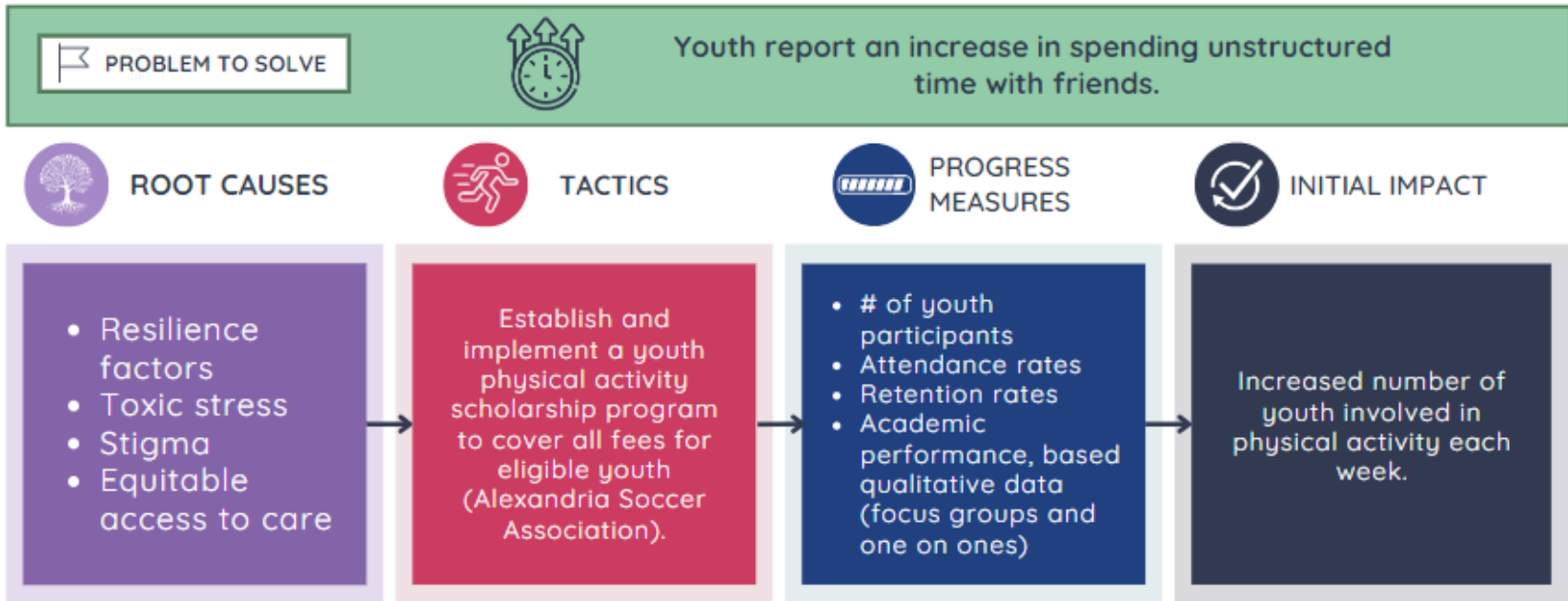
MENTAL HEALTH



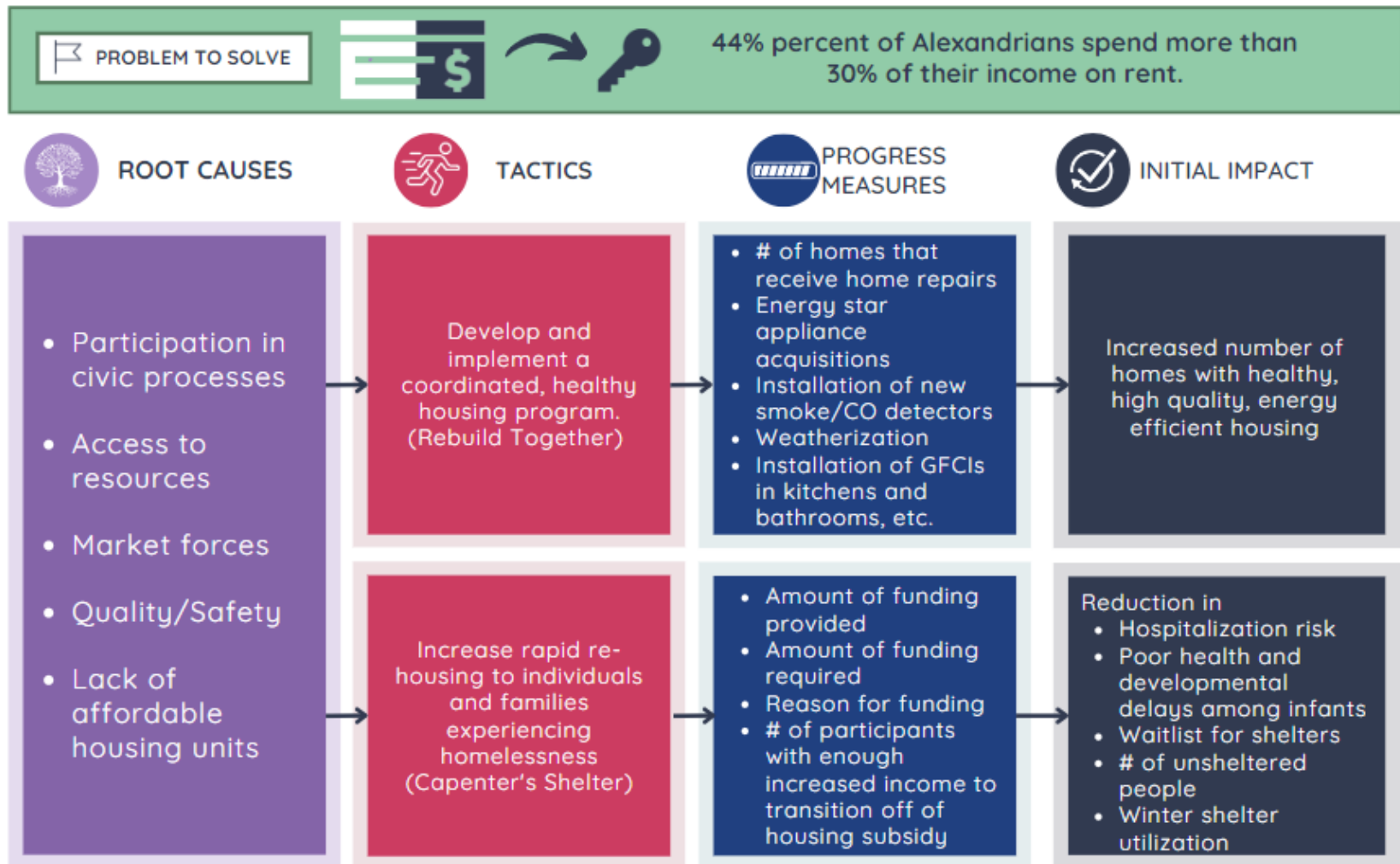
MENTAL HEALTH



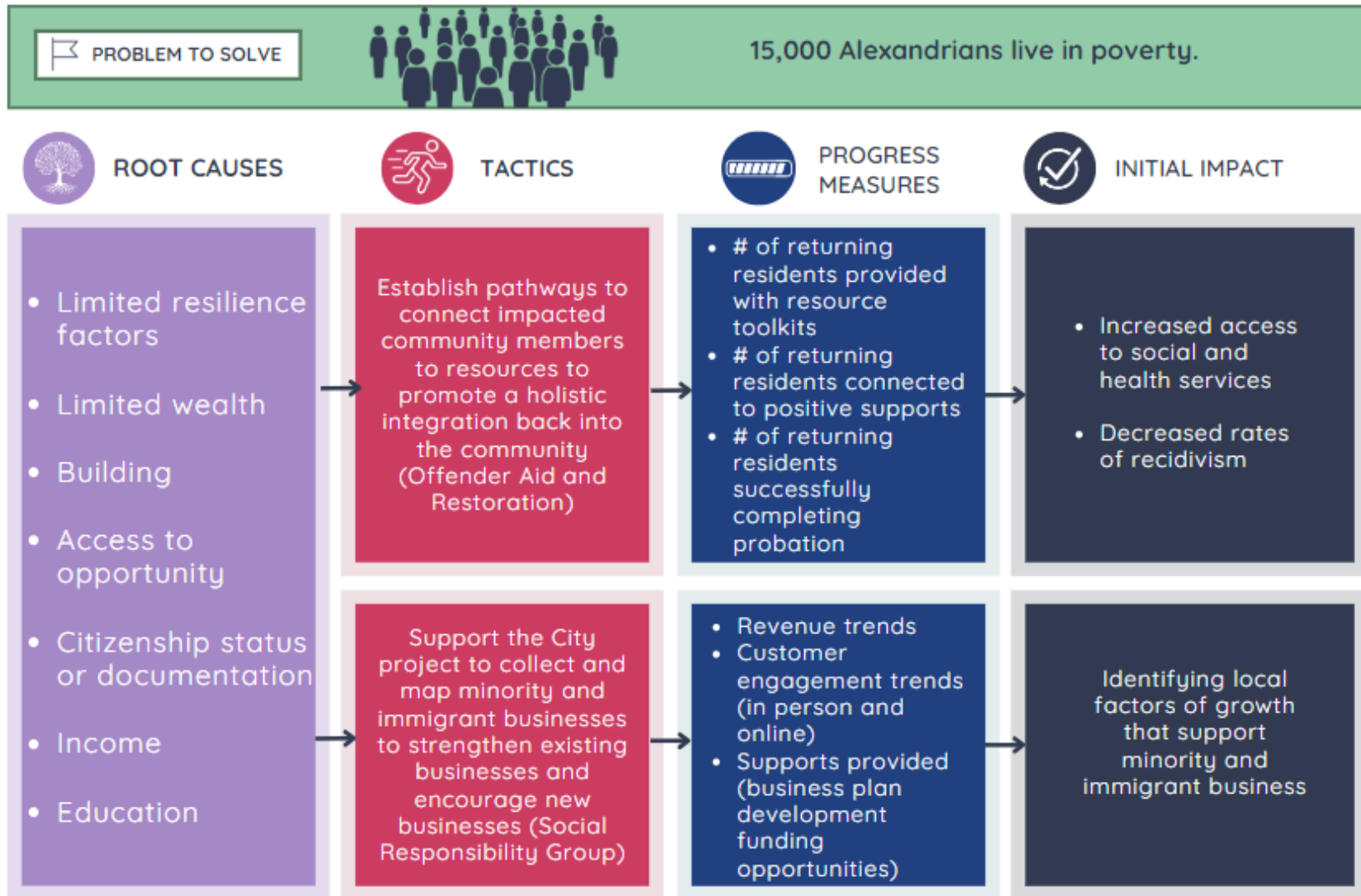
MENTAL HEALTH





HOUSING



POVERTY



POVERTY

 **PROBLEM TO SOLVE**  About half of all students that are chronically absent are Hispanic (52%), and nearly half are English Learners (47%)



ROOT CAUSES

- Limited resilience factors
- Limited wealth building
- Access to opportunity
- Citizenship status or documentation
- Income
- Education



TACTICS

Increase awareness among youth and their parents and guardians on the process, requirements and techniques for participating in higher education (Casa Chirilagua)



PROGRESS MEASURES

- % of students each semester who felt more prepared for college
- % of families feeling more involved in their community
- % of CE-BELL students who felt more comfortable with English
- College enrollment rate compared to U.S. average for immigrant youth



INITIAL IMPACT

- Increase in:
- Access to educational supports
 - College enrollment rates for immigrant youth

BARRIERS

The main obstacles that tactic owners reported during this monitoring and evaluation period were:

- **Funding limitations**
- **Staff transitions and limited capacity**
- **Capacity to support multiple languages**
- **Increased demand for services**

The Spring 2023 report highlighted several hardships and challenges that tactic owners faced because of the pandemic. Staff turnover, limited bandwidth, and funding limitations have remained prevalent issues across many strategies. Tactic owners have continued to work diligently to explore alternative solutions while navigating emerging issues such as language barriers, exhausted funding sources, and increased demand for services. As a result, several existing programs have shifted priorities, established new partnerships, sourced new funding opportunities, or temporarily delayed implementation. These pivots highlight the continued resilience and flexibility of community partners to adapt to continue advancing priorities.

MONITORING & EVALUATION

The Partnership for a Healthier Alexandria and the Alexandria Health Department are responsible for monitoring the Community Health Improvement Plan through 2025. This concerted effort provides technical support to each tactic owner and collects regular progress updates.

Monitoring and Evaluation Team Objectives



Unity

Encourage and support collaborative efforts amongst collaborators on each tactic.



Accountability

Encourage each tactic owner to establish clearly defined roles (reporting, data collection, etc.).



Transparency

Encourage consistent data review, information sharing, and continual communication.



Technical Assistance

Provide support to tactic owners that may be facing barriers to implementation.



Awareness

Convey results to community members in a clear and concise manner.

Changing Lives Together

The CHIP is a result of meaningful and sustained partnerships within the community. These collaborations provide opportunities for collective action and establishing direct pathways to resources that are essential to the long-term health of every resident. The monitoring and evaluation team is thankful to all the members of the Alexandria community that have contributed to the development and implementation of this plan.

Partnership for a Healthier Alexandria Steering Committee Members

- Allen Lomax, Chair, Community Member
- Jim Scott, Vice Chair, President, Applied Policy
- Mary Lee Anderson, Executive Director, Senior Services of Alexandria
- Joanne Broderick, Alexandria Commission on Aging Representative
- Marion Brunken, Executive Director, Volunteer Alexandria
- Deron Campbell, Director, Community Relations, Population and Community Health Services, Inova Health System
- Debra Collins, Community Member and Retired Alexandria Deputy City Manager
- Jane Collins, Executive Director, Heard
- Jim Durham, Alexandria Bicycle and Pedestrian Advisory Committee Representative
- Jim Epstein, Board of Trustees, Frank and Betty Wright Foundation
- Jeanine Finch, Director, Government Affairs, CareFirst Blue Cross Blue Shield
- Laurie Flynn, Community Member, Former Executive Director, NAMI
- Ann Harbour, Director, Government Affairs for the Commonwealth of Virginia, Johns Hopkins University & Medicine
- Karen Seaver Hill, Community Member and Health Expert
- Diana Karczmarczyk, Ph.D., Public Health Educator, Author
- Dr. Basim Khan, Executive Director, Neighborhood Health
- Jane Knops, Director, Community Partnerships and Communications, Neighborhood Health
- Rachel Lynch, Program Director, Northern Virginia Health Foundation
- JeanAnn Mayhan, Principal, Mayhan Associates – Researchers for HealthCare, Alexandria Medical Reserve Corps
- Helen Morris, Chair, Alexandria Campaign on Adolescent Pregnancy
- Col. Jim Paige (Retired), Executive Director, Concerned Citizens Network of Alexandria
- Melissa Poretz Ridy, Director, Eastern Region, Government and Community Relations, Inova Alexandria Hospital
- John Porter, Educator, Former President and CEO of ACT for Alexandria
- Stacey Swartz, Co-Owner and Pharmacist in Charge, The Neighborhood Pharmacy of Del Ray
- Aisha Salzar, Associate Extension Agent, Virginia Cooperative Extension, Virginia Tech

Ex-Officio Members

- Kara Blanker, Philanthropic Advisor, Frank and Betty Wright Foundation
- Chelsea Eickert, Coordinator, Alexandria Children and Youth Community Plan, Alexandria Department of Community and Human Services
- Kate Garvey, Director, Alexandria Department of Community and Human Services
- Nathaniel Lewis, Public Health Planner, Alexandria Health Department

- Maggie Ryan, Alexandria Campaign on Adolescent Pregnancy
- Natalie Talis, Population Health Manager, Alexandria Health Department
- Lina Zimmerman, Population Health Epidemiologist, Alexandria Health Department

Tactic Owners

ACPS Industry Advisory Boards	Alexandria Housing Development Corporation	Department of Community and Human Services
ACT for Alexandria	Alexandria Juvenile and Domestic Relations Court Services Unit	Dream Project
Alex Teens	Alexandria Libraries	Early Childhood Division
Alexandria Bicycle and Pedestrian Advisory Committee	Alexandria Opioid Work Group	Economic Opportunities Commission
Alexandria Chamber of Commerce	Alexandria Police Department	Educational Opportunities for Alexandrians
Alexandria City High School Academy of Finance	Alexandria Public Health Advisory Commission	Ethiopian Community Development Council, Inc
Alexandria City Public Schools	Alexandria Redevelopment Housing Authority	Friends of Guest House
Alexandria City Public Schools Career and Technical Education Advisory Committee	Alexandria Small Business Development Center	Friends of the Alexandria Mental Health Center
Alexandria Commission on Information Technology	Alexandria Transportation Commission	George Mason University Center for Community Mental Health
Alexandria Community Services Board	Alexandria Workforce Development Center	Grassroots Alexandria
Alexandria Department of Parks, Recreation and Cultural Activities	Animal Welfare League of Alexandria	Hunger Free Alexandria
Alexandria Department of Transportation and Environmental Services	AVID	Inova Health System
Alexandria Economic Opportunities Commission	Carpenters' Union	NAMI Northern Virginia
Alexandria Employment Commission	Children, Youth and Families Collaborative Commission	Neighborhood Health
Alexandria Eviction Prevention Partnership	Children and Youth Community Plan Prevention Work Group	Northern Virginia Community College
Alexandria Eviction Prevention Task Force	Commission on Women	Northern Virginia Affordable Housing Alliance

Alexandria Families for Safe Streets	Computer CORE	Office of Housing
Alexandria Housing Affordability Advisory Committee	Del Ray Business Association	Office of Planning and Zoning
Old Town Business Association	Running Brooke	Virginia Cooperative Extension
Partnership for a Healthier ID	Senior Services of Alexandria	Virginia Interfaith Center for Public Policy
Alexandria Steering Committee	Kids First Years (formerly Smart Beginnings Alexandria)	Virginia Theological Seminary
Partnership to Prevent and End Homelessness	Smart Beginnings Alexandria	Volunteer America
Project Discovery	Social Responsibility Group	West End Business Association
Project ID	Social Services Advisory Board	Youth Development Team
Public Health Advisory Commission	Tenants and Workers United	
RAISE	Urban Alliance	

For more information, including an appendix with tactic updates from the most recent monitoring period (3/2023-11/2023), visit alexandriava.gov/health.