



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

# News From The Office of Admissions

Summer 2006

Creating Connections That Inspire Change For Youth & Family

800-790-4993

[www.cbryouthconnect.org](http://www.cbryouthconnect.org)

## 4-H Youth Start Summer Training

Seventeen boys have signed up for this year's 4-H program, according to Greg Storey, CBR YouthConnect Animal Care and Wildlife Specialist and 4-H Leader. He will work over the summer months teaching the boys how to show horses, chickens, lambs, ceramics and wood items at the Arkansas Valley Fair in nearby Rocky Ford, Colo., in August. CBRYC has been a strong contender at past 4-H fair events, winning numerous awards for animal and craft presentations.

## Caring for Sir-Lambs-A-Lot

CBR YouthConnect welcomes the newest member to the ranch, Sir Lambs-A-Lot. Named by CBRYC youth, Sir Lambs-A-Lot is a bottle-raised baby lamb, orphaned at just two days old. The newborn definitely is not starving for attention. Many of the boys have taken a liking to the new pet, which often hangs out in the Animal-Assisted Therapy building. As with all CBRYC animal-assisted therapy programs, caring for the lamb helps form a caring connection between the boys and other living beings.

## Out of the Shadows

It's not uncommon for children who have been subjected to abuse, neglect, and trauma to feel as though they are constantly covered by shadows. These shadows may feel like a blanket of gloom or heartache that prevent the light of happiness, joy, and laughter to be experienced. Pain and suffering, whether physical, emotional, or mental, often result in delayed or confounded developmental processing. Fear and anxiety partner with this gloom, becoming a darker and thicker blanket of despair within the youth. Can we imagine a bright and vibrant campfire, slowly being covered by dirt and sand until the flickering flames are dulled and eventually extinguished? Can we imagine a beautiful and happy child who is subjected to abuse and neglect, day after day, slowly withdrawing emotionally and changing from a happy and content child to a sad and angry child? Although this is disheartening to think about, the shadows are present in many young children and adolescents.

Many in society proclaim that children are our greatest asset and our most precious resource. Today's children have the ability to surpass the last generation in gifts to mankind. At CBR YouthConnect, our goal is to ensure that every child we work with has the opportunity to contribute his special gifts to the world. Our mission: to achieve excellence in helping troubled youth become hopeful and productive citizens, is what drives our entire organization. Through the use of individualized treatment, an innovative approach, respect and dignity for all persons, commitment to relationships, and genuinely caring staff, CBR YouthConnect hopes to restore the light and vanquish the shadows.

Can we now imagine building the campfire that provides an incredible glow and a vibrant light? A campfire that attracts warmth and caring. Can we also imagine a child that feels safe and secure? A child that builds positive relationships and looks forward to each new day with vigor and enthusiasm.

When children are given choices and motivation, the opportunity for change is abundant. When children are provided warmth and caring, along with the ability to foster new relationships and advance through educational opportunities, they can realize their true potential. Let us all focus on our troubled youth and help these children and adolescents come out of the shadows into the light of hope.

Let us focus on our troubled youth and help these children and adolescents bring forth the light and come out of the shadows.

— Vaughn Zimmerman, CBR YouthConnect National Services Director

*“If help and salvation are to come, they can only come from the children, for the children are the makers of men.”*

— Maria Montessori, Educator and Reformer

We look forward to hearing from you! Send your opinions, thoughts and comments to CBR YouthConnect Director of the Office of Admissions and Clinical Affairs Martin Masar at [mmasar@cbryouthconnect.org](mailto:mmasar@cbryouthconnect.org) or 1-800-790-4993.

CBR YouthConnect Office of Admissions  
(719) 384-5981 1-800-790-4993 fax (719) 384-0470

P.O. Box 681, 28071 Hwy. 109, La Junta, CO 81050  
[www.cbryouthconnect.org](http://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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