



January/February 2015 ENewsletter

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Alum Rock Counseling Center

CEO Corner

by Patricia Chiapellone, ARCC Chief Executive Officer

Life is not so much about beginnings and endings as it is about
going on and on and on.

It is about muddling through the middle.

~ Anna Quindlen

Beginning and endings ...
We ended 2014 with great
promise. And we have
begun 2015 with a
promising start.



The generosity of
individuals participating in
GivingTuesday and our
ARCC Year End Campaign
provided a terrific start to
the new year. January was a month of change with the launching
of an agency organizational development initiative instigated by
last year's Strategic Plan. This is an exciting time, an opportunity
to assess programs, services and structure. Most importantly, this
is a time to be sure that what we are doing and how we will
function in the future serves the aspiration of our five key Areas
of Impact:

1. Our youth and families have resources for overcoming behavioral health concerns including substance use and mental health challenge.
2. All of our kids are kindergarten ready.
3. Our youth graduate from middle school, high school and beyond.
4. Our youth and families are free from involvement with the justice and/or social services systems.
5. Our homes, schools and neighborhoods are safe - free of

Program Managers

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Veronica Gamboa

prevention & early intervention

Larry Hanville

children's services

Elisha Heruty

director of quality assurance and outcomes

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violence and dangerous behaviors.

When we say 'our youth, our families, our neighborhoods' we mean it. Like over 70% of ARCC staff, I live in a neighborhood designated a 'high risk zip code' by San José Police Department. Safety is not something we take for granted. Violence is, all too often, part of our current 'normal.' But with your continued support, we can change all of that and turn aspiration into reality.

The countdown has begun on one clear way to support the ARCC Areas of Impact ... Our **Annual Fundraising Luncheon** will take place on Thursday, March 12 at the Summit Center in downtown San Jose. If you've not yet reserved a table or purchased a ticket, I'd like to encourage you to do so. This is always an inspiring program and this year we will feature two seventh grade students from Ocala Middle School. Their stories will touch your hearts and vividly demonstrate the impact of ARCC programs and staff. Don't miss this opportunity to listen to these incredibly courageous students talk about how being mentored, counseled and heard is changing their daily lives and their prospects for the future.

(Sponsorships and ad space are still available until March 2nd, so if you'd like additional information, please contact Chief Development & Communications Officer Stephanie Demos at sdemos@alumrockcc.org.) **Our goal of the Fundraising Luncheon is to raise at least \$70,000 to support all ARCC programs and to introduce the breadth and depth of all this agency does to new friends and supporters - and with your help we will do just that.**

We're launching a new element this year - naming two **ARCC Super Role Models** who are keenly familiar with the challenges our clients face, yet have risen to become leaders in the community. Through an active social media campaign over the next four weeks you will learn more about these impressive leaders, yet what I am most excited about is that **Darcie Green** (Kaiser Permanente and the Santa Clara County Board of Education Trustees) and **Ricardo Benavidez** (Cisco) have agreed not only to be our first beneficiaries of this honor, but also to roll up their shirt sleeves and become involved with the students we support at Ocala. In the months to come they will meet with the students, help plan site visits, participate in the graduation ceremony and lead the committee to pick future Super Role Models. We are thrilled to have Darcie and Ricardo, who have both been longtime supporters of ARCC, represent us and inspire our young clients in this way.

You'll notice below an introduction of the new team delivering the Middle School Mentoring & Support Program. Under the supervision of **CSU Programs Manager Colleen Kleier**, this team has jumped in with eagerness and enthusiasm. Earning the trust of 90 adolescents - at a time in life most of us remember as incredibly challenging - is not easy task. Yet **Nitzya, Carlos and Celina** have done just that! One of our luncheon speakers was

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especially close to the previous team and cried many tears as life choices such as law school and equally meaningful work without a burdensome commute necessitated this change. Yet when asked about the new team she said, "**They are awesome! They listen to us and make it a safe place to share even the hardest secrets.**" Well done!

Allow me to brag just once more. The reputation of ARCC for the quality of services shines brightly and evidence of this is that in the most recent term to recruit LMFT Interns, we received over 300 resumes. There are 13 open spots and **Clinical Director Vicky Tamashiro** announced last week that we've engaged five new interns thus far - three bilingual Spanish speakers, one bilingual Tagalog speaker and a student who is a leader in the local LGBT community. I can't wait to meet everyone once the selection process is complete. This agency has come a long way since 1974 and we are grateful to all who contributed over the past four decades!

I'll close with a personal reflection on Anna Quinlen's quote, "Life is not so much about beginnings and endings as it is about going on and on and on." On January 28, **José Montes de Oca**, well known Chicano activist and local hero died. From the beginning, José left an indelible mark on our community and his name will forever be linked to Alum Rock Counseling Center. His tireless dedication to Chicano culture informs the agency's long standing reputation for programs that are culturally humble and linguistically accessible. In 1974 José helped to create an organization that today serves more than 6,000 clients each year. Today 76% of ARCC staff identify as Hispanic/Latino serving a client base in which 68% identify similarly; and more than 70% of both staff and our clients are bilingual Spanish/English speakers. Today we continue to offer services directly in the neighborhoods he championed. **José Montes de Oca is a vital part of the past, present and future of this agency and the work goes on and on and on.**

Hoping to see you on March 12th!

Thank you,

Patricia Chapellone

Mentoring & Support Program at Ocala Middle School

by Alma Mora (Development Assistant) & Nitzya Cuevas-Macias

We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas,

openness, dignity, joy, healing, and inclusion."
~ Max de Pree

Putting it all together

A new year always brings a degree of ambivalence -- high expectations, overflowing confidence and sometimes unremarkable goal-setting -- which prove overwhelming. However, in the Program at Ocala, we strive each and every day to provide positive, inspiring and reflective teaching moments to our students.

Our Team recently took more than a dozen students on a field trip to San José State University for a campus tour. While at SJSU, they also enjoyed men's basketball as the Spartans faced Fresno State. A huge THANK YOU! to John Poch of the SJSU Athletics Department for providing tickets to the game. For most of our students this was a first time visit to a college campus and the realization that SJSU sits virtually in their back yard was a wonder. One of our 8th graders said, "This was a lot of FUN! It's the first time I've ever been to a San José State sports game. Why didn't we come before?"



SJSU Class of 2020 perhaps



Go Spartans Go!



A new view of their hometown

Imagine what it's like to walk around a campus and to know that you, too, could go to college someday. It's safe to say, an entirely new view of their hometown and a world of possibilities opened up on this visit. The team hopes future field trips where students

have a chance to practice their interpersonal and positive communication skills will bring a sense of optimism and true motivation to each participant. This Program is about opening up the world and presenting possibilities instead of barriers. Slated for the future are a viewing of the movie "Spare Parts" with a debrief and discussion to follow. We'll also go on a hike underscoring the value of physical exercise. And because one of our team members is a UC Berkeley alum, we hope to make a trip to Cal and catch a women's basketball game.

Our Winning Team

Nitzya Cuevas-Macias is thrilled to be part of an amazing program where she can guide, advise, motivate, inspire and advocate for youth. Born and raised in Southern California, Nitzya moved to the Bay Area where she obtained her B.A. from the University of California, Berkeley double-majoring in History and Legal Studies. Go Bears! While attending Berkeley, Nitzya was involved in several student-run, non-profit organizations which fed her passion for social change, especially in young-adults. Since graduation, she has worked in the non-profit and education sectors because she believes that is where she can make the most important and impactful changes in our community, in our youth and in our families.



Leaving Evergreen Valley College with an A.A. in Administration of Justice, **Carlos Sanchez** took a position in the After-School programs as a stepping stone for a career in law enforcement. Yet, working with at-risk youth became his passion. Carlos' five years of experience within the Alum Rock and San José Unified School Districts included after school programs at three middle schools - Joseph George, Lee Mathson and Hoover. In the summer of 2014, Carlos graduated Basic Combat

Training for the United States Army and is a proud soldier. After training, Carlos returned to supervise and train new supervisors for after school programs. When the opportunity arose to join ARCC as a Case Manager working again within ARUSD, he could not resist. Carlos hopes to bring all of his varied experience to continue to serve at-risk students, now at Ocala Middle School. His goal is to deliver a high caliber program to enrich and empower youth for a better tomorrow.

Celina Chun is our new Volunteer Coordinator specifically chartered with recruiting, training and retaining mentors for the Program at Ocala. She was born and raised in the Bay Area and then moved to Hawaii for high school. Celina attended UC Merced and graduated with a B.A. in Psychology. Through AmeriCorps (with City Year and Citizen Schools), she has worked with at-risk youth within ARUSD for the past four years. Celina says working with these educational non-profits instilled a passion to help kids succeed and reach their full potential. She is excited to be at ARCC and is grateful for the opportunity to continue mentoring youth and serving her community.



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5. Our homes, schools and neighborhoods are safe - free of violence and dangerous behaviors.



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