



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

Youth Show Off Skills At Creative Arts Festival

CBRYC youth used their creative knack and merchandizing skills to sell a variety of arts and crafts at the 2006 Creative Arts Festival in Denver in February. Exhibiting at the Creative Arts Festival served as a means for CBRYC Vocational Program instructors to teach the youth about retail, production and entrepreneurship. The youth were paid to create 200 wooden pens and pencils to sell at the event. Those enrolled in the arts and crafts program created and sold beaded necklaces and bracelets, hand-painted scarves, paper masks, purses and pins.

Music Program Inspires Expression

According to Jason Espinoza, activities specialist in CBRYC's Music Program, music is among the strongest forms of expression. The CBRYC Music Program inspires boys to express themselves by giving them the opportunity to write their own songs, record their own CDs, and turn their melodic creations into music videos. In terms of live music, CBRYC youth, including vocalists and a band comprised of a guitarist, pianist and trumpet and base players, will perform Easter Sunday in the Arlington Chapel on campus.

News From The Office of Admissions

Spring 2006

Creating Connections That Inspire Change For Youth & Family

800-790-4993

www.cbryouthconnect.org

Helping Youth Build a Solid Foundation for Life

Every structure—be it a house or a skyscraper—must have a strong foundation to support the entire framework. The key components in creating a strong structural foundation are cement and iron, the proper building dimensions and great architecture. Similarly, every great company or institution must also have a solid foundation to support the entire organization and foster growth. At CBR YouthConnect, our mission is to achieve excellence in helping troubled youth become hopeful and productive citizens. The key ingredients of our core foundation are respect and dignity for all persons, a commitment to relationships, providing every youth with an individualized treatment and educational program, and an innovative approach to treatment and education. We strive to make each and every youth successful on his own terms.

One of the primary elements of our treatment approach and educational program is the integration of treatments that work: neuroscience, psychotherapy and an enriched environment. By combining these three elements into a youth's overall treatment plan, that youth now has the ingredients necessary to build his own solid and individual foundation. It's a foundation from which the youth can make positive strides in his own treatment, education, relationships, hopes and dreams.

When a foundation is solidly constructed, each and every subsequent layer must also be built with the same essential ingredients so that the entire structure will endure. Similarly, each youth's life represents a building that will continue to be added to throughout his lifetime. The key ingredients that are put into place during a youth's treatment at CBR YouthConnect will continue to be utilized for many years to come.

CBR YouthConnect offers a wide array of programs and services to help each youth build upon their own solid, individual foundation. These include our Horsemanship Program, small animals therapy, The New Leash on Life dog training program, horticulture, literacy programs, music, Artists in Residence programs, Outdoor Life Experiences program, Personal Portfolios, vocational projects, creative arts, Boy Scouts, 4-H, and MUCH more.

Our goal is to build foundations in youths' lives that will support continued success in all areas now and far into the future. Today and tomorrow we will continue to lay the groundwork and provide the innovation for those foundations to be lasting and resilient.

— Vaughn Zimmerman, CBR YouthConnect National Services Director

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

—Leo Buscaglia

We love hearing from you. We appreciate your opinions, thoughts and comments. Please contact Martin Masar, CBR YouthConnect Director of the Office of Clinical Affairs and Admissions, at mmasar@cbryouthconnect.org or 1-800-790-4993.

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www.cbryouthconnect.org



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.

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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*

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