



Continuing the success
and expanding the vision
of Colorado Boys Ranch.

It's Official!

On April 19, Colorado Boys Ranch officially became CBR YouthConnect during a celebration at the main campus in La Junta, Colo. Festivities included the unveiling of a new lighted sign featuring the colorful new logo and the words "Creating connections that inspire change for youth and family." CBRYC President Chuck Thompson, who explained how the logo symbolically links the past to the present, told the audience, "We have a vibrant program and a vibrant organization. We look forward to another 45 years at this location." Following the official unveiling, guests were treated to a demonstration of the New Leash on Life dog training program by students and program director Charleen Cordo.

Please Note:

CBR YouthConnect is a DBA for Colorado Boys Ranch. Current relationship with all referral sources, donors and other partners of the organization will remain the same.

As always, we love hearing from you. We appreciate your opinions, thoughts and comments. Please contact Martin Masar, CBRYC Director of the Office of Admission and Clinical Affairs, at cbrclinical@ria.net or 1-800-790-4993.

News From The Summer 2005 Office of Admissions

Creating Connections That Inspire Change For Youth & Family

800-790-4993

www.cbryouthconnect.org

Caring Really Does Bring Results

"You cannot escape the responsibility of tomorrow by evading it today."

— Abraham Lincoln

The other day I received a phone call informing me that Phillip, one of our youth, was demonstrating severe acting-out behavior. This wasn't an unusual occurrence for Phillip – he was consistently argumentative, defiant, aggressive and physically assaultive. As a treatment team, we had dedicated countless hours working with Phillip to develop special treatment plans addressing the development of new neural (brain pattern) networks while reinforcing positive alternative behaviors. During one of our special staff meetings to discuss Phillip's severe mental health problems, a member of Phillip's treatment team asked a challenging question: "Why do we continue working with Phillip when so many other children need, desire and could benefit from our services?"



Like so many of the youth that are admitted to CBR YouthConnect (CBRYC), Phillip experienced severe neglect and abuse as a young boy. He was born into a world of drugs and violence and eventually turned to the streets, joining a gang of delinquents that would support him. It wasn't long before Phillip found himself in severe legal trouble. He moved from foster homes and group homes to residential treatment facilities and psychiatric hospitals before finally arriving at CBRYC.

During his early childhood, Phillip quickly learned to respond to threatening situations in life with aggressive behavior. His environment fostered this behavior, teaching Phillip that the only way to regain control when feeling unsafe was to respond with aggression. He learned that people feared aggression and that by controlling others, he could minimize his own fear. Unfortunately for Phillip, the world is constantly changing and the fear he feels will never go away – unless he learns a different way of thinking about himself and responding to the world.

All aspects of treatment and education at CBRYC revolve around one central mission: to achieve excellence in helping troubled youth become hopeful and productive citizens. This mission stems from several core values, which emphasize respect and dignity for *all* persons and a commitment to relationships. The mission and core values of CBRYC are more than just words. They set the standard for every program, service and relationship at CBRYC.

Which brings me back to the staff member's question: Why DO we continue working with Phillip when we could focus on other youth? The answer is easy: While Phillip is responsible for his current behaviors, CBRYC is equally responsible for providing the treatment, education and residential services required to assist him. When we stop seeking excellence and respect for human dignity, we've lost something much greater than one troubled boy. We've made the decision that some youth are worth the effort and some are not. We've made the decision to stop going the distance with every single child. And finally, we've lost the opportunity and precious privilege of assisting *all* youth with the means of becoming hopeful, productive and maybe – just maybe – even happy citizens.

— Martin Masar, CBRYC Director of the Office of Clinical Affairs



Known historically as Colorado Boys Ranch, CBR YouthConnect is a fully accredited, nationally acclaimed residential psychiatric treatment and education facility providing troubled youth with the means to become hopeful and productive citizens. Located in Southeast Colorado, near the town of La Junta, CBR YouthConnect resides on 340 acres of land that thousands of boys have visited since 1959.

Each year, more than 120 youth, ages 10-21, from all ethnic, cultural, geographic and socio-economic backgrounds, are admitted to CBR YouthConnect. Most CBRYC youth have failed to succeed in other placements—for many, CBRYC is the place of last resort for psychiatric treatment and specialized educational services.

Blending a successful mix of innovative and highly individualized programs and services, intensive family therapy, cutting edge research, and an experienced and devoted professional staff, CBR YouthConnect is one of the best residential treatment and education facilities in the nation, according to the Joint Commission on Accreditation of Healthcare Organizations.

About CBR YouthConnect

CBR YouthConnect Treatment Approaches

■ **Family Therapy.** Preserving and reestablishing healthy family connections and relationships is a primary goal of CBR YouthConnect. As a result, CBRYC emphasizes and encourages individualized family involvement and participation in each boy's treatment. As appropriate and coordinated by CBRYC specialists, family visitation is offered at any time—including evenings and weekends. Many families also receive weekly phone sessions addressing topics ranging from discipline practices to conflict resolution.

■ **Intensive Psychotherapies.** Treatment at CBR YouthConnect is highly customized, focusing on each boy's level of readiness emotionally, socially and behaviorally, allowing him to progress at his own pace. The various components of treatment are implemented by a multi-disciplinary team based on team diagnosis, problem solving and support. Team members often include a psychiatrist, physician, Ph.D. psychologist, program director, social worker, teacher, recreational therapist, nurse and mental health counselor.

■ **Neuroscience.** Researchers at CBR YouthConnect are discovering that the brainwaves in youth with psychiatric disorders function abnormally. As a result, CBRYC specialists are working on new therapy techniques that help re-train a boy's brainwaves, allowing him to respond to situations with better emotional and behavioral control. As with the other components of his therapy, the neuroscience aspect is implemented within the context of the overall treatment plan, helping the boy receive a well-rounded and balanced therapy experience.

■ **Education. Applied Learning.** At CBR YouthConnect, academic learning occurs inside and outside the classroom, and in a variety of traditional and enriched applied learning environments. CBRYC concentrates on the principal that exposure to real-life experiences is essential for effective learning.

■ **Innovative Care.** CBR YouthConnect treatment programs and services are continually assessed and refined to ensure that they reflect the latest innovations based upon mental health research and findings.

CBR YouthConnect's Specialized Care Yields Results.

Follow-up research on CBRYC youth has found that*:

■ The number of youth experiencing success in achieving individual goals during their treatment at CBRYC has risen from 86% to 97% over the past three years.

■ The number of families involved in active family therapy rose from 93% in 2003 to 97% in 2004. This resulted in 93% of CBR YouthConnect youth successfully reunited with their families upon completion of treatment.

■ The number of youth successfully discharged from treatment at CBR YouthConnect rose to 97%.

■ CBR YouthConnect's independent satisfaction rating (as determined by surveys of referral sources, parents and youth) rose to 94%

*Data as of December 31, 2004

CBR YouthConnect
Office of Admissions
P.O. Box 681, 28071 Hwy. 109,
La Junta, CO 81050

NON-PROFIT ORG.
U.S. POSTAGE
PAID
LA JUNTA, CO
PERMIT NO 142