

ARCC Programs & Services



Alum Rock Counseling Center

OUR MISSION: To heal families
and inspire youth to reach
their full potential.

OUR VISION:
Communities where help and support services
are accessible and prosperity is possible.

OUR VALUES:
Integrity
Helping Others
Respect
Diversity
Quality Work

ARCC Areas of Impact

ARCC was established in 1974 by committed community activists recognizing the need for culturally and linguistically competent support and services within some of the areas most challenged neighborhoods. Gangs, substance use, school failure, family violence and criminal activity are commonplace in the neighborhoods served by ARCC.

ARCC currently supports over 9,000 low-income, predominantly Latino (80%) youth and families annually throughout Santa Clara County, with primary emphasis in the East/Central San Jose area, one of the highest need regions in the county.

ARCC will work to ensure that:

Our youth and families have resources for overcoming behavioral health concerns including substance use and mental health challenges.

All of our kids are kindergarten ready.

Our youth graduate from middle school, high school and beyond.

Our youth and families are free from involvement with the justice and/or social services systems.

Our homes, schools and neighborhoods are safe—free from violence and dangerous behaviors.



Since 1974, ARCC has provided an extensive Continuum of Care to high-risk youth and families throughout Santa Clara County, which offer culturally and linguistically sensitive mentoring, life skills development, truancy reduction, mobile crisis response, therapeutic counseling, drug/alcohol services, case management, and child abuse/neglect prevention. Services are provided in homes, on 50+ school campuses, in the community, and in our clinic located in East San Jose with the goal of keeping our kids safe, in school and drug & violence free.

First 5

Serves children (0-5) and their families through a combination of Home Visitation, Therapeutic Services and Developmental Screenings. The program provides in-home screenings and assessments of infants and young children, geared towards early detection (and correction) of developmental disabilities, behavioral issues, and environmental stressors. The program also offers coaching and education for parents to foster parental self-efficacy and strengthen the caregiver-child bond.



Prevention & Early Intervention Services (PEI)

PEI is offered at identified local schools in partnership with the SCC Mental Health Department. The program targets high-risk youth and their families with the goal of preventing, reducing and eliminating mental health issues that may be inhibiting academic success and family wellness. Elements of the PEI Program are: strengthening families workshops/groups, social skills building classes, case management, resource linkages, outreach, behavioral interventions & support, and individual/family therapy in schools, communities and in homes.

Middle School Mentoring & Support Program

Aims to empower youth ages 11-14 to avoid high-risk behaviors such as crime, drug use, adolescent pregnancy & truancy. Students participate through 6th, 7th and 8th grade receiving mentoring, life skills classes, academic tutoring, case management, therapeutic services as well as a specific curriculum proven to reduce tobacco, alcohol, and other drug use. Parent engagement is a key factor. Referrals to the program are made by parents, teachers, counselors and/or school administrators.

ARCC Embraces the Youth Who Need Us the Most

Crisis Intervention and Prevention Services for Youth (CIPY)

Offered in collaboration with law enforcement with the goal of preventing youth from becoming involved with (or further penetrating) the juvenile justice system. The program includes life skills classes, pro-social activities, college tours to local community colleges and universities and other enrichment opportunities. Services are delivered through support groups, 1 to 1 case management and linking to other services.



ARCC has provided **Status Offender Services (SOS)** in Santa Clara County to youth and families since the program's inception in 1978. It has two components:

Mobile Crisis Triage & Response

Provides immediate, 24/7 in-person or over-the-phone crisis counseling and intervention for youth (6-17) in Santa Clara County who are experiencing a mental health crisis. Trauma-informed, culturally sensitive crisis counselors provide risk assessments (including assessment for 5150 holds), safety planning, and referrals to community based mental health services. The program also provides mental health education & workshops in the community.

SOS Aftercare Counseling provides free short term (average 3-6 months) clinic-based and community-based behavioral/mental health services for youth (6-17) to help them restore and maintain healthy and safe day-to-day functioning in school, the community, and at home through trauma-informed, culturally-sensitive practices. Services can include assessment of risks and needs, individual and/or family therapy, parenting education & support, coordination with schools, and linking families to resources.



Substance Use Prevention Services (SUPS)

A community based program that provides education and information dissemination on substance use and prevention. SUPS provide services at tabling events, community presentations throughout Santa Clara County, and life skills classes for 3rd to 10th grade students using the Botvin curriculum.

Truancy Abatement Services (TABS)

A school-based program which promotes school achievement for high-risk high school students by removing and addressing barriers to school attendance such as learning disabilities, family violence, and socioeconomic stressors. Clients are referred by school staff and the San Jose Truancy Dept.

Parent Advocate (PA) Program Supports parents who have an active Family Reunification (FR) case open through Department of Family and Children Services. Counselors work with families as they reunite with their children (ages 0-17) to ensure they have the skills and access to resources to have a successful reunification. Services are offered for the entire length of their FR case and up to 30 days after the status changes to Family Maintenance.

Counseling Internships

ARCC provides internship opportunities for MFT and ASW students enrolled in practicum classes at local universities. Individual and group supervision per BBS guidelines is provided by licensed clinicians. The Program helps to prepare tomorrow's mental health practitioners to better understand and support the special needs of high-risk, disenfranchised individuals by providing diverse, holistic training opportunities in homes, schools, clinics, one-on-one, and in group settings.

EVIDENCE BASED PRACTICES

Botvin Life Skills Curriculum

Brief Family Strategic Therapy (BFST)

Cognitive Behavioral Therapy (CBT)

Motivational Interviewing

Parent Child Psychotherapy

Strengthening Families

Systematic Training for Effective Parenting Curriculum (STEP)

Trauma Focused Cognitive Behavioral Therapy

Triple P Positive Parenting Curriculum

Utilized individually or in combination by ARCC programs

School-Linked Services (SLS) Supports 1st-8th grade students in the Alum Rock Union and Mt. Pleasant School Districts. The program provides risk assessment, individual and family therapy, development of healthy coping skills & social skills, crisis intervention and case management. Services are delivered in schools as well as community settings. The goal of SLS is to increase school engagement, attendance, and achievement; decrease at-risk behaviors, and promote healthy natural support systems and healthy families.

Therapeutic Behavioral Services (TBS) are available for youth (0-21) who need behavioral support in addition to other mental health services that they are receiving, and youth who are at risk of moving to a higher level of care and/or being hospitalized because of their behavioral issues. Multiple hours of treatment per week can be provided as needed to stabilize targeted behaviors. This treatment is a coaching model that always includes the caregiver.

Outpatient Services Serves youth (ages 6-21) with serious emotional disorders, including those suffering from severe anxiety, history of depression, and trauma. Services are provided individually 1x (or more) per week, primarily clinic-based but also in the community, homes, and schools. Psychiatric and/or medication support are available as needed.



Help us “grow” the leaders of tomorrow by inspiring the youth of today.

If you are interested in becoming a mentor, please sign-up on our website (www.alumrockcc.org) or call (408)-294-0500.

I can provide the basics—shelter, safety, food—but my son connects with his mentor in a special way.”

- Grateful father of a mentored youth



Alum Rock Counseling Center

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