



Creating Connections
That Inspire Change

News From The Office of Admissions

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800-790-4993

www.cbryouthconnect.org

CBR Celebrates 50 Years of Caring

This year marks the 50th anniversary of CBR YouthConnect (formerly Colorado Boys Ranch). Over the years CBR has fulfilled its mission of providing youth with the means to become hopeful, productive citizens by evolving and adjusting to the changing needs of youth, their families, and our many referral organizations. We hope that you will join us as we celebrate our first 50 years and prepare for the next.



"Hero Within" Chronicles History Through Stories

The Hero Within: Healing Troubled Boys at Colorado Boys Ranch is a collection of uplifting stories about CBR youth and their mentors since 1959. Authored by Cindy Landsberg and Judith Pettibone and published by Fulcrum Publishing, the book is a testimony to the resilience and perseverance of troubled boys and those who care for them. *The Hero Within* is available at Amazon.com, www.fulcrum-books.com, and in select bookstores.

CBR YouthConnect is the flagship program of Colorado Boys Ranch Foundation, a non-sectarian 501 (c)(3) nonprofit organization whose mission is "to achieve excellence in providing troubled youth with the means to become hopeful and productive citizens."

Harnessing the Ever-Present Power of the "Ripple Effect"

Ripple effect." It has been talked about in books, articles, movies, stories, science and elsewhere. Quite simply, it's a motion that causes another motion to occur. Anyone or any force can create a ripple effect. For example, watch a toddler waddle over to a small pond and gently throw a pebble into the water. Immediately, this action creates small motions within the water (both on the surface and beneath) that move outward in all directions. Now imagine the power of the ripple effect in everything that we do. It is infinite in its ability and impact on the universe.

Let's consider a couple of examples—one positive, one negative—and the consequences of each. In the first example, a stranger helps a disabled elderly person across the street by walking with and helping her avoid traffic. For the elderly person, this act of kindness immediately creates a sense of personal safety, a feeling of worth, and a nice interaction. Now safely home, she relates what happened to a relative. The relative feels so good about what just occurred that he tells a friend, and so on. Second example: a disabled elderly person struggles to cross a busy intersection when a stranger grabs her purse and disappears down the street. This leaves the elderly person feeling betrayed, in danger, and fully taken advantage of. She becomes afraid to leave her home or go out to the store. She relates this to her friends and neighbors who also become frightened, and so on.

At CBR YouthConnect, the ripple effect is always present and powerful. Each and every clinical,

educational, individual, group and personal contact creates numerous ripples in the waves of each boy's life. As therapists and staff, our intent and purpose is to help our youth focus on actions that will help generate positive, rather than negative, ripples in their lives.

This brings us to the next element of the ripple effect. There are so many ripples happening at any given moment. On campus, a boy involved in a special art session with a favorite teacher receives compliments about the project he is working on.

"A single act does make a difference...it creates a ripple effect that can be felt many miles and people away."

— Lee J. Colan

He feels good about this and the positive ripples combine to create wonderful waves of positive energy. As these ripples multiply, they generate upbeat, constructive energy among other youth on campus, among youths' families, and within the community.

We know that the act of giving creates an enormous positive ripple effect, whether it's a gift of a smile, a resource, our time or simply listening. The ripples embrace not only those who receive the gifts, but the giver as well, creating an infinite supply of positive energy that flows ever outward.

— Vaughn Zimmerman, CBR YouthConnect
National Services Director

We look forward to hearing from you! Send your opinions, thoughts and comments to CBR YouthConnect Executive Director of Campus Operations Martin Masar at mmasar@cbryouthconnect.org or 1-800-790-4993.

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Accomplishments and Accreditation

“One of the best in the nation.”

That is what a surveyor from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) had to say about CBR YouthConnect after an intensive three-day review. A team of educational reviewers from the North Central Association reached the same conclusion.

A recent study of former CBR youth reported a 92.5 percent treatment success rate. Success was based on eight different criteria, including whether the youth was reunited with his family or guardians or was able to live independently. Another recent survey found that more than 90 percent of former CBR residents interviewed were satisfied by the treatment they received.

CBR is licensed and certified by the State of Colorado as a psychiatric residential treatment facility and mental health provider and is accredited by or a member of:

- JCAHO
- North Central Association
Commission on Accreditation and
School Improvement
- TRICARE/TriWest, which provides
healthcare services to U.S. military
families
- National Association for Children’s
Behavioral Health
- American Association of Children’s
Residential Centers
- Colorado Association of Family and
Children’s Associations

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“Connecting parents and their children through improved relationships, new skills and hope.”

CBR YouthConnect (CBR) is a fully accredited national psychiatric residential treatment center for severely troubled youth. CBR has been providing these youth with refuge and hope since it was founded in 1959 as Colorado Boys Ranch. Conceived by a group of caring Colorado judges as a safe, nurturing environment that would provide at-risk youth with the means to become hopeful, productive citizens, CBR is located on 320 acres of land in southeastern Colorado,

Each year, more than 130 youth ages 10-21 from throughout the nation and from all ethnic, cultural, geographic and socio-economic backgrounds are admitted to CBR. Most have failed to succeed in other placements, and for many CBR is the place of last resort for psychiatric treatment and specialized educational services.

Integration of Treatments that Work

Contributing to CBR’s success is its nationally recognized treatment model—*The Integration of Treatments that Work™*. The approach is based on extensive evidence that psychotherapy, neuroscience and an enriched learning environment can help improve a youth’s ability to regulate emotions, thinking and behavior.

CBR’s treatment results are supported by one of the nation’s largest and most comprehensive outcomes databases for behavioral and medical analysis of adolescent mental health.

Integrated treatment elements are:

Psychotherapy—Credentialed therapists apply a wide range of research-based and professionally approved therapies to address illnesses that significantly impair how a youth thinks, manages his emotions, and relates to others. Preserving and reestablishing healthy family connections and relationships is a primary goal of CBR, which emphasizes and encourages family involvement and participation in each boy’s treatment through family therapy.

Neuroscience—Applied as part of a youth’s treatment plan, this discipline illuminates how development, genetics, biochemistry,

physiology and pharmacology can affect behavior and learning. Neuroscience is implemented within the context of the overall treatment plan, helping each youth receive a well-rounded and balanced therapy experience.

Enriched Learning Environment—CBR provides settings in which optimum staff-to-youth ratios, combined with ample program choices, create the best conditions for youth to discover their full potential, develop social and emotional skills, and gain self confidence. Opportunities include working with animals, the arts, music, gardening and pre-vocational programs. In addition, educational services are provided on campus through an affiliation with the local county school district.

CBR now offers a shorter-term, medical-based treatment program in addition to its 14- to 18-month program so that children can be admitted from all referral sources, including third-party payers.

Reaching Out to Military Families

CBR is among a small handful of centers certified by TRICARE/TriWest, a U.S. Department of Defense medical partner, to provide psychiatric residential services to the children of military families.

For additional information, visit www.cbryouthconnect.org or call 1-800-790-4993.

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