



Creating Connections
That Inspire Change

News From The Office of Admissions

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800-790-4993

www.cbryouthconnect.org

Food for Thought



This fall, CBRYC will launch "The Catering Connection" — the first PRTF catering business in the nation. The new service will be operated in conjunction with Principles of Food Technology and Customer Service, a new catering business course that will be taught on campus by a certified instructor. This program has received endorsement from a national/international-based food purveyor. The course not only will focus on business models for operating a successful food service enterprise, but also will educate youth about healthy food choices. The national epidemic of childhood obesity has become an important mental health focus, so a program that educates youth in healthy eating, nutrition, and exercise is right in line with the national health forum and a perfect fit for CBRYC.

*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.*

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."

Stepping Up To Take Care of the Children

Who will take care of the children? This question permeates my mind, soul and heart. Over the past year the economies of our nation went awry. At CBR YouthConnect, we have felt the pain of cost-cutting measures in the services we provide our nation's children and their families. Typically, the child referred to us for care has endured significant emotional and physical trauma. These are children that did not respond to in-home services. They required more. These are the children most at risk of falling victim to the nation's economic turmoil. *I ask myself, again, who will take care of the children?*

At CBRYC, despite the economic difficulties, we did not slow down; in fact, we accelerated our programs and services to meet the ever-changing needs of our nation's children and their families. Here are some recent highlights:

Study Affirms CBR Success Rate

We completed an independent, year-long outcome study of 316 children who left CBRYC from 2002 to 2008, locating 60 percent. The study revealed that 82 percent remained healthy and happy; not requiring hospitalizations or additional residential services, and not incurring further legal charges. In the study, 100 percent of respondents had a history of psychiatric hospitalizations, 70 percent had a history of legal charges, and 100 percent had a history of serious family problems. The average time post-discharge of respondents was three years and the average age was 18. According to a number of Web-based data searches, the alternative for some 70 percent of the children in our study would have been jail—at great expense. So the cost-savings for children placed at CBRYC in dollars alone is in the staggering millions.

Certifications and Distinctions

This spring, we very successfully passed our Joint Commission accreditation and Maximus certification as a TRICARE approved facility. The latter means we are certified to provide residential mental health services to military children and their families.

In addition, CBRYC Medical Director and Psychiatrist John Hardy, M.D., received the highest recognition of distinction at the American Psychiatric Association Annual Meeting in May. Dr. Hardy is recognized nationally and internationally as a foremost authority in child and adolescent psychopharmacology and mental health. His expert testimony is sought after nationwide.

"Cottage Industry" Services Added

We have redesigned our Vocational Technologies course and curriculum to offer "cottage industry" services. This includes design and construction of custom-built dog and cat houses, lawn sheds and custom-built small water craft. In addition, the students will receive hands-on experience in basic carpentry, plumbing, electricity, masonry, dry wall, small engine repair and framing. Successful students are expected to receive an endorsed certificate of completion and a school credit.

Along with mental health services, providing the youth with hands-on practical experience is an effective means of giving them employable skills in preparation for their return to their homes, families, and communities.

So, again, I ask who will take care of the children? CBRYC will continue to deliver the many programs and services our children and families need to succeed. To everyone who has sent notes and emails of support, thank you. Together we all are caring for the children.

— Martin Masar, Executive Director,
CBR YouthConnect

Accomplishments and Accreditation

"It is energizing for me to survey agencies that really care about their clients."

This is what a surveyor from The Joint Commission had to say about CBR YouthConnect after a recent intensive review. He went on to state, "The good news is you had no direct impact standard violations. You all should be very proud of that fact." These views were shared by AdvancEd Worldwide (North Central Association Commission on Accreditation and School Improvement) whose surveyor began the report summary with, "You are a hidden jewel—I wish more people knew what you do for kids. Your team has my highest admiration." He continued, "You can be exceptionally proud that any student, coming from any school, anywhere in the nation, is receiving the finest education possible."

Findings of a recently completed five-year outcome study of former CBRYC youth underscore the quality of services these statements reflect. The study reported an 82 percent success rate among the 60 percent of former CBRYC youth surveyors were able to contact over a nine-month period. Success was based on a number of criteria, including no legal charges or psychiatric hospitalizations, placement stabilization, receiving a high school diploma or GED, and improved family relationships. The average respondent was 36 months post discharge and all interview information was verified by a second source.

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:

- The Joint Commission
- TRICARE/TriWest, which provides healthcare services to U.S. military families
- National Association for Children's Behavioral Health
- Colorado Association of Family and Children's Associations

CBR YouthConnect
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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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