

Why Focus on Substance Abuse & Access to Healthcare

In 2025, the ACT Youth Council raised awareness about the dangers of substance abuse to help youth in Alexandria lead healthier lives. We also shared methods of intervention and resources for treatment/recovery.

Healthcare is a basic human need that everyone deserves, but doesn't have access to. There are still major factors in Alexandria that contribute to this inequity. So, we wanted to explore how our city can improve on making healthcare accessible to everyone.



What is the ACT for Alexandria Youth Council?

The ACT Youth Council started as a pilot program in 2021 as an opportunity for students to engage in and with the community, leadership, and philanthropy. Since then we've been involved in several educational, outreach, and community service initiatives!



- ♦ Our Discovery Projects give youth a voice to speak on issues that we face.
- ♦ We made this pamphlet to provide Alexandria youth a list of resources to help with commonly faced issues, such as substance abuse and a lack of access to healthcare.



Educating Youth to Empower Alexandria

Resource Recommendations By Youth, for Youth

Substance Abuse Resources: Getting Help & Finding Support

Getting Help & Finding Support

Healthcare Resources: Getting Help & Finding Support

About Narcan

- ♦ Narcan can save someone from a fentanyl, heroin, or opioid overdose
- ♦ Narcan has no effect on somebody opioid free, it will not hurt somebody if they are not suffering an overdose
- ♦ Narcan is provided for free at the **Teen Wellness Center** and The Alexandria Health Department offers free Narcan training to anyone interested



Substance Abuse Prevention Coalition of Alexandria (SAPCA)

- ♦ A nonprofit alliance with the goal of reducing underage substance abuse.
Phone: (703) 746-3670
Web: <https://www.alexandriava.gov/SAPCA>
Location: 4850 Mark Center Drive, Alexandria, VA 22311

YHELP! Scholars & Wellness Club

- ♦ Weekly Club meetings in Alexandria that give youth a chance to learn about mental health and coping strategies.
Phone: (240) 427-5277
Locations:
 - > Patrick Henry Recreation Center
4653 Taney Ave, Alexandria, VA 22304
Hours: Tuesdays from 6PM-7PM
 - > William Ramsey Recreation Center
5650 Sanger Ave, Alexandria, VA 22311
Hours: Fridays from 6PM-7PM



City of Alexandria Teen Wellness Center

- ♦ A clinic open to all teens ages 12-19 living in Alexandria, Virginia.
- ♦ Non-confidential (immunizations, minor illness treatments, physicals) and confidential (mental health screenings, reproductive health support) healthcare services for teens.
- ♦ Free substance abuse screenings.
Phone: (703) 746-4776
Locations:
 - > 3330 King Street - Door 3
Alexandria, VA 22302.
 - > 3701 W Braddock Rd. - Door 31, Suite 1206
Alexandria, VA 22302Web: www.alexandriava.gov/TeenWellnessCenter

Additional Information

- ♦ For more substance abuse resources, visit: <https://nationalrehabhotline.org/virginia/> or call the Virginia Teen Addiction Hotline: (866) 210-1303
- ♦ For more healthcare resources, visit: <https://www.alexandriava.gov/Health>



Neighborhood Health

- ♦ A nonprofit clinic that provides families in Alexandria, Arlington, and Fairfax County with primary, pediatric, and dental care.
Phone: (703) 535-5568
Web: <https://neighborhoodhealthva.org/>
Hours: 8 AM-5 PM

FAMIS - Family Access to Medical Insurance Security Plan

- ♦ Virginia health insurance program for uninsured children under 19 with no other coverage. Benefits include doctor/hospital visits, dental, vision, prescriptions, and vaccines.
Phone: 1 (866) 873-2647
Hours: 8 AM-5 PM

Logisticare Transportation Service (Medicaid and FAMIS)

- ♦ Non-emergency, no cost round-trip transportation for eligible Medicaid and FAMIS members to medical locations.
Phone: 1 (866) 386-8331 (Choose Option 7)

Language Access

- ♦ Some healthcare providers also support language access. For example, Inova Health Systems provides free, 24/7 in-person, phone, or written medical translation resources in 200+ languages for Inova patients.
Phone: (703) 776-7641