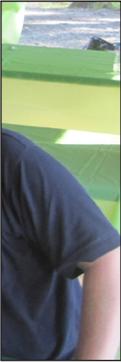


ADULT SUPPORT



CONTEXT

The Arlington Partnership for Children, Youth, and Families (APCYF) is guided by the Search Institute’s Developmental Relationships framework. Extensive evidence shows that strong, positive relationships – with family, teachers, other adults, and peers – are critical across young people’s lives. For children who have experienced trauma, or multiple Adverse Childhood Experiences (ACEs), the presence of one stable relationship with a trusted, caring adult in their life is the single most powerful counterweight to the negative outcomes associated with ACEs.¹

There are many community organizations across Arlington as well as school and government agencies that provide support, resources, and training to parents and caregivers to strengthen these relationships.

APCYF has a LUV Listen (Listen, Understand, Validate) campaign targeting parents and other caring adults as primary components of a close and trusting relationship with young people. The campaign also offers a variety of workshops throughout the community on attentive listening and alternative discipline strategies.

For families seeking a higher level of support and learning, the Child and Family Services Division (CFSD) offers a Strengthening Families Program – a 7-week workshop series for children and their parents/caregivers. Parents can get support from CFSD managing difficult behaviors with Behavior Intervention Services (BIS) or build relationship skills through Parent Child Interaction Therapy (PCIT).

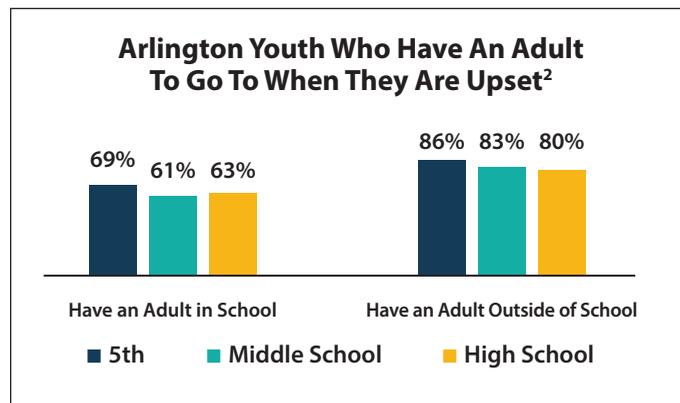
The Arlington Family Engagement Network (AFEN) was re-established in 2018. Led by Arlington Public Schools’ Parent Resource Center (PRC), SCAN of Northern Virginia, and APCYF, this group brings together community, school, and county organizations that provide supports to parents and families as a way to substantially increase services.

Research clearly shows the importance of having adult support in the life of a young person, and many efforts are underway to improve the support provided to youth. While most youth in Arlington have someone to talk with; many do not. In middle school, about 11% of students reported that they have no one in school or outside of school to talk to if they are upset.² These are exactly the young people who would most benefit from the consistent and trustworthy support of a caring adult. Additionally, 37% of middle school youth who reported having no one to talk to when they were upset also reported feeling sad frequently; only 14% of students who had an adult to go to reported feeling sad frequently.² There is a need for more adults to build positive, supportive relationships with young people.

In Arlington 11% of middle school students don’t identify an adult they would go to if they were upset.

20% of all youth say they talk to “no one” if they are stressed.²

30% of 7th-12th graders say they “almost never” talk to their parents about the things that matter most to them.²



FINDINGS