



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

### *Animal Planet Shines Spotlight on CBRYC*

CBR's "New Leash on Life" Program will be featured this month on Animal Planet Reports, a new news program produced by The Discovery Channel's Animal Planet. The segment, which is scheduled to air on Dec. 9 at 9 p.m. ET, will focus on the study conducted by CBR and Colorado State University supporting the many therapeutic benefits of animal-assisted therapy in a residential treatment setting. The three-year study was funded by the Iams Company. CBR YouthConnect Director of Admissions Martin Masar, New Leash on Life trainer and counselor Charlene Cordo, and several CBR youth were interviewed for the program.

### *Make Everyday Special in 2006!*

Enclosed with this newsletter is a CBR YouthConnect gift calendar, a token of our gratitude to our many supporters. On behalf of the staff and youth of CBR YouthConnect, we wish you a meaningful holiday season and a New Year filled with accomplishments. We look forward to hearing from you in 2006. Send your opinions, thoughts and comments to CBR YouthConnect Director of the Office of Clinical Affairs and Admissions Martin Masar. He can be reached at [mmasar@cbryouthconnect.org](mailto:mmasar@cbryouthconnect.org) or 1-800-790-4993.

# News From The Holiday 2005 Office of Admissions

*Creating Connections That Inspire Change For Youth & Family*

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## A Place to Call Home

In recent months, we have all heard and read about the tragedies that resulted in the wake of Hurricane Katrina. My colleagues in the psychiatric treatment field told me of the many, many children who were forced to flee their residential facilities, foster homes, group homes and hospitals. For the professionals who oversaw these forced evacuations, the issue of cost and efficiency took a back seat to the need to simply find refuge for these at-risk children no matter what. In time, the hope is that these transplanted youth will again find a safe home.



Having a safe place to call home is a universal desire. Consider the young man who approached me several months ago and asked, "Why is my treatment unit being closed?" After I explained that we were in the process of remodeling and re-carpeting the unit, he thought for a moment and then quietly replied, "But it's my home."

Weeks later, I could not get his words out of my mind. "My home" is such a simple, yet profound, phrase. It serves as a reminder of the way I view "our" children at CBR YouthConnect. This is their home, not mine. As with every child, each CBR youth deserves the dignity of calling the place where he lives "my home."

Recently, I received an urgent call from the adoptive parents of one youth who was about to be successfully discharged from CBR YouthConnect. As I expressed how pleased I was about this development, they replied, "But you don't understand what it has taken to find the treatment our son needed. You don't understand the 22 failed placements he was in before he turned 8 years old. You don't understand the many hospitalizations and doctors who said he would never come home. You don't understand how Patrick (the therapist) has touched our lives and how he has helped our son." After several moments of silence, I told the parents, "Oh, but I do understand one thing. Your son is *finally* coming home." What transpired next was an outpouring of absolute joy from these loving parents.

I hope for each of you that the past year was filled with beautiful moments, that this coming year is filled with great opportunity, and that you, too, have a place you can call "home" this holiday season and forever.

*— Martin Masar, CBR YouthConnect Director  
of the Office of Clinical Affairs and Admissions*



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

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