



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

News From The Office of Admissions

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Creating Connections That Inspire Change For Youth & Family

800-790-4993

www.cbryouthconnect.org

Reflecting on a Lesson Learned in Therapy

In a therapy session this spring, a 14-year-old shared with me his innermost thoughts about his life, his pain and how he felt others viewed him. In my 20-plus years of working with troubled youth, some conversations still teach me about our children's hearts. I penned this poem based on what he told me that day. I hope that you will find the thoughts and feelings reflected in this poem a meaningful reminder of our troubled children's hearts. Rather than judge them based on their attitudes and outward appearances, we need to accept them for who they are and believe in the potential of who they can become.

— *Martin Masar,
CBR YouthConnect,
Administrator and
Director of Clinical
Affairs*

You Say You Know Me (Therapy Session With a 14-year-old)

You say you know me
You say I fit some category of diagnosis
And this tells you all about me
You say you have read my records
And that my records tell my story
You say my behaviors match some symptom
And that tells you who I am
You say you know my type
And that somehow my type is like all the rest

If I wear my pants low,
does that make me a gangster?
If I put my hair in braids,
does that doom me to a life of crime?
If I wear chains around my neck and put an earring in,
does that make me a troubled youth?
If I walk the streets at night,
does that make me a troublemaker?

Do you know me if I listen to rap music?
Do you know me if I wear tennis shoes?
Do you know me if I walk a certain way?
Do you know me if I talk a certain way?
Do my tattoos tell you who I am and how I feel?

You say you know me —
Then tell me —

What makes me cry?

CBRYC Aces JCAHO Review

As in past years, CBR YouthConnect passed its triannual, unannounced review by the Joint Commission on Accreditation of Healthcare Organizations with flying colors. The review took place in early spring and CBR YouthConnect exceeded most standards and received full accreditation.

Looking Back and Reaching Forward

Officer Michael Cady of the Reno Nevada Police Department, a former CBR resident, gave a stirring presentation at the annual CBR YouthConnect luncheon in Denver in May. Cady said that the therapy he received at CBR did much more than open his mind and heart; it kept him from becoming yet another jailhouse statistic. Afterward, audience members stood in line for more than an hour to thank and shake hands with Cady. "Michael is not the exception at CBR YouthConnect," CBR's Martin Masar said at the luncheon. "He's the proof."

CBR Youth Achieve Accolades and Honors

A number of CBR youth made great strides in their personal lives this past spring. One boy, Brian, is working on his Eagle Scout project for the Boy Scouts. Another youth, who recently was discharged from CBR, was selected to play on the Junior National Basketball team during the competition in Ohio in June.

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



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.

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

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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