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CEO Corner

by Patricia Chiapellone, ARCC Chief Executive Officer

*"A mentor empowers a person to see a possible future,
and believe it can be obtained."*

~ Shawn Hitchcock

January is National Mentoring Month, and at Alum Rock Counseling Center we are celebrating the importance and benefit of youth mentoring. National studies show that at-risk youth who have been involved in a positive mentoring experience have increased high school graduation rates, healthier relationships, better lifestyle choices, improved behavior both at home and at school, and improved school attendance and academic achievement.

While research proves having a mentor can have a power effect on a child, it is the real life stories that best demonstrate the transformation that can take place when an adult cares and makes a commitment to the mentoring of a child. Carlos is a 6th grade student currently attending the Ocala Middle School Mentoring & Support Program (OMSMSP) at Ocala STEAM Academy. Carlos was referred to the program by the Ocala administration for his poor social skills, lack of communication skills, and declining grades. During the intake session, Carlos' father requested academic support.

Carlos attends Group Mentoring every Thursday after school, where he receives tutoring followed by an enrichment activity. In Life-Skills, held every Tuesday during lunch, the OMSMSP Counselor provided tools to develop social and communications skills. The OMSMSP Counselor taught Carlos basic social skills in order to develop successful interpersonal relationships such as how to start a conversation, interaction with others, and planning social activities. In addition, the OMSMSP Counselor supported Carlos with his progress in speech therapy and provided tutoring sessions three times a week. (One being mandatory).

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The mentoring program has helped Carlos expand his goals and realize his aspirations, while the enrichment activity gives students the opportunity to work in teams to achieve a team goal while having fun. Carlos finds it fun to use his new found social and communication skills during the enrichment activity to work with others. His teachers have reported that Carlos has improved in his class work effort by completing more assignments which will result in better grades. The OMSMSP Counselor keeps in constant communication with Carlos' father as Carlos continues to benefit from the program. His father stated that he is appreciative for the program's services.

Mentoring can make a difference in modeling positive behaviors and encouraging youth to achieve higher education. As you will learn in our Mentor Spotlight below, Alex is now a mentor who values mentoring because it made a difference in her life when she was younger, and participating in a program as a mentee. As a first generation college graduate, being part of a mentoring program helped her to realize she could reach her higher education aspirations. Now, she is paying it forward as a mentor for Alum Rock Counseling Center.

If your new year's resolution was to give back to the community and make a difference in someone's life, I encourage you to look into our Ocala Middle School Mentoring & Support Program and become a mentor for at-risk youth. (We are in special need of male mentors.)

Lastly, I am excited to announce ARCC's 2016 Annual Fundraising Luncheon Unmasking the Potential in Today's Youth, is scheduled for April 7, 2016 at the Mexican Heritage Plaza. Our amazing Luncheon Planning Committee consisting of Anna Cruz, Meri Maben, Nivisha Mehta, Rupali Jain, Melinda Chacon, Darcie Green, Alma Mora, Celia Moreton and myself are excited to invite you to join us as we honor Girish Shah, Community Volunteer and Magdalena Carrasco, San Jose City Council, District 5 as our 2016 Super Role Models and Jolene Smith, First 5 Santa Clara County as our 2016 Community Hero. We hope you will celebrate with us the important contributions each of these individuals have made in the lives of our children and their families.



Thank you,

Patricia Chapellone

Mentor Spotlight - Meet Alex!



"Every child deserves a champion - an adult who will never give up on them, who understand the power of connection, and insists that they become the best that they can possibly be."
~ Rita Pierson

Alexandra Gonzalez has been a mentor with Alum Rock Counseling Center since January 2011. She holds a Masters in Clinical Psychology/Marriage and Family Therapy (MFT) and currently works providing therapy and services to elementary, middle, and high school students at the Gonzales Unified School District. Since she's been a mentor with ARCC, she has mentored 5 youth.



How did you hear about the ARCC mentoring program?

I learned about ARCC's mentoring program when I was applying to Graduate Schools. I believe it was at a Santa Clara University Information Night. Upon learning about the program, I knew I wanted to give back and be a mentor.

What inspired you to be a mentor?

Mentoring is near and dear to my heart. Growing up, I had a mentor through an organization called Hermanitas. The Hermanitas program had several elements that helped and inspired young Latinas, very similar to the Ocala Middle School Mentoring & Support Program. The main components of the program included mentoring, college outreach, outings, as well as other resources such as an annual conference in Washington DC where we met the Treasurer of the United States and other women in Leadership.

Also, as a first generation college graduate I didn't have anybody in my family to model the college experience for me. This is where having a mentor really made a difference in my life. I wanted to provide that opportunity and difference for youth at Ocala.

What do you enjoy most about mentoring?

Getting to know the student and their families has been a great experience for me. Building a relationship with the student's family and gaining their trust has been very rewarding.

What do you do with your mentee?

My mentee and I participate in activities and events that interest her, such as having ice cream and yogurt, experiencing new food, going to the movies, and we talk on the phone and text on a regular basis, all while providing my mentee with support and encouragement to reach her goals and aspirations. We've also been to the beach in Carmel, and I gave her a tour of the NDNU campus. Together we have attended many events arranged by ARCC such as ice skating, Disney on Ice, California Academy of Sciences, and sporting events.

I've also showed her where I work and explained to her what I do. I've tried to show her my everyday life in Monterey County. I think it's as important that she gets to know me as I get to know her.

Do you have any advice for future mentors?

I would just say to give mentoring a try! It's amazing and it's a great experience being able to be a role model to the students. Also, take advantage of the opportunities and free events that ARCC provides for mentors and mentees, like tickets to sporting events and outings. Celina is great at communicating and arranging opportunities for you and your mentee.

**CHANGE A LIFE... BECOME A MENTOR
TODAY!**

Teach me. Believe in me. Mentor me!

The Middle School Mentoring and Support Program at Ocala Middle School is seeking caring, committed adult volunteers to mentor our youth!

⌚ TIME COMMITMENT:

One Academic Year
6 Hours a Month (combination of phone calls, in person, group activities, etc.)
Submit Monthly Report Online

✓ SAFETY REQUIREMENTS:

Application with References
DOJ Fingerprinting (Reimbursable \$10)
IntelliCorp Background Check
TB Test
Must be at least 18 years of age
Proof of Driver's License*
Proof of Auto Insurance*
DMV online record (reimbursable \$2)*
*only required if you are planning to drive your mentee



FOR MORE INFORMATION OR TO SIGN UP CONTACT:
CELINA CHUN 408-294-0500
mentors@alumrockcc.org 408-910-0446 cell

www.alumrockcc.org

MENTORS help their mentees seek out positive role models and safe recreational activities. They help youth realize their full potential and influence them to make healthier choices that lead to physical, social and emotional wellness. Sign up today!



The Ocala Middle School Mentoring and Support Program at Ocala STEAM Academy is in need of Mentors for the 2015-2016 school year. The goal of Alum Rock Counseling Center's Ocala Mentoring Program is to pair 60 at-risk middle school students who attend Ocala Middle School in East San Jose with mentors in order to improve their academic and future success by offering specialized one-on-one mentoring.

Mentors help their mentees seek out positive role models and provide them safe recreational activities. They help youth realize their full potential and influence them to make healthier choices that lead to physical, social and emotional wellness.

Our wonderful Volunteer Coordinator, Celina Chun helps match youth with mentors for the program as well as support mentoring relationships. Our mentoring program is unique in that we match mentors with mentees for a year-long commitment, which we expect at least 6 hours of mentoring to happen a month. You and your mentee schedule time to talk or meet up; it is not a structured time that the program sets.

We are in dire need of mentors, and especially those who have

come from similar backgrounds and communities as our students and families. This would be a great opportunity for those interested in giving back to the community, working in an educational mentoring setting, and in a district in which our students and families really deserve the resources to succeed, but are not always provided for them.

We would greatly appreciate it if you could share this opportunity with your fellow alumni, friends and family. For more information feel free to contact Celina Chun at cchun@alumrockcc.org or (408) 910-0446.

2016 ANNUAL FUNDRAISING LUNCHEON



Please join us to honor the following community role models for their service and commitment to our community.

2016 Super Role Models

Girish Shah

Community Volunteer, treasurer and director of the Silicon Valley Interreligious Council (SiVIC), director of Carry the Vision, among others. He has been a dedicated supporter of ARCC financially and programmatically. He is the founder and sole support for the last of the Ocala Middle School Mentoring and Support Incentive Program for the past five years.

Magdalena Carrasco

District 5, San Jose City Councilmember Magdalena is the daughter of immigrant cannery workers and the first member of her family to graduate high school and college. Magdalena has dedicated her life to public and civic service. She has served as a trustee on the East Side Union High School Board. In addition, she was appointed by Governor Jerry Brown to serve on California's First Five Commission as a Family and Child Advocate and to serve on the State Advisory Council on Early Learning and Care. Prior to her election to the city council, she worked at the Santa Clara County Department of Family and Children Services for 10 years.

This year, we will also introduce the Community Hero award to a community representative of a community organization who has had a significant impact in the success of ARCC.

2016 Community Hero

Jolene Smith

CEO FIRST 5 SANTA CLARA COUNTY

Chief Executive Officer at FIRST 5 Santa Clara County is dedicated to ensuring that the healthy development of our youngest children is viewed as a high priority in the county. Jolene has engaged and united the community through strategic partnerships and collaborations to tackle challenging issues such as children's health insurance, early literacy, high-quality early education, screening and assessment for developmental delays, model court programs, and a cross-disciplinary, cross-sector community of learning. Under her leadership, FIRST 5 has worked closely with policymakers and elected officials at the federal, state, and local levels to create the necessary change in our laws and in our politics to improve the lives of the people in the community.

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Giving back to your favorite charity has never been easier. Next time you shop online be sure to checkout with AmazonSmile. Here's what you do: When you make an online purchase via Amazon, just begin with AmazonSmile and select ARCC. Amazon donates 0.5% of the price of eligible AmazonSmile purchase ... and those 0.5% gifts can add up.

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AREAS OF IMPACT

Alum Rock Counseling Center will work to ensure that:

1. Our youth and families have resources for overcoming behavioral health concerns including substance use and mental health challenges.
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 dependency on the justice and/or social services systems.
5. Our homes, schools and neighborhoods are safe - free of violence and dangerous behaviors.

Alum Rock Counseling Center, Inc., 777 North First Street, Suite 444, San Jose, CA 95112

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