

News from the Office of Admissions

Holiday 2003

A Season of Hope, Faith and Love

As the holiday season approaches, the spirit of Christmas will soon fill the air. As with the many holiday seasons before, I will look for the holiday spirit, and with this spirit comes a radiance and passion that I long for all year.

I remember one holiday season when a young man burst into my office. Fumbling with his pockets, he pulled out a small, shiny blue stone. He told me it was all he had to give me for Christmas. Just a rock that he had worked on in his lapidary class. It was more than just a rock. It was a symbol of all this season has to give. A symbol of all he had to give. It was a rock of hope.

Several years later, a group of boys came to me asking to be a part of the annual CBR Christmas program. After searching for something these theatrically inexperienced boys could perform, we came across "The Littlest Angel". Day after day, they worked on their parts. But when show time finally arrived, stage fright set in, and it took some words of encouragement for these performers to go on stage. The encouragement worked and slowly they began their rough version of "The Littlest Angel". During the performance, one of the boys stumbled over his lines. As he looked at me standing off stage, he mustered the courage to continue and finished without faltering. The audience erupted with applause. After taking one last bow, he came up to me and whispered, "I believed."

Last year, just when it seemed that the spirit of Christmas would come and go unnoticed, something extraordinary happened. On the night of our annual Christmas program, I watched as friends, employees, boys and families filled our dining hall to capacity. One woman in particular caught my eye. I soon learned she was the wife of David Quicksall and was accompanied by their daughter. David, who is now deceased, was a resident of CBR during his turbulent youth. As they sat down, it occurred to me that his charming daughter had returned to the place where her father once lived. I was seeing the magnificent circle of life.

So as this holiday season comes and goes—May you have hope, may you believe, and may the circle of life surround you in love. — *Martin Masar, Director, CBR Office of Admissions and Clinical Affairs*



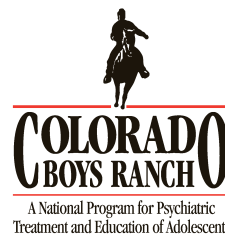
Real-Life Learning

The Jacqueline G. Archer Center for Education and Learning was dedicated on the CBR campus this Fall during a ribbon-cutting ceremony and luncheon featuring the boys who helped build the center. Funded through a generous gift from Mrs. Archer, who died a year after making the donation, the two-story building served as a construction training ground for the boys who interviewed for and were selected to work on the project. Construction expertise and materials were donated by numerous local and area businesses. By having the boys help build their own multimedia center, CBR has done "what few youth facilities in the nation have done," CBR President Chuck Thompson told the more than 200 people who attended the dedication ceremony. "This project is about involving the boys. It's a phenomenal accomplishment."

Welcome to the Holiday Edition

We love hearing from you! Send your opinions, thoughts and comments to CBR Director of the Office of Admissions and Clinical Affairs Martin Masar. He can be reached at cbrclinical@ria.net, cbradmission@ria.net or 1-800-790-4993.

About Colorado Boys Ranch



Colorado Boys Ranch (CBR) has been helping troubled teenage boys for more than 40 years. Located on a 320-acre campus in southeastern Colorado, CBR is a fully accredited, nationally recognized psychiatric residential treatment and education facility that provides 24-hour care. Each year, more than 120 boys, ages 10-21, from all ethnic, cultural, geographic and socio-economic backgrounds are admitted to Colorado Boys Ranch. Many come from caring families where the boy is troubled by a medical disorder, childhood trauma and/or negative peer group influences. Others are referred to CBR following years of abuse or neglect. What they have in common are behavioral, psychiatric, school and community problems that other, less intensive, settings were unable to treat.

A professional intake team reviews all referrals to determine appropriateness of placement at CBR. This thorough evaluation process helps referral agencies, parents and physicians identify those boys who will most benefit from CBR's intensive treatment and educational services.

CBR staff members include doctors, nurses, therapists, teachers, residential counselors, recreational counselors and support staff who are experienced, educated and well trained.

CBR's Treatment Approaches

Our approach to treatment includes:

Family Therapy. At CBR, family involvement in all aspects of a boy's treatment is extremely important. We encourage family members to accompany their child at the time of admission and, as clinically appropriate, welcome them to visit as often as possible. Our goal is to help the boy and his family achieve a healthy and successful reunion. At the time of discharge, we support families by assisting with the development of aftercare and "wrap-around" services, such as counseling, special education services, vocational training and medication management.

Intensive Psychotherapies. Individual and group therapies are a major treatment component. Psychotherapies are designed to match each boy's unique circumstance. Rather than using a standardized—one size fits all—treatment model, CBR therapists make sure treatment fits the specific needs of each boy. CBR also offers a wide range of animal-assisted therapy programs.

Education – Applied Learning. At CBR, academic learning occurs inside and outside the classroom, and in a variety of traditional and non-traditional ways. CBR concentrates on the principal that exposure to real-life experiences is essential for effective learning.

Relationship-Building. Our goal is to help boys and their families develop the trust, open rapport and compassion necessary for meaningful, healthy relationships. Programs are designed to promote caring relationships, which in turn promote successful treatment.

Leading-Edge Care. CBR treatment programs and activities continually are assessed to ensure that they reflect the latest in mental health research and findings.

CBR—Where Boys Grow and Lives Change.

In 1996, CBR completed its first *Performance Report*. Success for the youth was defined as completing the CBR treatment program and—for approximately two years following discharge—living at home in a stable relationship with his family, in foster care or independently while attending school or working. Based on those criteria, the report showed an 85 percent success rate.

In 2001, CBR completed its second *Performance Report* based upon a follow-up study of 202 boys discharged between 1996 and 2000. Once again, 85 percent met the criteria for a successful outcome at the time of follow-up, an average of two years and eight months following discharge.

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