

# Alum Rock Counseling Center 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

Since 1974, Alum Rock Counseling Center (ARCC) has worked with low-income, predominantly Latinx (85%) youth and families in some of the most underserved communities throughout Santa Clara County, with a focus on their founding region of East San Jose. In neighborhoods and schools where gangs, substance use, school failure, family violence and criminal activity can be commonplace, ARCC is committed to providing mental health counseling and educational support to youth and caregivers who otherwise might struggle to afford quality care.

Today ARCC serves 11,000+ individuals annually, providing culturally and linguistically sensitive support in homes, in 30+ schools, out in the community, via telehealth and in our clinic located in East San Jose. The agency's overarching goal is to keep high risk youth safe, in school and drug and violence free.

### 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.



First 5

First 5 serves children ages (0-5) and their families through either stand-alone or combined Home Visitation and Therapeutic services to best meet the unique needs of families. Services are provided in various convenient locations and are geared towards early detection of developmental delays, addresses behavioral/emotional issues, and identifies 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. Elements of the PEI Program are: strengthening families workshops/groups, social skills building classes, case management, resource linkages, parent/caregiver support, parent workshops, outreach, behavioral interventions & support, and individual/family therapy in schools, communities, and in homes.

allcove™ Palo Alto

allcove™ is developing an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services. allcove™ centers welcome young people ages 12 to 25, providing a unique space for them to access a range of services including mental health and physical health with an emphasis on sexual reproductive health, substance use prevention, peer support, family support, and supported education & employment services. ARCC staff currently provide peer support services and supported education & employment services for allcove™ Palo Alto.

Downtown Youth Wellness Center (DYWC)

The Downtown Youth Wellness Center (DYWC) in San Jose is a safe and welcoming drop-in center that serves young people ages 12-25, helping them navigate and access services across systems. The DYWC provides

ARCC Embraces the Youth Who Need Us the Most

space for activities and learning, and a place to socialize and just “be”. Services include peer support & mentoring, social activities, psychoeducational activities, employment & education support, linkage to medical and clinical support, and behavioral health (same day access). The DYWC offers a space to relax, study, read, play games, do laundry, have a hot meal, and more. The center accepts walk-ins and services are free.

Mentoring and Wellness Program (MWP)

MWP is a school-based program that aims to empower at-risk middle school students and high school students in San Jose to avoid unsafe/high-risk behaviors such as crime, involvement in gangs, drug use, adolescent pregnancy & truancy, which can contribute to school failure and school dropout. Students receive academic, emotional and social support through mentoring, case management, and life skills groups, which use an evidence-based curriculum to help youth build critical skills such as communication, decision-making, drug resistance, time management, managing emotions, and how/where to access needed support. Family engagement/support sessions, pro-social activities, and linkages to community resources are also key program components. Referrals are made by caregivers, schools, community partners, the San Jose Police Department and by students themselves.

Parent Advocate (PA) Program

PA supports families, who have an open court-ordered or voluntary case with the Department of Family and Children Services (DFCS), as they navigate the child welfare system and work towards self-sufficiency and assuming maximum responsibility for their family's well-being. Parent Advocates have lived experience of successfully going through the reunification process themselves. They support families with their case plan to ensure they have the skills and access to resources to have a successful reunification with their children. Services are time limited and up to a maximum of 18 months.



Cultural Broker (CB) Program

CB aims to decrease disproportionality and increase well-being among at-risk children and families by facilitating communication and understanding between families, the Department of Family and Children Services (DFCS), and Juvenile Probation Department (JPD). Cultural Brokers have a cultural understanding and sensitivity of the Latinx community, and provide clients with individualized support, education, and resources as they navigate their involvement with DFCS/JPD. Through addressing challenges, facilitating communication, and creating partnerships, Cultural Brokers support families to better understand the DFCS and JPD risk/safety issues and help children remain safely with their families. Services last a minimum of 2 months to a maximum of 13 months depending on case type.

Counseling Internships

ARCC provides internship opportunities for MFT/PCC 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.

School-Linked Services (SLS)

SLS supports 1st-8th grade students in the Alum Rock Unified School District. The program provides risk assessments, 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. It is also our goal to decrease at-risk behaviors, promote healthy natural support systems and healthy families.

EVIDENCE BASED PRACTICES

- Botvin Life Skills Training Program
- Brief Family Strategic Therapy (BFST)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Seeking Safety
- Child Parent Psychotherapy (CPP)
- Strengthening Families
- Systematic Training for Effective Parenting Curriculum (STEP)
- Trauma Focused Cognitive Behavioral Therapy
- Triple P Positive Parenting Curriculum
- Wellness Recovery Action Plan (WRAP)

Utilized individually or in combination by ARCC programs

Social Emotional Academic Services (SEAS)

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. SEAS strives to enhance social emotional wellness of youth while helping decrease at-risk behaviors. The goal is to increase school attendance, engagement, and achievement.

Therapeutic Behavioral Services (TBS)

TBS serves youth (0-21) 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, losing home placement, 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 (OP)

OP serves youth (ages 6-21) with severe emotional disorders, including those suffering from anxiety, depression, and trauma. Services are on a continuum of care from Wellness Level clients to Intensive Outpatient clients, thus services provided can range from check-ins to ensure clients remain stable or if needed up to 2x weekly for a high level of care. These services are primarily clinic-based but also take place in the community, homes, and schools. Psychiatric and/or medication support services 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 at our website ([www.alumrockcc.org](http://www.alumrockcc.org)) or  
call (408) 294-0500.

*“My favorite part of the program is  
talking to my mentor. I am grateful he  
believes in me when others don’t.”*

- Mentoring program participant, age 12



### Contact Us

1245 East Santa Clara St, San Jose, CA 95116

Phone: 408.294.0500

Fax: 408.294.2451

Email: [info@alumrockcc.org](mailto:info@alumrockcc.org)

Website: [www.alumrockcc.org](http://www.alumrockcc.org)



The Center at Sierra Health Foundation  
Santa Clara County Board of Supervisors  
Cardenas Market Foundation  
Rotary Club San Jose Silicon Valley  
San Jose City Council

