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Alum Rock Counseling Center

"Creating responsible adults from East San José's highest risk youth."

777 N First St #444 San Jose, CA 95112 408-240-0070 info@alumrockcc.org

Giving Thanks!

by Patricia Chiapellone, ARCC Executive Director

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse." --Henry Van Dyke

The concept of "*the inward feeling of kindness received*" is very present around ARCC these days. With our newest initiative Prevention & Early Intervention (PEI) launched on October 1st, we increased our reach to a total of **41 schools** across Santa Clara County and grew our staff to **81 employees**. Through **twelve ARCC programs** we are providing a **Continuum of Care** from **infancy through adulthood**. The portal for all our services is, as it was when we were established in **1973**, youth. I'd like to share some stories illustrating the **blessings** We have received at **ARCC**:



- John, five years old, is a bit small for his age with short dark hair and deep brown eyes. He lives with his parents and big brother in a neighborhood that is anything but safe. Sometimes the chaos that surrounds him manifests itself in night terrors and unruly behavior. With the help of his ARCC **First FIVE team**, John is learning to calm his fears and to use words to express his anxieties. **John's parents are grateful for the strides he is making and for the parent education they receive.**

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- Ben, a shy seventh grader, has stepped into the role of "man of the house" with his mother and two older sisters - one sister with special needs. Once in danger of failing at school, Ben was partnered with a mentor from the **Ocala Middle School Mentoring Program**. Today he is on the honor role. His mentor Jason describes him as "*a hard-working, conscientious, responsible, upstanding youth who has the ability to overcome the obstacles before him.*" **Jason is proud to be Ben's mentor and Ben is thriving.**
- Fourteen year old Joyce was referred to the ARCC **Mobile Community Response & Counseling** program (MCRC) for failing to show up at school. She was engaging in self-destructive behaviors and feeling neglected at home. Through the efforts of a caring counselor, Joyce was able to communicate her desire to maintain sobriety, to stay in school and cut her ties to the gang lifestyle. **Today Joyce's future is filled with promise.** She is in a loving home with an adult who supports her and sets clear boundaries. She is **engaged in school** and **making healthy life choices.**

I am thankful for the fact that we have stayed true to our original mission, that as we grow we continue to concentrate on providing **culturally sensitive service** to OUR community so that children and teens can reach their potential. I can't help but believe that among the thousands of clients we have served, many share in this **sense of gratitude.**

This month we shine the *Spotlight* on **Post Crisis Intervention** (PCI), a collaboration with the **San Jose Police Department**. PCI provides **linkage** to support programs that can range from suicide intervention, substance abuse recovery, mental health assessment, therapeutic treatment and more. Although the client enters the program in crisis, through thoughtful intervention he or she can be **connected to resources** that make a more normalized life possible.

In *Why I Give*, one of our newest employees, Volunteer Coordinator Courtney Groszhans illustrates the **critical role** that **volunteers** play in our ARCC community. Perhaps you can make room in this season of **giving thanks** to give some of your **time** or **talent** back to one of ARCC's many programs?

Last, but not least, we are about to launch **2012's annual fundraising campaign**. We are grateful for all you do and realize that this is the season when everyone is reaching out. **There are many ways to give** - donating **on-line** or by **check**, **volunteering**, **sharing** the ARCC e-newsletter and **liking us** on our new **Facebook** page - "Alum Rock Counseling Center ARCC". To paraphrase Henry Van Dyke, if thankfulness is the natural impulse to express the inward feeling of kindness received, we hope your hearts will be **filled with thanksgiving.**

Patricia Chiapellone

SAVE THE DATE!

Thursday Feb. 28th



for ARCC's Annual
Fundraising Luncheon

**Unmasking the
Potential
of Today's Youth**

Event Co-Chairs



Darcie Green

&



Meri Maben

[Click Here](#)

[DONATE NOW](#)

Spotlight: Post Crisis Intervention

by James Jurado, Program Manager

The ARCC **Post Crisis Intervention Team** (PCI) provides assistance to persons referred by the San Jose Police Department who have experienced a mental health related crisis and 911 has been called. We follow up on referrals, provide support and connect people to resources. **PCI** services are offered to the community **seven days a week** and we are available for consultation with law enforcement **any hour of the day**. Our **peer advocates** are bilingual and culturally competent and our **clinicians** are licensed professionals. PCI is **a bridge between** law enforcement and mental health care providers for individuals in the **San Jose community**.

As the PCI Program Manager, **I am confident** in my team's competency to assess the needs of persons referred to our services in a **culturally sensitive manner**. The majority of our staff live in this area. **We know** the challenges that many of our referrals face as their crises resulted in calls to 911. **We understand** the struggles and barriers our clients encounter each day and endeavor to be a conduit into the support they need to **live safely** within the community.



One client was in crisis and under the influence of alcohol. A mono-lingual Spanish speaking male, he was belligerent to law enforcement and threatening suicide. The PCI peer advocate who **partnered** with this client, became the safe person needed to connect him with mental health and substance abuse treatment. This **culturally relevant** way of **coordinating services** provided the respite the client needed from his elevated daily stress in order to focus on his mental and physical health.

I have come to understand that sometimes there is a gap between law enforcement and the mental health treatment community for the people who are seen by both. **Our PCI Team** is **passionate** about **serving our community** and **giving back**. Our goal is to work collaboratively with the San Jose Police Department and mental health treatment providers to effectively support **persons** and their **families** referred to the PCI program in times of crisis.



Why I Give: HELP WANTED!!!

by Courtney Groszhans, Volunteer Coordinator

*"We make a living by what we get,
we make a life by what we give." -Winston Churchill*

Congratulations Darcie Green!!!

*ARCC Advisory Board
Member, for being
appointed to the Santa
Clara County Board of
Education.*



Ocala Middle School Mentoring Program



**Become a Mentor
TODAY!!!**

cgroszhans@alumrockcc.org

Hello, I am Courtney Groszhans, ARCC's new **Volunteer Coordinator**. I am so happy to be working at Alum Rock Counseling Center! Before moving to San Jose I was in Louisville, Kentucky working as a volunteer coordinator with Adelante Hispanic Achievers, Inc. Adelante is a non-profit agency **serving 80 Latino students** who are considered "at-risk". When I was recruiting for volunteers at Adelante, I thought, "*What better people could be an example for our students than the agency's Board of Directors?*" Not only are they **successful leaders in the community**, they also **donate their time and skills** as members of a non-profit board. When asked to volunteer their time with the students, the board said "**YES!**". They engaged fully, role modeling all of the goals that Adelante wished their students to achieve. Through this partnership with the Board, I saw that individuals can make **a profound difference** in the lives of many. This idea is as true in Louisville, Kentucky as it is in **San Jose, California**.



Do you want to make a profound difference in a youth's life? Have you wondered how you can get involved? **Right now we need your help more than ever!** Not only are we starting our holiday giving programs, we currently have **40 students** at Ocala Middle School waiting to be mentored by compassionate individuals such as **yourself**. Our students are at a difficult point in their lives, and need a **positive role model** to guide them in the right direction. **Mentoring** is rewarding not only for the students but also for yourself, as **you can change a life for the better**. I know for myself, middle school was a tough time but I was lucky be surrounded by positive role models. Unfortunately, a lot of our **East San Jose** youth are not as lucky.

Speaking of our holiday programs...ARCC is again partnering with **Toys for Tots** and the **Family Giving Tree!** We will need volunteers to help us **wrap and distribute gifts** (*a very rewarding and amazing experience*) and to greet and help the families shop for items for their children. We also are looking for **donations** of wrapping paper, ribbon, scissor and tape to make more than 100 gifts for our families. The holiday time is not only about receiving presents but also **giving**, and **what better gift is your time?**



Here at Alum Rock Counseling Center, none of what we do is possible without the help of **volunteers** and the **support** of the **community**. Please get involved with our two **amazing**

ARCC WEBSITE



ARCC is proud to partner with:

Family Giving Tree



&

Toys for Tots



for our Holiday gift drive. To donate or volunteer email cgroszhans@alumrockcc.org

volunteer opportunities by becoming a **mentor** or a **holiday helper**. By donating a few hours of your time, you can be a part of something **bigger than yourself** and leave you with a feeling of happiness and accomplishment.



I would love to further discuss our mentoring and holiday programs with you, so give me a call today at **408-910-0446** or e-mail me at cgroszhans@alumrockcc.org. Also you can follow ARCC on our new **Facebook** page "Alum Rock Counseling Center ARCC" for more giving opportunities.

Like us on Facebook 

As they would say in Kentucky, Ya'll have a **great holiday season!**

Partners In Community

Sergeant Vanessa Payne #2817

"**Thank you ARCC** for your diligence in servicing the mental health community and your **commitment** to assisting the **San Jose Police Department**. Your **dedication** to this project has given our officers a **practical solution** when coming into contact with members of this community, when there were previously no favorable options. More importantly, numerous individuals, who either got lost in a system that cannot adequately meet their needs or who are not receiving services at all, **are now getting much needed assistance.**"

ARCC Special Feature

by Stephanie Demos Director of Development and Communications

Annual Holiday Fundraising Campaign to Launch

Nonprofits are unique in their ability to ask supporters to contribute to continuing programs and services that reflect **the mission of the organization** by making donations. Of course, as this is an election year, we are all too familiar with being asked to give money and time to support a candidate or cause. **ARCC's cause** has been the same since its inception nearly **40 years ago** - to foster healthy communities by increasing **family cohesiveness, school success and personal development** through **counseling, mentoring and life skills education** among high-risk youth in **Santa Clara County**. Who are our candidates? -
- the most vulnerable youth and families among our neighbors.



This campaign won't last long - **only seven weeks**, but what a difference it can make! **ARCC's Annual Holiday Fundraising Campaign** launches this month and your generosity can help

THANK YOU!!!

ARCC could not do our work without you



Fall 2012 Donors

Melissa Bickford
Elias Chamorro, Jr.
Patricia Chiapellone
Cisco Systems
City of San Jose - BEST
Jennifer Coleman, Esq.
Stephanie Demos
Wendy Drummond
Mike Hatam
Kaiser Permanente
Tushar Kothalkar
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Foundation
Tom McGovern
Bob Nunez
San Disk
Jason Sidhu
Bob Tolan
Andrea Urton-Hayward
Scott Whelton
United Way Silicon Valley



 Forward to a Friend

us continue to **change lives**. A tax-deductible donation to ARCC - **on line** or **by mail** - is an **investment** in the **youth of our own community**, in the **community itself**.

Did you know that less than 5% of our annual ARCC revenue comes from contributed income? This percentage represents **enormous potential**. Please consider kicking off this campaign with a gift - **in any amount** - either a one time or recurring



gift. Contact me at sdemos@alumrockcc.org or **408-240-0070 x108** to discuss options for giving. For a recent corporate workplace campaign we gave examples of what various regular contributions **can do**:

• \$20 per pay period can pay for up to ten 24/7 hotline interventions

with SJPD

- \$40 per pay period can help us keep up to twenty kids in school
- \$60 per pay period can enable us to host 30 6th graders in lunchtime Life Skills classes
- \$80 per pay period can fund summer activities for up to 90 middle school students
- \$100 per pay period can provide critical child-rearing education and coaching for 10 vulnerable families

I'm thankful for your support of ARCC!



ARCC Areas of Impact

1. Decrease at-risk and violent behaviors in youth and in the community.
2. Decrease system-dependent youth.
3. Sustain youth through elementary, middle and high school graduation and beyond.
4. Ensure all kids are kindergarten ready.

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