Arlington Children and Youth Well-Being Plan

A Plan to Ensure Youth Have the Opportunity to Thrive





Welcome!

Anita Friedman

Director, Arlington County Dept. of Human Services

Diane Kresh

Director, Arlington County Libraries

Earl Conklin

Director, Arlington County Court Services

Jane Rudolph

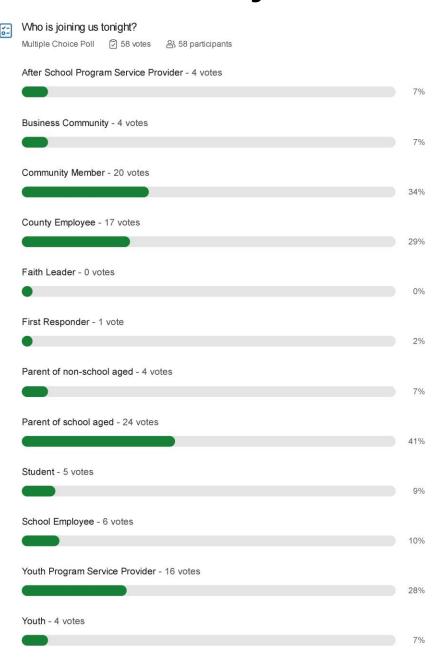
Director, Arlington County Parks and Recreation

Dr. Julie Crawford

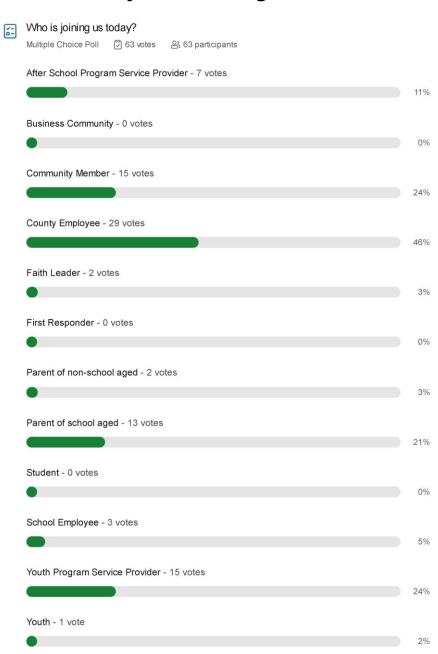
Chief, Diversity, Equity, Inclusion and Student Supports, Arlington Public Schools

We asked participants who was joining us:

June 29th, Virtual Meeting



June 30th, Hybrid Meeting



The goal of the Children and Youth Well-Being Plan is to create a vision and roadmap towards a community where all children and youth have the opportunity to thrive.

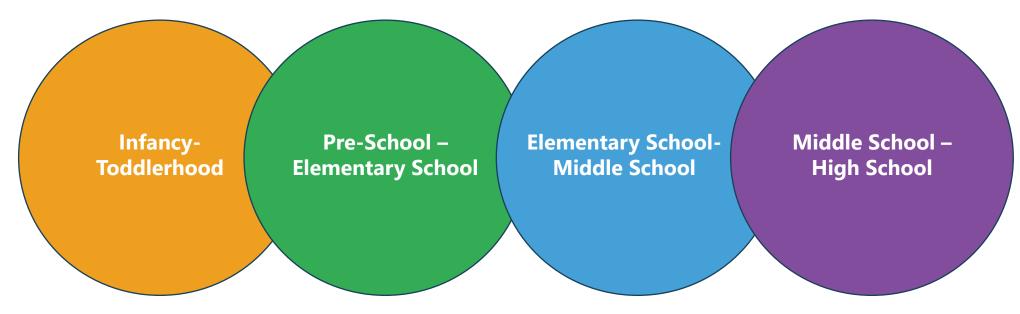


To meet this goal the Arlington Community will create and implement a Strategic Plan to ensure that:

- All children and youth have the resource and supports they need to build and strengthen protective factors;
- All parents and caregivers have the resources and tools they need to be a support for youth in their communities;
- Resources and supports meet the cultural and linguistic needs of the community;
- That equity is centered in our decision making. That we are consistently asking who is benefiting, who is burdened, who is missing and then doing something about it; and
- All Arlington County programs designed to support children, youth and families are comprehensive in their approach and knowledgeable about county resources.

Who is the plan for?





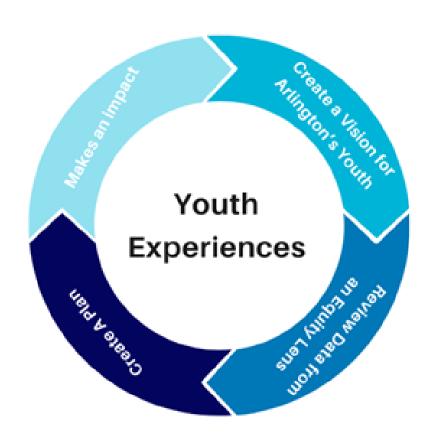
Experiences in early childhood oftentimes set the stage for the opportunities a young person has access to into their school years. While the emphasis will be on school age youth, the plan will include early childhood initiatives.

Student Assistants

Ensure the Centering of Youth Voices as a Teen Ambassador

Student Assistants (Teen Ambassadors):

- Co-Facilitate workgroups;
- Co-Facilitate community meetings where we are seeking input;
- Create youth outreach materials;
- Lead the plans social media engagement;
- Ensure representation from across the county;
- Ensure diverse representation of life experiences; and
- Be paid hourly
- Commitment of at least one (1) academic year



Children and Youth Well-Being Plan Timeline • **Timeline** June-July Aug-Sept Oct-Nov Dec-Jan Feb-March April-May Aug-Sept Oct-Dec June-July **Defining the Vision Review Existing Data and Plans** Create Report Card to be used in stakeholder sessions **Engage Stakeholders** Start with youth, create workgroup, hire student assistants Define Vision and Goals Write initial draft Understanding the Environment Asset Mapping Create an Asset Map of programs that support vision Identify Gaps/Barriers To achieving goals, vision Identify Existing Data Points Identify data can be used to track progress towards vision Creating The Roadmap Write a Draft Plan Convene workgroup and review info. from phase 1 and 2 Engage Stakeholders Re-engage previous and new to review draft plan **Create Implementation Timeline Execute and Review** Implementation Data Collection and Plan Quality Assurance









An Informed and Cohesive Approach



We will evaluate processes and programs as we progress.

- Develop formal and informal ways to gather data including quantitative and qualitative analysis.
- Use the Equity Lens throughout the process.
- Engage and listen to the community at every step.

Potential Data Sources

- Arlington Public School (APS) surveys, including the Virginia Youth Survey, Social Emotional Learning (SEL) Survey, and Your Voice Matters.
- •Dept. Of Human Services (DHS) Childcare Risk and Reach Study
- Parks and Recreation Youth Program Quality Survey
- Website Analytics

Existing Countywide Plans

- Arlington County Capital Improvement Plan (CIP)
- Arlington Public Schools Strategic Plan
- Arlington Public Schools CIP
- DHS Plans (ACEs, Strategic, Childcare, etc.)
- Arlington Partnership for Children for Youth and Families Charter/Plans
- Library Plans
- Parks and Recreation Plans
- Virginia Hospital Center Wellness Plan

How people will participate





Arlington Youth Well-Being Network

(new community wide collaboration)



Community Voices



Group Objective

Provides ongoing guidance to the Arlington Youth Collaborative. Approves unified vision. Meets quarterly.

Group Objective

Manages timeline and progress of plan. Leads creation of unified vision. Meets bimonthly.

Group Objective

Provides feedback, insight, and ideas on the plan at various iterations. Supports creation of unified vision. Meets regularly as needed.

Group Objective Provides support at all levels.

Suggested Members:

<u>County and School Leadership</u> across departments to include Racial Equity Officers.

Suggested Members:

<u>Leaders</u> from stakeholder groups including nonprofits, youth organizations, parents, schools and county.

Suggested Members:

Includes <u>anyone</u> who wants to add voice and ideas to the youth plan with an emphasis on youth, parents and caregivers and youth service providers.

Members:

Assistant to Deputy County Manager, DHS Assistant Director,
Parks & Recreation Senior Teen Coordinator
Programs and Partnerships Librarian, Probation Supervisor,
Director of Student Behavioral Health and Wellness, Student
Assistants (new, need to hire)

Join Us!

This plan must reflect the needs and concerns of the community from all vantage points: Youth, Parents/Caregivers, Service Providers, School Staff, Coaches and those who work with youth and Community Members.

We hope you can join us in shaping the following:

- Creating a unified vision for youth well-being;
- Identifying what's working well in Arlington for children and youth; and
- Highlighting concerns and challenges facing healthy and positive well-being for children and youth in Arlington.



Starting Today

Small Group Discussion

Help us identify the areas of strength and growth for our community when it comes to supporting youth well-being.

- Safety and Security
- Relationships
- Mental Health
- Cognitive Health
- Physical Health
- Community
- Purpose
- **Environment**

This well-being indicator tool was adapted by the Center for Advanced Studies in Child Welfare (CASCW) at the University of Minnesota. Learn more here. To learn more generally about the 8 Dimensions of Wellness, click here.

The Well-being Indicator Tool for Youth With Safety & Security Safety and security means youth Safety and security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth base stabilities for a decrease to the security means youth a security means youth base stabilities for a decrease to the security means youth a security means

relationship and connection with nature. This includes access to clean air and water, exposure to plants and animals, availability of parks and other outdoor settings, and a balance of screen time.

Purpose

Purpose is youths' ability and recognition of their place in the world and connection to something larger than themselves. This domain encompasses spirituality, religion, and a future orientation, including career planning and training.



Relationships

Well-being in relationships means youth are able to form and sustain supportive interpersonal connections with peers, family, and caring adults. This domain includes youths' sense of trust, being able to communicate needs, and manage the influence of peer pressure.



Community

Community is youths' sense of belongingness and connection to the people, cultures, and places in their lives. Communities also offer accessible resources that are relevant to overall youth well-being.



Mental Health

Mental health refers to youths' self-esteem and their ability to cope with adversity and manage emotions in a constructive way, including asking for help when needed.

Physical Health

Physical health is youths' ability to care for their bodies through prevention and management of physical illness, use of health care services, and engagement in healthy behaviors.

Cognitive Health

have stability of and access to the necessities of life, including food, water

and shelter. It means youth feel free from

emotional and physical harm and have

a sense of control over what happens

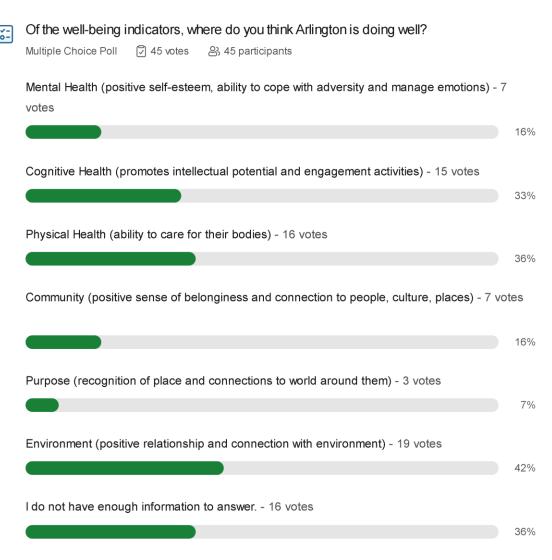
in their surroundings and with

the people in their lives.

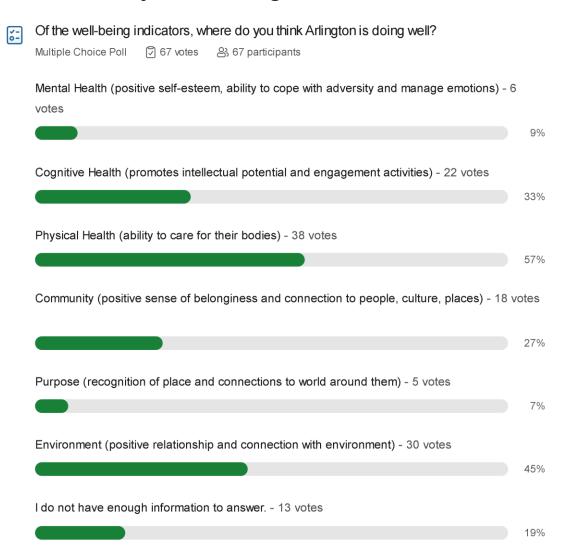
Cognitive Health is youths' intellectual potential and engagement in activities that promote growth, curiosity, and identity development. This domain includes consistent school participation, management of time and responsibilities, and engagement in interests and hobbies.

We asked attendees: of the well-being indicators, where do you think Arlington is doing well?

June 29th, Virtual Meeting



June 30th, Hybrid Meeting

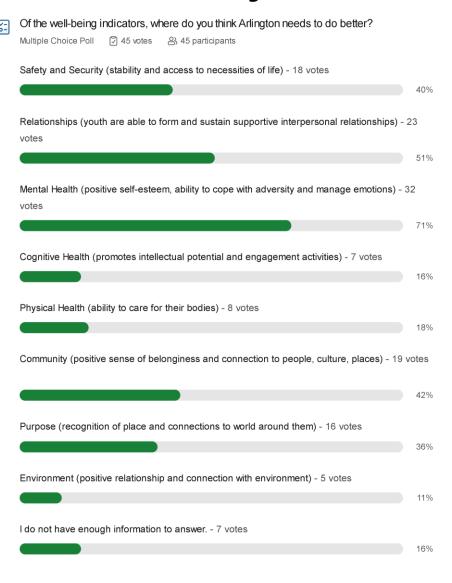




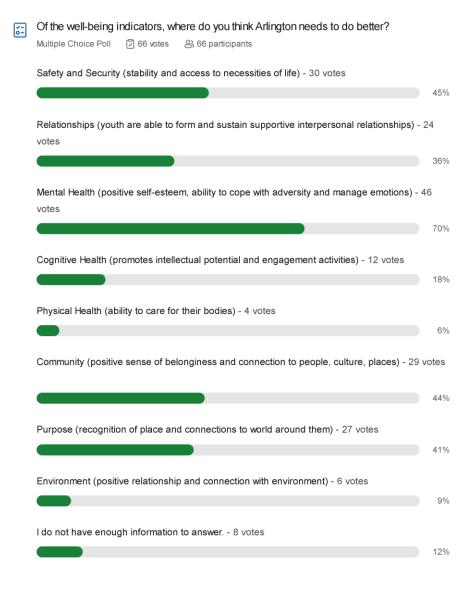


We asked attendees: of the well-being indicators, where do you think Arlington needs to do better?

June 29th, Virtual Meeting



June 30th, Hybrid Meeting





Getting Started: Next Steps

Your Invitation to Join Us!

Tell us how you'd like to be involved! Take the survey to get on our mailing list and be invited to upcoming meetings and events by scanning the QR code below or <u>clicking</u> <u>here.</u>

- Help us recruit Student Assistant.
- Help us identify engagement opportunities. Know of an event we can attend to get youth and community feedback? Let us know. Email youthwellbeing@arlingtonva.us
- Join the Well-Being Network!
 - The network plans to meet monthly on the fourth Tuesday of the month (next meeting, 8/24, take survey to determine time).
 - Meetings will be hybrid.
 - Meetings are open to anyone including youth, caregivers and parents!
 Know someone who should be invited? Please help us connect with them. Add their information on the survey, email us at youthwellbeing@arlingtonva.us or call 703-228-5003







Thank you!

The Children and Youth Well-Being Planning Team

