



Alum Rock Counseling Center *2022-23 Annual Report*

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Alum Rock Counseling Center



@AlumRockCounselingCenter ARCC

In their own words: What youth find most helpful about ARCC's programs

"MY COUNSELOR
CREATES A SAFE
SPACE TO SHARE MY
FEELINGS WITHOUT
FEAR OF JUDGMENT
OR REJECTION."

*"My counselor helped me develop
more confidence and self-love."*

"One of the most valuable things I learned
is how to manage my time efficiently and
effectively so that I always get my school-
work done on time."

*"I am proud that I am
managing my anxiety by
using positive affirmations
to get me through
stressful days."*

*"I am proud that I have
been able to strengthen the
bond with my family. We
communicate better, spend
more time together, and have
trust with one another."*



"THE MOST IMPORTANT LESSON I LEARNED IS THAT EVERY
ACTION HAS A CONSEQUENCE AND MIGHT AFFECT YOUR
FUTURE, SO YOU NEED TO BE CONSCIOUS OF EVERYTHING
YOU'RE DOING.."

"The only reason I look forward to Friday at school is
being able to come to the group meetings."

*"I enjoy having a safe, friendly
space where I can get away from
my hectic house. I love coming
in to meet my peer support and
drink hot tea together."*

**"I can now see living my life
without needing to rely on
substances to cope with my
anxiety. I am excited about
my future."**

A Message from our CEO



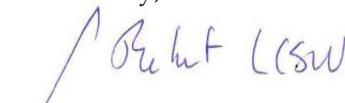
On behalf of the staff, volunteers, and partners of Alum Rock Counseling Center (ARCC), we thank you for helping us support some of the most vulnerable children, youth and families in our community, as together we face the new challenges and realities of behavioral health care in our post-pandemic world.

Last January, Supervisors Susan Ellenberg and Otto Lee called attention to a county (and national) mental health crisis. This crisis is not new, but it grew during the pandemic, and is particularly evident and growing among our teens. A recent study shows that 57% of girls felt sad or hopeless. Suicide is now the second leading cause of death among youth aged 15-24, and 20% of high school students report serious thoughts of suicide. That number is higher for LGBTQ teens: 45%. In a world that appears to be more connected through technology, young people are increasingly feeling more disconnected.

There is no single reason, but there is a lot we can do. The staff and volunteers at ARCC welcome and connect with children, youth and families every day, appreciating the unique value of every person, encouraging healthy relationships, teaching life skills, working through trauma, taking field trips, and having fun together. We meet together in schools, homes, our clinic, partner agencies: wherever it works for the 11,000 kids and families we serve every year.

We can't do this alone. Today, I thank you for your part in helping ARCC to achieve our mission: *"To heal families and inspire youth to reach their full potential."*

Sincerely,


Steve Eckert, LCSW
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Who We Are...

Mission

*To heal families and
inspire youth to reach
their full potential.*

Vision

*Communities where
help and support
services are
accessible and
prosperity is
possible.*



Alum Rock Counseling Center

Values

- Integrity
- Helping Others
- Respect
- Diversity
- Quality Work

Guiding Principles

Leading with Compassion & Empathy

We honor and hold with mindfulness the traumas and struggles of our colleagues and those we serve, and meet youth and families where they feel safe – culturally, linguistically, and physically – including in their homes, schools & out in the community.

Demonstrating a Culture of Service & Care

We show up for our youth, families and one another, with kind hearts, good spirit and a genuine desire to help.

Nurturing Hopes & Strengths

We aim to empower and uplift youth and families, by focusing on their strengths and tapping into their unique visions and possibilities for their futures.

Rooted in Community

Our service providers often come from and are committed to giving back to communities who face barriers in accessing quality care, with a focus on Latinx youth & families in our founding region of East San Jose.

ARCC PROGRAMS

Outpatient Services (OP): A clinic-based program serving youth with serious emotional disorders, including mood, severe anxiety, history of depression, and trauma-based disorders.

Therapeutic Behavioral Services (TBS): An adjunct service that supports children who are at risk of moving to a higher level of care and/or being hospitalized because of their behavioral issues.

Ocala Mentoring Program (OMP): Empowering youth ages 11 - 14 to improve their futures through mentoring, academic support, 1:1 case management, life skills training (including communication, decision-making & resisting drugs/alcohol) and pro-social engagement in their communities.



School-Linked Services (SLS) and Social Emotional Academic Services (SEAS): Supporting K-12 students through a combination of 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.

Truancy Abatement Services (TABS): Removing barriers to school attendance by providing case management, life skills classes, school-based counseling, and parent engagement meetings.

FIRST 5 Program: Providing early childhood support services to children 0 - 5 and their families/caregivers, including home visits, therapeutic services and parent coaching & education.

Prevention & Early Intervention Program (PEI): Serving youth (ages 6-17) in East and Central San José in partnership with the Santa Clara County Department of Mental Health and designated school districts. PEI offers parent workshops, social skills building classes, behavioral interventions, resource linkage, individual and family therapy, community-based and school-based services, and strengthening families groups.

ARCC PROGRAMS



Parent Advocate Program (PA): Supporting parents in the child welfare system in successfully reunifying with their children.

ARCC Counseling Internship Program: Preparing tomorrow's mental health practitioners to better understand and support the special needs of the high-risk youth and families we serve, including hands-on experience in homes, in schools, in clinics, one-on-one, and in group settings.

Downtown Youth Wellness Center (DYWC): Offering onsite peer support & mentoring, social activities, psychoeducational activities, employment & education support, linkage to medical and clinical support, and behavioral health (same day access), DYWC is a safe and welcoming center in San Jose serving youth (ages 12-25).

allcove™: Offering an innovative network of integrated youth mental health centers designed with, by and for youth, aimed at reducing stigma, embracing mental wellness, increasing community connection and providing access to culturally responsive services for young people (ages 12 to 25). ARCC staff currently provide peer support specialist services, and supported education & employment services for allcove Palo Alto.

Cultural Broker (CB) Program: Providing culturally and linguistically sensitive, resources, education & support for at-risk, Latinx children and families, cultural brokers facilitate communication and understanding between families, the Department of Family and Children Services (DFCS), and Juvenile Probation Department (JPD).

A Snapshot of ARCC's Clients, Services & Impact in 2022-23



CLIENTS SERVED BY AGE

0 - 5 Children - 19%
6 - 12 Children - 35%
13 - 18 Teens - 31%
19 - 25 Young Adults - 3%
26 and older - 12%

TYPES OF SERVICES PROVIDED

Individual & Family Counseling
Youth Mentoring
Life Skills Classes
School-Linked Services
Trauma Recovery & Support
Parent Training & Workshops
Extra-Curricular/ After School Activities
Family Reunification
Drop-In Wellness Centers for Youth (12-25)

ISSUES FACED BY CLIENTS

Anxiety/ Depression - 43%
Disruptive, Emotional, & Behavioral Disorders - 29%
Trauma & Stressor-Related Disorders - 20%
Neurodevelopmental/ Developmental Disorders - 7%
Other/Unspecified - 1%



IMPACT & PERFORMANCE OUTCOMES

SCHOOL LINKED SERVICES (students K-12)

- 78% of youth with moderate or severe school behavior issues demonstrated improvement to behaving well or with only minor problems
- 100% of youth who had actionable needs for suicide risk were stabilized and no longer at current risk

PREVENTION & EARLY INTERVENTION PROGRAM (ages 6-18)

- 86% of youth demonstrated reduced severity of mental health conditions, including attachment disorders, conduct disorders, anxiety, depression & post-traumatic disorder
- 80% of youth with school achievement challenges, including failing some or most classes for an extended time, improved to doing well or adequately

OUTPATIENT PROGRAM (ages 6-21)

- 100% of youth with challenges in their living situation demonstrated improvement in family relationships, creating positive and stable family functioning in the home
- 80% of youth who demonstrated unsafe behaviors (e.g., suicide risk, intentional risk-taking behavior, aggression towards others) demonstrated improved behavior

MENTORING & WELLNESS PROGRAM (ages 11-18)

- 88% of youth reported knowing how to resist peer pressure
- 92% successfully completed their individual program goals (e.g., improved mental/emotional health, improved communications with peers/family, better grades, improved school attendance, etc.)

PARENT ADVOCATE SUPPORT PROGRAM

- 95% of caregivers reported having the tools and resources to maintain their child's safety and prevent re-entry into the Department of Family and Children's Services

CULTURAL BROKER PROGRAM

- 97% of clients reported improved communication and engagement with the Department of Family & Children Services or Juvenile Probation Department
- 93% of clients reported that they have been provided with the support needed to address immediate safety concerns and needs

During FY 2022-23, ARCC provided services to over 11,000 youth and families in Santa Clara County, with 61% of clients living in the high-risk zip codes of 95111, 95116, 95122 and 95127 in East San Jose.

Financials

STATEMENT OF FINANCIAL ACTIVITIES

SUPPORT & REVENUE	FY23 2022-2023	FY22 2021-2022
Contributions	57,117	68,681
Contributions (In-Kind)	57,171	86,350
Foundation/Corporate Grants	207,877	413,379
Special Events (Net)	49,845	47,926
Forgiveness of Paycheck Protection Program Loans	0	2,685,700
Program Service Fees	10,361,798	5,736,326
Interest Income	117,071	2,415
Loss on Disposal of Property and Equipment	0	0
Total Support & Revenue	\$10,850,879	\$9,040,777
FUNCTIONAL EXPENSES		
Program Services		
Counseling	5,368,024	5,026,802
Community Support Services	2,030,174	1,559,213
Total Program Services	7,398,198	6,586,015
Supporting Services		
Management and General	1,515,359	1,372,436
Fundraising	194,276	296,011
Total Supporting Services	1,709,635	1,668,447
TOTAL FUNCTIONAL EXPENSES	\$9,107,833	\$8,254,462
Change in Net (Deficit) Assets	\$1,743,046	\$786,315*

*For FY22 ARCC booked into revenue the forgiveness from the Paycheck Protection Program of \$2,685,700, which balanced out the deficits shown in our FY20 and FY21 audited financial statements.

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to build brighter tomorrows...



Scan here to make
your gift to ARCC!



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We appreciate your spirit of giving!

ARCC would like to extend its deep appreciation to the below donors who supported us from July 1, 2022 to June 30, 2023. Thank you for helping us in our mission to heal families and inspire youth to reach their full potential. We could not do what we do without your support!

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