

APPENDIX V – 288 (Part 3)

HOW YOU CAN HELP IMPROVE YOUR CHILD'S EDUCATION

Set clear expectations

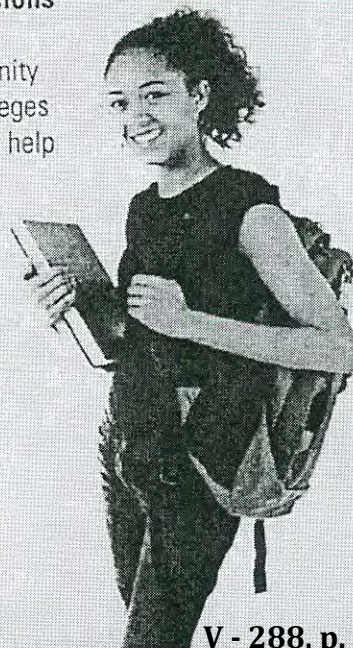
- Let your child know you expect him or her to go to college—nothing less.

Be an advocate at school

- **Meet with your child's teachers and counselor.** Together, map a course of study that prepares your child for college. Ask to see your child's schedule and transcript to be sure your child is taking college-prep courses, including honors, Advanced Placement, and dual enrollment if available. It is never too early to plan for college—as early as middle school—and it is important to let the school know you expect your child to attend college.
- **Get a copy of the state academic standards for each subject,** and make sure you know what your child should be learning. Look at your child's homework and ask for a syllabus or outline of the work your child will receive during the year. If you're alarmed after comparing the state standards with the syllabus or outline or the homework, discuss your concerns with the teacher and principal. For more information, see our homework guide at www.edtrust.org.
- If your child struggles in a specific subject, **ask the teacher or principal about a plan to help your child learn.** (Beware if they lack a plan or tell you not to worry.) Insist your child receive appropriate extra help through tutoring, after-school support, and lunch-time support—whatever it takes.
- **Check with the principal to find out whether your child's teachers are certified** to teach a specific subject and their number of years of experience. If you're dissatisfied, ask for a different teacher.
- **Ask the principal for data** to find out how the school's African-American students score on tests, how many graduate, and how many go on to college. If your child's school is doing poorly, reach out to other parents and express your concerns collectively.

Be an advocate at home

- **Find out the high school course requirements** for competitive four-year colleges that interest you and your teenager. Check the admissions page on the college's Web site for this information as well as www.collegeboard.org. And find out whether your state requires any extra courses for graduation (such as health, physical education, and art).
- **Learn all you can about college financial aid.** Students and parents often overestimate the costs and underestimate the amount of available financial aid. Use the FAFSA4caster to receive an early estimate of how much federal student aid your child is eligible for: <https://fafsa4caster.ed.gov>.
- **Find out which colleges offer your child the best chances of success.** Visit College Results Online, www.collegeresults.org, to compare different colleges' graduation rates and to find those with a strong track record of graduating African-American students.
- **Find outside help to navigate the college admissions process.** Many libraries, community centers, and colleges themselves offer help to students and parents, including help filling out college application and financial aid forms.



BECOME AN INVOLVED PARENT.
YOU CAN MAKE A DIFFERENCE FOR YOUR CHILD.

ABOUT THE EDUCATION TRUST

The Education Trust promotes high academic achievement for all students at all levels – pre-kindergarten through college. We work alongside educators, parents, policymakers, and community and business leaders across the country to help transform schools and colleges into institutions that serve all students well. Lessons learned in these efforts, together with unflinching data analyses, shape our state and national policy agendas. Our goal is to close the gaps in opportunity and achievement that consign far too many young people—especially those who are black, Latino, American Indian, or from low-income families—to lives on the margins of the American mainstream.

This publication is made possible through the generous support of the Annie E. Casey Foundation.



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FREE COUNSELING SERVICES

JEWISH FAMILY & CHILDREN'S SERVICES OF SOUTHERN ARIZONA

Substance Abuse Only

Embracing Challenges Creating Opportunities (ECCO) provides free individual, group, and family therapy for youth ages 13-18 who have issues with substance use and abuse. ECCO increases youths' capacity to identify and manage the sign of risk that will lead to substance use, and teaches them the skills that will prevent further use. For more information or to schedule an appointment call 795-0300 ext. 2270 between 8:00 a.m. and 8:00 p.m. Monday through Thursday and 8:00 a.m. and 5:00 p.m. Fridays.

NORTHERN ARIZONA UNIVERSITY

Master's degree level school counseling graduate students from the Department of Educational Psychology, under supervision of licensed psychologists, provide free evening counseling sessions to children, adolescents, parents, and individual adults during the Fall 2010 semester only. Appointments are available on Mondays, Wednesdays and Thursdays at 5:30, 6:30 and 7:30. Counseling services are offered in English or Spanish. Counseling is provided at the Northern Arizona University, Tucson, Practicum Lab, located at 401 North Bonita Avenue, one block west of the freeway, between St. Mary's and Congress. Call 879-7943 for an appointment.

UNIVERSITY OF PHOENIX COUNSELING SKILLS CENTER

The University of Phoenix Counseling Skills Center offers free counseling services to individuals, couples, groups, and families. The Counseling Skills Center is a training facility for advanced Master of Counseling interns and practicum students. It is located at Broadway and Craycroft. Call 239-5315 for information and appointments. Counselors cannot work with anyone required to receive treatment by the courts (i.e. CPS, probation, juvenile court, etc.). Hours are 9:00 a.m. to 9:00 p.m. Monday through Friday and 9:00 a.m. to 5:00 p.m. on Saturdays. Counseling services are provided in English and Spanish.

ACCEPT AHCCS AND/OR OTHER INSURANCE AND/OR HAVE SLIDING FEE

CASA DE LOS NIÑOS

Casa de los Niños Behavioral Health Services helps children, adolescents, and young adults under 22 who are eligible for services through Arizona Health Care Cost Containment insurance (AHCCCS) and the Arizona Department of Health Services' Division of Behavioral Health Services. The focus is on children with behavioral health issues. Services available include school-based counseling, substance abuse treatment, and individual, family, and group counseling. Staff is available to help those who are uncertain determine their AHCCS eligibility.

Casa de los Niños Behavioral Health Services is headquartered at 140 N. Tucson Boulevard. Their office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday. Services are also available on weekends and evenings as needed as well as in family homes. Their phone number is 881-1292. An on-call crisis staff member may be reached 24 hours a day, seven days a week. Interpretation services are available for those speaking languages other than English.

CATHOLIC SOCIAL SERVICES

Catholic Social Services provides counseling for a sliding scale fee depending on gross family income. Charges for a session range from \$5 minimum to \$75 maximum. No insurance is accepted for services. The office is open 8:00 a.m. to 5:00 p.m. Monday through Friday and is located at 141 W. Speedway. To schedule an appointment call 623-0344. Services are available in English and Spanish.

CODAC BEHAVIORAL HEALTH SERVICES

CODAC provides mental health services for general mental health issues, serious mental illness, and/or those with substance abuse problems. Substance use prevention and treatment and mental health services are available for adults, children, and families. CODAC Step Forward Program offers intensive treatment, health education, and referrals for youth ages 12-17. In most cases, clients must be eligible for Arizona Health Care Cost Containment (AHCCCS) or ordered by the court to seek substance abuse treatment. To schedule an appointment call 327-4504. There are several locations around town. For more information visit their website at www.codac.org. Interpretation services are available for those speaking languages other than English and there are Spanish and Russian speakers on staff.

LA FRONTERA

La Frontera provides a variety of outpatient individual and group counseling services. The cost of services at La Frontera is affected by several factors, including the type of service requested, the individual's income and number of dependents, insurance coverage, and eligibility for governmental assistance, among others. La Frontera makes every effort to provide affordable services to its clientele. The agency accepts individuals enrolled in the Arizona Health Care Cost Containment System insurance (AHCCCS) and some other insurance plans. Co-pays, when applicable, are based on a sliding-fee scale. Service eligibility is determined by the funding source. Not every individual is eligible for every service. To schedule an appointment call 838-3804. Interpretation services are available for those speaking languages other than English.

LAS FAMILIAS

Las Familias provides counseling to individuals who are victims of sexual abuse. Treatment is also available in group settings. Las Familias is located at 3618 E. Pima St. and is open 8:00 a.m. to 5:00 p.m. Monday through Friday. Services are available in English and Spanish.

Individuals with Arizona Health Care Cost Containment insurance (AHCCS) will be referred to another intake agency before being seen. Those with other insurance besides AHCCS may use their own insurance provider to pay for services. Those without insurance will be seen for free.

PANTANO BEHAVIORAL HEALTH SERVICES

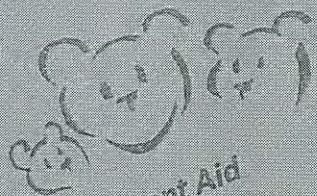
Pantano Behavioral Health Services provides a variety of services including individual, family, and group counseling and support groups, respite services, day programs, and intensive therapy. Services are provided to children ages 0-18 as well as adults ages 18 to 22 who were already receiving services before they turned 18. Only those who are enrolled in or eligible for Arizona Health Care Cost Containment insurance (AHCCS) may receive services. The main intake clinic is at I-19 and Valencia (phone number 623-9833). Services are provided at a variety of sites around town. There are Spanish language therapists on staff and translation services are available in many other languages.

PROVIDENCE SERVICE CORPORATION

Providence Service Corporation provides individual, family, and group counseling. They also provide in-house foster care and have respite and substance abuse programs. They are open 8:00 a.m. to 5:00 p.m. Monday through Friday and after hours crisis services are available, as well. Providence has two locations. They accept Arizona Health Care Cost Containment insurance (AHCCS) and private insurance. There is no sliding payment scale for anyone without insurance. Interpretation services are available for those speaking languages other than English. Spanish-speaking staff members are also available. To schedule an appointment call 748-7108.

SOUTHERN ARIZONA MENTAL HEALTH CORPORATION (SAMHC)

SAMHC provides one time only crisis assessment services with referral to needed services. To contact SAMHC call 622-6000.



Parent Aid
"Bearing the risk...
Daring to care."

Active Parenting

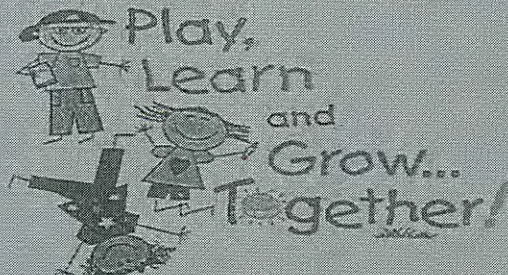
Presented by Parent Aid
Hosted by Palo Verde Resource Center
1302 S. Avenida Vega

9:30am-11:00 am
Wednesday March 30th-Wednesday May 4th



Palo Verde
Family Resource Center

Children are great imitators. So give them something great to imitate.



March 30th ~ The Active Parent: Styles of Parenting and Giving Choices

April 6th ~ Winning Cooperation: Communication

April 13th ~ Responsibility & Discipline

April 20th ~ Building Courage & Self-esteem

April 27th ~ Understanding & Redirecting Misbehavior

May 4th ~ Family Activities

We would like to invite parents, grandparents and adult family members and friends to participate in a series of six discussions designed to help you enjoying the best and hardest job there is!!

Snacks and Prizes will be provided

SUPPORTED BY



To register call Belen at 584-7455 or Nicole at 798-3304, or fill out the form below and return it to Palo Verde Family Resource Center.

Yes, I am interested in attending Active Parenting Workshops at Palo Verde Family Resource Center.

Name _____ Phone number _____

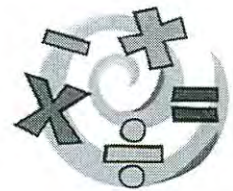
There will be _____ adults attending. I need child care for _____ children. Ages _____

Workshops are offered in English. Translator needed? Yes / No Language: _____

* Child care is provided free of charge and is available *only* to families of TUSD students.



Saturday Math Tutoring & Homework Help



Sponsored by: TUSD African American Student Services Department

High School and Middle School Math Help
Palo Verde High School @ 1302 S. Avenida Vega.

Call (520) 584-7500 for more information or to register www.tusd1.org/saturdaymath or register on site on the Saturdays listed below

Free to ALL students 6th to 12th grade

Location: Palo Verde High School
Basement Rm. 28
Enter off of 22nd St parking lot

Start date: November 14, 2015

Time: 10:00 AM ~ 12:00 PM

Math support is available for students in 6th to 12th grades.

- *Parents, please have students bring Math work with them each Saturday.*
- We encourage you to request math assignments or homework from your child's teacher. Please be sure that all students arrive ready to work.

2015-2016 Calendar

- November: 14th, 21st
- December: 5th, 12th
- January: 9th, 23rd
- February: 6th, 20th
- March: 5th, 12th
- April: 2nd, 16th, 30th
- May: 14th



Locations, schedule, and calendar information is posted on our website:
www.tusd1.org/aastudies

African American Student Services
Phone: (520) 524-7500



MATH MONDAYS

Evening Tutoring & Homework Help
Sponsored by African American Student Services
Department

High School and Middle School Math Help

Palo Verde High School 1302 S. Avenida Vega

Call (520) 584-7500 for more information or visit www.tusd1.org/aastudies.

Free to ALL students 6th to
12th grade

Location: Palo Verde High School
Basement Rm. 24
Enter off of 22nd St parking lot

Start date: January 11th, 2016

Time: 5:00 PM ~ 7:00 PM

Math support is available for
students in 6th to 12th grades.

- *Parents, please have students bring Math assignments / homework with them each Monday evening.*
- Please be sure that all students arrive ready to work.

2015-2016 Calendar



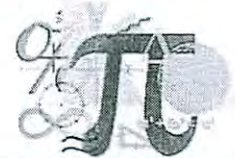
January: 11th, 25th

February: 1st, 8th, 15th, 22nd

March: 7th, 14th

April: 4th, 11th, 18th, 25th

May: 2nd, 16th



Locations, schedule, and calendar
information is posted on our web-site:
www.tusd1.org/aastudies
African American Student Services
Phone: (520) 574-7500

