



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

The Hero Within Book Due Out This Summer

Over the years, CBR and its youths' stories of resilience and courage have been featured by the national news media, including NBC *Nightly News*, PBS, The Discovery Channel, The History Channel, A&E, and by numerous other TV stations, newspapers, and magazines throughout the nation. Now, CBR is the topic of a book about its nearly 50-year history as a special place where troubled boys are helped to become productive citizens. *The Hero Within, Healing Troubled Boys at Colorado Boys Ranch* is scheduled to be published this summer by Fulcrum Publishing. The book, which includes stories of the youth who have lived at CBR over the years, and the staff who have worked with them, was written by Cynthia Quicksall Landsberg, whose late husband David Quicksall was a resident at CBR, and Judith Pettibone. The evocative cover was created by national artist and former CBR resident Eldon Warren. The book will be available in bookstores, at Amazon.com, and through the CBR Web site, www.cbryouthconnect.org.

News From The Office of Admissions

Vol. 2007, Issue 1

Creating Connections That Inspire Change For Youth & Family

800-790-4993

www.cbryouthconnect.org

Connecting with Life Today and Every Day

The popular Latin slogan *Carpe Diem*, or “seize the day,” and the equally popular “make the most of every day” are often voiced, but seldom carried out.

However, for a boy or young man at CBR YouthConnect, it is vital that today and every day be important and meaningful. Today and every day means that no matter what his ethnic origin, hair color, height, weight, hairstyle or walk, each CBR YouthConnect youth is given an abundance of care and support. “Today and every day” becomes an abiding message that each youth can carry with him throughout his life’s journey.

Such is the case with Josie, who arrived at CBR after unsuccessful placements at various group homes and residential treatment facilities. Jose grew up in a low-income urban neighborhood with a single-parent mother, and several siblings. The only other significant adult in his life was his mother’s boyfriend who physically and emotionally abused Josie from age 5 until he was placed in out-of-home care at age 13. Josie attended public school for a while, but was repeatedly involved in acting-out behavior, including frequent altercations.

At CBR YouthConnect, Josie distanced himself from the other youth and staff and tried to “just fit in.” However, the more attention, support, and care Josie received, the more his acting out behavior increased. We soon discovered that Josie was scared to get



close to anyone. He had always felt safer being left alone in the shadows. Despite early resistance, Josie began to respond to the programs and services offered at CBR YouthConnect. He began to view himself as a more significant person with some true potential as an artist. As Josie’s time to leave CBR YouthConnect and return home approached, he talked about his life journey to that point—from being in the shadows to becoming more secure and confident in his role as a contributing member of society.

“I know what has come before and what I have gone through,” Josie explained. “I tried to cope by becoming invisible and distancing myself from others. When the pressures became too great, I would act out to be noticed. It has taken some time, therapy, and working in the programs and services at CBRYC, but I now feel whole. I don’t think I need to shrink or become invisible anymore. I know that I am and can be an important person. I want to be the right person for me. I want that today and every day.”

As with Josie, CBR YouthConnect’s commitment to helping youth and their families make the connections that inspire change continues to happen today and every day.

— *Vaughn Zimmerman, CBR YouthConnect
National Services Director*

**We look forward to hearing from you!
Send your opinions, thoughts and comments
to CBR YouthConnect Director of the
Clinical Affairs/Administrator Martin Masar
at mmasar@cbryouthconnect.org or
1-800-790-4993.**

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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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