



*"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

**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**.



**Scan here for more information about ARCC's programs and services.**



Alum Rock Counseling Center

**Contact Us**

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**Alum Rock Counseling Center  
Programs & Services**

**AREAS OF IMPACT**

Since 1974, Alum Rock Counseling Center (ARCC) has worked with low-income, predominantly Latinx youth and families in some of the most underserved Santa Clara County communities, particularly our founding region of East San Jose. ARCC is committed to providing culturally- and linguistically-sensitive mental health counseling and educational support to youth and caregivers who otherwise might struggle to afford quality care.

We serve 5,000+ individuals annually in various settings, working to ensure that:

- All of our kids are kindergarten-ready.
- Our youth graduate from middle school, high school, and beyond.
- Our homes, schools, and neighborhoods are safe.
- Our youth and families have resources for overcoming behavioral health concerns.
- Our youth and families are free from justice and/or social services systems involvement.

**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 Embraces the Youth & Families Who Need Us the Most

## COMMUNITY-BASED YOUTH PROGRAMS

### For Ages 14-19: **BALANCE Study** **BALANCE=Building an Affirmative Life and Navigating Challenging Emotions**

ARCC has partnered with Santa Clara University to help promote the BALANCE Study—an initiative to address mental health for youth and connect them with free resources, with a particular focus on depression among LGBTQ+ youth—throughout Santa Clara County and statewide. The BALANCE Study will test scalable intervention and prevention approaches including a digital mental health application and telehealth-based peer counseling.

### **allcove™ Palo Alto**

allcove™ is an innovative network of integrated mental health centers designed with, by, and for youth (ages 12-25) that reduce stigma, embrace mental wellness, increase community connection, and provide access to culturally-responsive services. At allcove, youth can access services including mental and physical health (emphasizing sexual reproductive health); substance use prevention; family support; peer support; and education/employment services. The last two are currently provided by ARCC staff at allcove Palo Alto.

### **Downtown Youth Wellness Center (DYWC)**

The DYWC is dedicated to promoting a safe, supportive, and youth-focused (ages 12-25) environment that provides short term Behavioral Health services, focused on prevention and early intervention. Services include same-day access to brief behavioral health support; peer support; workshops; well-being groups; social/educational activities; linkage to services/case management (including medical and longer-term behavioral health services); life skills development; education/career planning; independent living skills; and other related care. The DYWC is a space where one can relax, socialize, learn, study, read, participate in activities, do laundry, have a hot meal, and just “be.”



## EVIDENCE-BASED PRACTICES

*Utilized individually or in combination by ARCC programs*

- Botvin Life Skills Training Program
- Brazelton’s Touchpoints
- Child-Parent Psychotherapy (CPP)
- Cognitive Behavioral Therapy (CBT)
- Danger Assessment
- Motivational Interviewing (MI)
- Seeking Safety
- Strengthening Families Program (SFP)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Triple P-Positive Parenting Program®

## CLINICAL PROGRAMS FOR CHILDREN/YOUTH

### For Ages 0-5: **Early Childhood Mental Health (ECMH) Program**

Through either stand-alone or combined Home Visitation and Therapeutic services, ECMH meets the unique needs of children and their families. Services are provided in various locations and are geared towards early detection of/addressing developmental delays, behavioral/emotional issues, and environmental stressors that can impact a child’s overall mental health.



The program also offers coaching and education for parents to foster self-efficacy, strengthen bonds, promote healthy emotional expression, and nurture their child’s development in all areas.

### For Ages 6-20: **Outpatient Services (OP)**

OP serves youth suffering from severe emotional disorders including anxiety, depression, and trauma. Since services are provided on a continuum of care from Wellness Level to Intensive Outpatient, they can range from case management to up to twice-weekly sessions. Services are primarily clinic-based but also take place in the community, homes, and schools. Psychiatric and/or medication support services are also available.

## SCHOOL-BASED PROGRAMS

### **Mentoring and Wellness Program (MWP)**

MWP is a school- and community-based program that aims to empower at-risk middle and high school students in San Jose to avoid unsafe/high-risk behaviors (e.g. crime, gang involvement, & drug use) that can contribute to school failure and dropout. Through mentoring, case management, and an evidence-based life skills groups curriculum, students receive academic, emotional, and social support. Family engagement/support sessions, pro-social activities, and linkages to community resources are also key program components.



### **School-Based Early Intervention (SB-EI)\***

In partnership with the Santa Clara County Dept. of Mental Health and designated school districts, SB-EI provides services to high-risk youth and their families with a goal to prevent, reduce, and eliminate mental health symptoms that may negatively impact academic success and family wellness. Using proven practices, SB-EI offers free parent and family workshops, student behavior support services, parent support services, student and family therapy, and connection to resources.

### **School-Based Outpatient (SB-OP)\***

SB-OP boosts natural support systems and healthy families by providing risk assessments, individual and family therapy, and case management and promoting the development of healthy coping skills, social skills, and crisis intervention. The goals are to increase school engagement, attendance, and achievement and decrease at-risk behaviors. In addition to the school districts named above, SB-OP serves 9th-12th grade students at Latino College Preparatory Academy and Roberto Cruz Leadership Academy.

*\*For students in designated elementary and middle schools in the Alum Rock Unified and Oak Grove School Districts*

## FOR ASPIRING MENTAL HEALTH PROFESSIONALS

### **Clinical Trainees**

ARCC provides internship opportunities for final year MFT/PCC and ASW students enrolled in practicum classes at local universities. Individual and group supervision are provided by licensed clinicians per BBS guidelines. The program helps 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 groups.

## FAMILY SERVICES

### **Cultural Broker (CB) Program**

Our Cultural Brokers provide at-risk families with individualized support, education, and resources as they navigate involvement with the Department of Family and Children Services (DFCS) and/or Juvenile Probation Department (JPD). By addressing challenges, creating partnerships, and facilitating communication between parties—and with cultural sensitivity to the Hispanic/Latinx community—the program aims to decrease systemic disproportionality; provide families with a better understanding of DFCS and JPD risk/safety issues; and help children remain safely with their families.

### **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. With lived experience of having successfully



gone through the reunification process themselves, our advocates do the same for families by supporting them to ensure they have the skills and resources to prevent re-entry into the system and keep their children safe in their care.