



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



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

VOLUME 3, ISSUE 5

This issue reports the progress made on connecting youth to caring adults and equipping those adults with the skills to promote healthy youth development between April 2021 - June 2024

CYCP GOAL

All Children, Youth, and Families have Positive Experiences

ALEXANDRIA SPOTLIGHT

Although Jon and Kevin’s mentorship officially began in October 2020, their relationship began naturally several months before as Mr. Jon lived upstairs from Kevin in the Chirilagua neighborhood. In the beginning of the relationship, they got to know each other through spending time playing soccer and hanging out outside. As the mentorship progressed, Jon became more familiar with the rest of Kevin’s family, including his little sister and mother. Eventually, they incorporated homework into their meetings and as the relationship deepened and Kevin became older, they began to have conversations about emotions and faith. Partway through the mentorship, Kevin’s family moved further away from his mentor which caused both of them to adapt their mentorship. Though the distance meant meeting less frequently, Kevin and Jon found that their friendship continued to grow across the gap. As Kevin points out, “Even the relationship with my mom has grown because Mr. Jon has gotten a lot better at his Spanish!”.

Jon and Kevin love staying active and trying new things! Some of the activities they like to do are playing soccer (or watching soccer, or just anything to do with soccer in general), pickeball, card games, the board game ‘Catan’, reading the Bible, and riding bikes. In fact, Kevin’s favorite memory with Jon is when his mentor took Kevin and a friend on a bike ride tour of the monuments. After an hour there, an hour back, and lots of monuments in between, Kevin explained, “The last ten minutes back were exhausting, and I didn’t know if I would even make it back.” However, he had never done something like that before and was so proud that he did in fact make it back home. Other than joining in lots of Casa Chirilagua Mentoring Program events, Jon and Kevin focus on homework together. Kevin even got straight A’s last semester for the first time in his life!

After more than three years together, Jon describes Kevin as incredibly kind: “He’s very considerate and thinks about others in a way that others his age don’t often do. If I ever have to miss a mentoring week because I’m travelling or sick or something, the first question when I see him again is, ‘How was your trip?’ ‘How are you feeling?’ He also has a very gentle spirit. He’s so easy to be around and makes people feel comfortable. He’s also a really smart kid.” When asked to describe the mentorship, Kevin says, “One of my favorite parts about our mentorship is that we both can create fun out of anything.”



“ One of my favorite parts about our mentorship is that we both can create fun out of anything. ~ Kevin ”



Photos: Kevin with his mentor Jon Courtesy of Casa Chirilagua

RESULT

Alexandria's youth have three or more caring adults (besides parents or guardians) who support them

WHY THIS MATTERS

Relationships play a powerful role in youth development and success. Young people need stable, caring relationships with adults in order to thrive, and mentors can provide this crucial support. Young people who have three or more caring adults who support them feel happier and more hopeful, do better in school, and are less likely to rely on drinking, smoking, or drugs to feel good or fit in. That’s why the Search Institute® identified this preventative measure as one of the 40 Developmental Assets®. Research has consistently shown that these 40 Assets, also known as protective factors, buffer youth from risk while helping them to grow up healthy, caring and responsible.



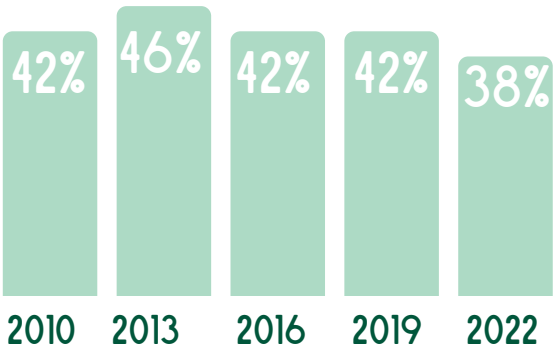
Unfortunately, new data indicate that the number of mentoring relationships nationally is decreasing at a time when youth mental health needs are soaring. In Alexandria, 38% of youth report having three or more caring adults who provide advice or guidance, according to the 2022 Developmental Assets Survey. Access to mentors varies by socioeconomic status, household language, where children grow up, and other factors. The National Survey of Children’s Health and other studies consistently demonstrate that young people from rural areas, lower-income households, children of immigrants, children whose parents have less than a high school education, children with a primary household language other than English, and LGBTQ+ youth are less likely to have mentors. Many of these young people said they didn’t know how to find a mentor or didn’t think mentors were available to them.

All young people need adults besides their parents to count on. Whether established formally or informally, quality mentoring relationships help young people access opportunities and offer support and guidance as they navigate life challenges. So whether you’re a neighbor, educator, coach, uncle, older cousin, or barista — you can be a good friend to a young person.

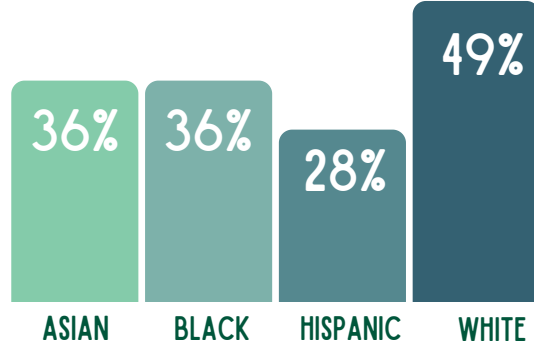
HOW WE ARE DOING

OTHER ADULT RELATIONSHIPS

SOURCE: DEVELOPMENTAL ASSETS, ACPS, SEARCH INSTITUTE
OF SURVEY RESPONDENTS: 1,538



OTHER ADULT RELATIONSHIPS BY RACE/ETHNICITY, 2022



Trends:
Since 2010, the amount of youth reporting that they have three or more non-parent caring adults in their life has decreased by 10%. Compared with Latino youth, White youth are 1.75 times more likely to report this asset.

STRATEGY

#40: Ensure that every young person is embedded in a web of positive relationships with trusted, caring adults

CHAMPION



**MENTOR ONE CHILD.
CHANGE TWO LIVES.**
ALEXANDRIA MENTORING PARTNERSHIP

AMP PARTNERS & SUPPORTERS

- Alexandria City Public Schools
- ACT for Alexandria
- Alexandria Boys and Girls Club
- Alexandria Community Trust
- Alice's Kids
- Building Momentum
- Capital Alumni Network
- Capital Youth Empowerment Program
- Center for Alexandria's Children
- Give Back Alexandria
- MENTOR Maryland/DC
- MENTOR National
- MENTOR Virginia
- Northern Virginia Family Services
- Office of Juvenile Justice and Delinquency Prevention
- SCAN of Northern Virginia
- The Alexandria Jaycees
- The Campagna Center
- Tickets 4 Kids
- Together We Bake
- Virginia Department of Criminal Justice Services
- Volunteer Alexandria
- City of Alexandria's**
 - City Council
 - City Manager's Office
 - Court Service Unit
 - Police Department
 - Sheriff's Office
 - Department of Parks, Recreation, and Cultural Activities
 - Office of Community Engagement
 - Department of Community & Human Services
- Mentoring Programs**
 - 4-H Alexandria*
 - Alexandria Tutoring Consortium
 - Building Better Futures
 - Casa Chirilagua
 - Community Lodgings
 - DECODED*
 - GoPursue
 - Higher Achievement
 - MentorPrize*
 - SOHO - Space of Her Own
 - The Dream Project
 - The Spitfire Club
 - The Untouchables
 - UNCUT Youth
 - Wright to Read Supporters

*Currently Inactive

IMPLEMENTATION STATUS

Progress with connecting youth to caring adults:



1
Strategy

5
Action Steps

100%
are in progress or fully implemented

WHAT HAVE WE DONE SINCE 2021?

To connect more youth to trusted, caring adults, the AMP:



Focused mentoring efforts to close the gaps that exist in communities of color and among males

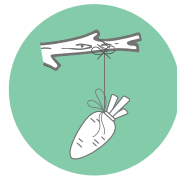
Formed partnerships with diverse organizations to increase recruitment in minority communities

Distributed materials oriented at recruiting mentors from diverse backgrounds



Strengthened community settings so they inspire youth-adult relationships and asset building

Formed partnerships with local businesses and community agencies to expand space dedicated for mentoring programs



Inspired local businesses and City agencies to support staff in mentoring during work hours, 1-2 hours per week.

Inspired the City of Alexandria and Building Momentum to support their staff in mentoring youth during work hours

Rewarded City employees who attended a Mentor Open House with Work'n Well points



Leveraged resources to support mentoring programs and ongoing mentor development and retention within the AMP

Hosted multiple events to recruit new mentors

Welcomed more programs to the Partnership

Received a grant to support start-up costs for Mentor University: A Free College for Caring Adults

Launched Mentor University, a free college for caring adults, which provides in person and virtual classes throughout Alexandria. Mentor University is set to elevate the skills and effectiveness of our mentoring community

Engaged program managers and directors in an 'Evaluation 101' course to strengthened AMP's capacity in program evaluation and impact assessment

Aligned 13 mentoring programs around the following AMP priorities:

1. Build a community where youth feel valued;
2. Support adults in becoming mentors and role models for youth;
3. Support young people in developing a positive identity and social competencies;
4. Create opportunities for young people to learn and develop new skills and interests with other youth and adults; and
5. Prevent loneliness and social isolation



Raised community awareness of the importance of mentoring by strengthening marketing and communications

Celebrated "Thank Your Mentor Day" with a social media campaign

Published annual Report Cards to celebrate National Mentorship Month and all the work that the AMP is doing to connect youth to caring adults

Utilized social media to increase awareness about mentoring opportunities in Alexandria

Continued officially designating January as Alexandria Mentor Month through a citywide proclamation. This recognition underscores our community's commitment to mentoring and highlights the critical role mentors play in fostering the potential of our youth

HOW MUCH DID WE DO?

13 MENTORING PROGRAMS

have aligned around five AMP Priorities

3 NEW PARTNERSHIPS

were created to expand the number of places that can dedicate space to mentoring activities since 2021

70 RECRUITMENT EVENTS

took place between 2023-2024

25 PROGRAM MANAGERS & DIRECTORS

increased their skills to enhance AMP's capabilities in program evaluation and impact assessment

67 STUDENTS

have been enrolled at Alexandria's Mentor University

10 DIVERSE COURSES

are offered at Mentor University, with more in development

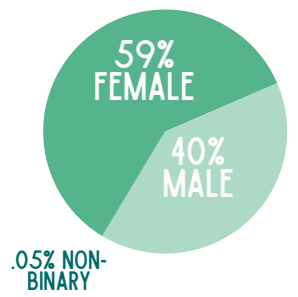


HOW WELL DID WE DO IT?

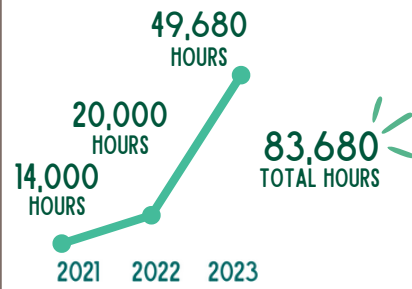
GENDER IDENTITY OF MENTORS



GENDER IDENTITY OF MENTEES



APPROXIMATE HOURS OF MENTORING



210+ MENTORS & MENTOR PROGRAM STAFF

have been trained in Developmental Assets

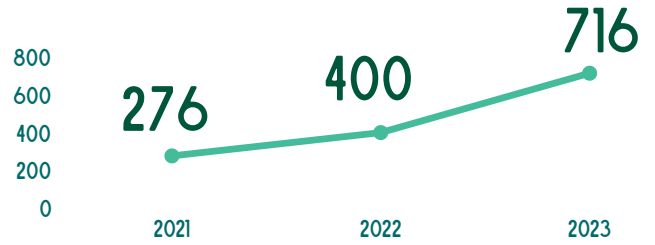
IS ANYONE BETTER OFF?



1,392

young people have been matched with mentors since 2021

OF MENTORING RELATIONSHIPS FORMED



RESOURCES

- To learn more about current Alexandria's mentoring programs or to join the Partnership, visit [Alexandria Mentoring Partnership](#)
- [Mentor University](#) - a free college for caring adults
- To find a collection of resources on best practices for mentoring programs, visit [MENTOR MD|DC](#)
- If you are interested in becoming a mentor** for at least one hour a week, submit a [Mentor Interest Form](#), or contact the AMP Coordinator at 703.746.4455 or mentoring@alexandriava.gov



**MENTOR ONE CHILD.
CHANGE TWO LIVES.**
ALEXANDRIA MENTORING PARTNERSHIP



ALL CARING ADULTS CAN BUILD DEVELOPMENTAL RELATIONSHIPS WITH YOUTH!

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives. Developmental relationships are close connections through which young people learn how to engage with and contribute to the world around them. Search Institute has identified five elements - expressed in 20 specific actions - that make relationships powerful in young people's lives.

EXPRESS CARE

Show me that I matter to you.

- Be dependable** - Be someone I can trust.
- Listen** - Really pay attention when we are together.
- Believe in me** - Make me feel known and valued.
- Be warm** - Show me you enjoy being with me.
- Encourage** - Praise me for my efforts and achievements.



CHALLENGE GROWTH

Push me to keep getting better.

- Expect my best** - Expect me to live up to my potential.
- Stretch** - Push me to go further.
- Hold me accountable** - Insist I take responsibility for my actions.
- Reflect on failures** - Help me learn from mistakes and setbacks.



PROVIDE SUPPORT

Help me complete tasks and achieve goals.

- Navigate** - Guide me through hard situations and systems.
- Empower** - Build my confidence to take charge of my life.
- Advocate** - Stand up for me when I need it.
- Set boundaries** - Put in place limits that keep me on track.



SHARE POWER

Treat me with respect and give me a say.

- Respect me** - Take me seriously and treat me fairly.
- Include me** - Involve me in decisions that affect me.
- Collaborate** - Work with me to solve problems and reach goals.
- Let me lead** - Create opportunities for me to take action and lead.

