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.
EVIDENCE BASED PRACTICES

Since 1974, ARCC has provided an extensive Continuum of Care to high-risk youth and families throughout Santa Clara County, which offers 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 Supports children (0-5) and their families through a combination of Home Visitation and Therapeutic Services. The program provides services in various convenient locations and are geared towards early detection of developmental delays, behavioral issues, and environmental stressors that can impact a child's overall mental health. The program also offers coaching and education for parents to foster parental self-efficacy, strengthen the caregiver-child bond, promote healthy expression of emotions and nurture their child's development in all areas.

Prevention & Early Intervention Services (PEI) – PEI is offered at identified local schools in partnership with the Santa Clara County 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. Examples 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.

Parent Advocate (PA) Program Supports parents who have a Family Reunification (FR) case open through the Department of Family and Children Services. Parent Advocates work with families as they navigate the child welfare system and their court-ordered case plan to ensure they have the skills and access to resources to have a successful reunification with their children. Services are offered for the entire length of their FR case and up to 3 months after the status changes to Family Maintenance.

ARCC Embraces the Youth Who Need Us the Most

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, disaffected individuals by providing diverse, holistic training opportunities in homes, schools, clinics, one-on-one, and in group settings.

Truancy Abatement and Burglary Suppression Services (TABS) A school-based program, which promotes school achievement for high-risk students by removing and addressing barriers to school attendance and connectedness such as learning disabilities, family violence, and socioeconomic stressors. Youth who are deemed truant and/or chronically absent are referred for case management and other support services by schools, community partners, and the San Jose Police Department. TABS currently serves elementary, middle, and high school students in San Jose schools.

Outpatient Services Serves youth (ages 6-21) with serious emotional disorders, including those suffering from severe mental illness, depression, schizophrenia, 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 services are available as needed.

Middle School Mentoring & Support Program Aims to empower young ages 11-14 to avoid high-risk behaviors such as crime, involvement in gangs, drug use, adolescent pregnancy & truancy. Students generally participate from 6th-8th grade receiving academic, emotional and social support through mentoring, case management, and life skills groups that teach a specific curriculum proven to reduce tobacco, alcohol, and other drug use. Family support and linkage to resources are also key program components. Referrals are made by caregivers, schools, and self-referrals.

School-Linked Services (SLS) Supports 1st-8th grade students in the Alum Rock Unified School District. The program provides risk assessment, individual therapy, family therapy, and case management. The program helps youth develop healthy coping skills and social skills. 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) Serves youth (6-21) who need behavioral support in addition to other mental health services. The program helps youth who are at risk of moving to a higher level of care or at risk of 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.

Substance Use Prevention Services (SUPS):

A community based prevention program that provides information dissemination and education throughout the County of Santa Clara to adults and youth. SUPS attempts to prevent the onset of substance use and/or limit the development of problems associated with alcohol and other drugs. Services include tabling events, community presentations, and life skills classes for 3rd to 10th grade students using the Botvin LifeSkills Training curriculum.

Substance Use Prevention Services Alternative Activities (SUPS-AA) / Elevate: Community based prevention programs for youth throughout the County of Santa Clara. Provides positive, alternative activities that are fun, supervised and structured so youth have constructive and healthy ways to use their time and learn life skills as well as help youth avoid situations that encourage the use of substances and risky decision-making. Prevention Specialists provide enrichments and field trips such as video games, arts and crafts, sports, outdoor games, self-care, and mindfulness.

Social Emotional Academic Services (SEAS)

Supports youth attending Latino College Preparatory Academy (LCPA), Luis Valdez Leadership Academy (LVLA), and Roberto Cruz Leadership Academy (RCLA). The program provides individual therapy, family therapy, case management, and risk assessment to participating students. The program strives to enhance social emotional wellness of youth while helping decrease at-risk behaviors. The goal is to increase school attendance, engagement, and achievement.

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Provides in partnership with Stanford University and Santa Clara County Behavioral Health Department, dlcc will offer two youth drop-in centers (one in Palo Alto and one in San Jose) which are designed to address the mental/behavioral health needs of youth (ages 12-25) regardless of insurance or immigration status. The program will employ a peer support specialist model, in which individuals who have lived experience with mental health challenges are trained to use that experience to help others. In addition to mental health services, youth can also receive support with employment, education, and general health/wellness.

EVIDENCE BASED PRACTICES
Botvin Life Skills Training Program
Brief Family Strategic Therapy (BFST)
Cognitive Behavioral Therapy (CBT)
Motivational Interviewing
Parent Child Psychotherapy
Strengthening Families
Systematic Training for Effective Parenting Curriculum (STEPC)
Trauma Focused Cognitive Behavioral Therapy
Triple P Positive Parenting Curriculum
Utilized individually or in combination by ARCC programs
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