

Alum Rock Counseling Center Program & Services



Alum Rock Counseling Center

Presenter: Zakia Houston, Program Lead, Prevention Specialist

Trauma. Poverty. Academic Failure.

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

Medi-Cal certified, ARCC currently supports 5,000 low income, predominantly Latino (80%) youth and families annually throughout the County of Santa Clara, with primarily emphasis in East/Central San Jose area, one of the highest need regions in the county.

- **FIRST 5: Children's Services for Ages 0-5 (Home Visitation)**
- **Status Offender Services (SOS):**
 - **Mobile Crisis Triage & Response**
 - **SOS Aftercare Counseling**
- **Crisis Intervention for Youth (CIPY)**
- **Truancy Abatement Services (TABS)**
- **Middle School Mentoring & Support Program**
- **Prevention & Early Intervention Services**
- **School Linked Services (SLS)**
- **Substance Use Prevention Services (SUPS)**
- **Substance Use Prevention Services-Alternative Activities SUPS-AA**
- **Outpatient Services**
- **Therapeutic Behavioral Services (TBS)**
- **Parent Advocate Services (PA) Program**
- **Counseling Internships**

CLINICAL
NON CLINICAL



13

programs total!

This program is funded by County of Santa Clara Behavioral Health Services – Substance Use Prevention Services.



COUNTY OF SANTA CLARA
Behavioral Health Services

Disclaimer

Our goal through this presentation is to spread awareness and empower youth, parents and staff with information on substances that are readily available in the community. Through this information our audience can be made aware of the signs that they should look out for to know if their youth are using, as well as learn tips on what they can do to help the youth.

**A prevention program
focusing on Information
Dissemination and Education
throughout the County of
Santa Clara. SUPS attempts to
prevent the onset of
substance use and/or limit the
development of problems
associated with alcohol and
other drugs.**

Substance Use Prevention Services Program (SUPS)

PROGRAM SERVICES:

Botvin Life Skills Groups

- Classes for youth 3rd -10th grades using the Botvin Life Skills Curriculum, an evidence-based program proven to reduce substance use
- Youth will develop and increase coping skills and strengthen protective factors

Botvin Life Skill Topics

Self esteem

Making decisions

Coping with anxiety

Advertisements

Coping with anger

Social skills

Violence in the media

Resolving conflicts

Communication skills

Substance use prevention education (myths & realities)

PROGRAM SERVICES:

Outreach

- Information dissemination about substance facts and
— substance use prevention at tabling events and resource
fairs

Community Presentations

- Presentations for all age groups, teachers, administrators, community members, parents/guardians, working professionals, etc. interested in learning about the commonly used substances in the County of Santa Clara
- Presentations can be delivered in both Spanish and English
- Education on how to identify what substances youth are using, how they are using them, and why they choose to use

PROGRAM SERVICES

SUPS-AA consists of staff-led enrichment activities such as video games, arts and crafts, sports, outdoor games, and field trips. The program also integrates Botvin Life Skills curriculum and/or substance use prevention education to help increase knowledge of the adverse consequences of substance use and develop youths' coping skills and protective factors.



Substance Use Prevention Services Alternative Activities Program (SUPS- AA)



For more information, please contact:

To learn more about
ARCC visit our website
at
www.alumrockcc.org

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