Join Alum Rock Counseling Center in Saving & Transforming Young Lives

Trauma. Academic Failure. Poverty. The issues are complicated, intertwined, and enduring. They impact every aspect of mental, physical and emotional well-being. Without proper healthcare, guidance, and support, the cycle repeats ... often for generations.

In arguably one of the wealthiest regions in our nation, youth and families all around us are struggling to survive. For years, the neighborhoods of East and Central San José have experienced the highest rates of crime and gang activity in the county. Our schools report the lowest test scores and the highest dropout rates. Homes and neighborhoods often contain substance abuse and violence. Language barriers, limited education, & low wages impede access to much needed support. And poverty—at the root of it all—makes it almost impossible for things to change. In 2020, these same communities are suffering the highest rates of COVID, struggling to pay rent & buy food, and often lack adequate internet and technology for distance learning.

For 46 years, Alum Rock Counseling Center (ARCC) has helped the most at-risk youth and families in Santa Clara County in breaking the cycles of trauma, academic failure, and poverty. By offering recovery partnerships that are empathic, hopeful, integrated, and strengths-based, ARCC allows our youth to choose a different path and reclaim their lives.

Help ARCC build hope & better tomorrows.
The Odds Stacked Against Our Youth & Families Are **Overwhelming**.

**Poverty**
- Child poverty rates in California are highest for Hispanic (24.2%) and Black (28.6%) youth
- Immigrants are 1.5X more likely to live in poverty than non-immigrants
- California’s immigrant youth lag behind their non-immigrant peers at every stage of education with the lowest rates of high school completion among Latino youth (43%)

**Academic Failure**
- Over 75% of chronically absent elementary students are low-income
- 83% of chronically absent kindergartners and 1st graders are unable to read on-level by 3rd grade
- Students who don’t read proficiently by 3rd grade are 4X more likely to drop out of school
- Not completing high school is the single greatest predictor of poverty

**Trauma**
Among the most serious juvenile offenders in the justice system:
- 50% suffer from mental illness
- 75% experienced trauma
- 80% regularly witnessed violence
- Nearly 2/3 never return to school

*Trauma impacts concentration, the ability to listen to what the teacher is saying, to understand what you’re reading, to remember something that you learned or what the teacher just said. Not only that, many traumatized students live in a state of constant alarm. Innocent interactions like a bump in the hallway or a request from a teacher can stir anger and bad behavior.*

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*–Susan Ko, National Center for Child Traumatic Stress*
In the midst of their struggles, **ARCC is there**...

**Through a Range of Prevention & Early Intervention Services, ARCC Keeps Youth Safe, In School, and Drug and Violence Free**

In 2019-20, ARCC Supported:
- 346 youth and their families at high risk for mental illness and associated academic failure
- 340 caregivers of young children (age 0-5) in high risk circumstances such as pregnant/parenting teens, immigrant/monolingual caregivers, and low-income families
- 7,260 students at risk for substance use, delinquency, and/or school failure/dropout.

**Through a Variety of Programs Offering Deep Intervention & Recovery Support, ARCC Provides Hope, Guidance, and New Beginnings**

In 2019-20, ARCC Served:
- 365 youth (age 6-21) and families at risk for (or already engaged in) active crisis situations
- 155 youth with serious emotional disorders
- 157 parents with an open custody case through the Department of Family & Children Services attempting to reunite with their children

**ARCC Stands For:**
- Love and support for every child
- Guidance and resources for every parent
- Resiliency, recovery, wellness, and success
- Good health as a given/right, not a privilege
- Better health. Better care. Lower cost

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**ARCC’S MISSION**

To heal families and inspire youth to reach their full potential

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**Our UNIQUE DELIVERY MODEL is at the heart of our success:**

We serve those most in need in San José
- 4 highest risk zip codes, 3 highest need school districts, 94% ethnically diverse (predominantly Latino),
- 12,000+ youth and their families annually

Providing services where youth & families feel most comfortable and safe
- 50+ different schools plus in homes, in the community, and now via telehealth

In a language and in a way our youth and families understand
- ARCC’s staff is 86% ethnically diverse (74% Hispanic/Latino) and 74% bilingual

Providing an extensive collaborative of care
- ARCC is well-networked, trusted, and Medi-Cal certified... if we can’t directly help our youth and families, we connect them with others who can, including over half dozen of the most well-respected community-based organizations in the South Bay & top notch government agencies and programs.
The Accomplishments of Our Youth and Families Are Inspiring

**Healing Trauma And Mental Illness**
With **PARENTS** seeking reunification with their children following a child abuse or neglect referral:

- 95% felt they had the tools and resources to maintain their child’s safety and prevent re-entry to Department of Family and Children’s Services

With **YOUTH** demonstrating unsafe and/or self-harm behaviors:

- 100% improved in all need areas, including suicide risk, intentional risk-taking behavior (i.e., placing them at risk for physical harm or death), and/or being a danger to others through physical aggression/homicidal ideation.

**Eliminating Academic Failure**
With **MIDDLE SCHOOL STUDENTS** identified as most likely to fail and/or drop out of school:

- 100% had no suspensions
- 42% earned a place on the Honor Roll
- 100% of 8th graders, who were enrolled for all three years of the program, graduated from middle school.

**Overcoming High Risk Behaviors & Cycles of Poverty**
With **HIGH-RISK and TRUANT YOUTH**:

- 100% who were missing two or more days of school per week improved their school attendance.
- 83% with moderate or severe school behavior issues demonstrated improvement to behaving well or with only minor problems.
- 81% reported not drinking alcohol or smoking cigarettes within the previous 30 days.

Please help us in helping our youth to be eager and ready to learn, to stay in school, to be healthy and connected to resources, and to believe that their hopes for a better life can become reality. Your donation in any amount helps bring them one step closer to realizing their dreams.

**Your donation in any amount can help make our kids and our communities whole.**

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**Break The Cycle.**