



**COLORADO  
BOYS RANCH**

A National Program for Psychiatric  
Treatment and Education of Adolescents

1-800-790-4993  
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Spring 2003

# News from the Office of Admissions

## Value a "Given" at Colorado Boys Ranch

**V**alue, as defined in Webster's Dictionary, has a variety of definitions. It can mean worth, cost, importance, significance, usefulness, regard and respect. I have been thinking about the word *value* and its relationship to out-of-home placement. At Colorado Boys Ranch, we feel it is our responsibility to ensure *value* in the placement, treatment and education of youth at our psychiatric residential facility. As with the dictionary definitions, the word value takes on different meanings depending upon how we use it to describe various aspects of placement and clinical treatment. Along those lines, here's what value means at CBR.

**Placement Value.** In terms of usefulness and importance, this ensures that:

- placement in an intensive psychiatric residential treatment is an appropriate alternative to more or less restrictive forms of youth placement.
- placement can diminish the intensity and frequency of aberrant behavior.
- family reunification, involvement and participation are viewed as essential.
- educational advancement or vocational preparation will be emphasized.
- effective discharge planning and aftercare services will promote ongoing healthy and lasting change.
- success in youth treatment includes reducing criminal behaviors and the prevalence of re-offending.
- family education will be available to increase the prevalence of healthy behaviors that promote positive family environments.
- effective permanency planning can lead to lasting change that contributes to a youth's productive citizenship.

**Clinical Value.** In terms of significance, respect, worth and importance, this ensures that clinical treatment will:

- respect the rights of the youth and family.

- respect the youth and family's right to self-determination.
- establish positive regard for the youth and family.
- therapeutically work *with* the youth and family, not for or against them.
- use appropriate psychotherapeutic techniques, individualized for the youth and family.
- actively support psychotherapeutic techniques through continuous research and training.
- focus on the *cause* of the problem.
- promote self-worth, dignity, self-confidence and effective decision-making skills.
- begin where the youth and family is at emotionally, mentally, culturally, spiritually, and in terms of their individual maturity levels.
- have meaning, value and purpose for the youth and family.
- move at the best pace for the youth and family, in terms of learning and internalizing growth and change.
- seek internal changes for a lasting difference, not just change in response to the environment.
- assist in helping the youth and family build life skills that result in productive and effective interactions in their lives and within their neighborhoods and communities.

For all of these reasons, we believe referral placement at CBR brings value to every professional, probation officer, caseworker, mental-health worker or other referral source

### *New Service For Youth With Alcohol/Mental Health Problems*

Colorado Boys Ranch has developed a new treatment service for youth ages 10 to 21 who have both mental health and alcohol-related problems. The treatment uses neurofeedback, a type of biofeedback that has proven effective in modulating behavior.

Neurofeedback involves increasing or decreasing certain frequencies of brainwave activity at certain brain locations. Researchers have found that by learning to controlling specific brainwaves a person can significantly reduce his or her tolerance for alcohol and set up a psychophysiological reaction that results in rejection to alcohol exposure.

CBR uses this specialize training, along with its many other services and treatment techniques, to successfully treat youth who have alcohol abuse/dependence along with multiple other mental health problems.

For more information about **Neurofeedback Therapy for Youth With Mental Health and Alcohol Problems**, contact the CBR Office of Admissions at 1-800-790-4993, or via email at [cbradmission@ria.net](mailto:cbradmission@ria.net).

seeking effective help for a troubled youth. At Colorado Boys Ranch, the value we all share is respect—recognizing the importance, dignity and human worth of every youth and family we serve.

— *Martin Masar, Director of the Office of Admissions and Clinical Affairs*

## **Admissions At Your Service!**

In keeping with our commitment to accessibility, you can reach a CBR Office of Admissions staff member from **8 a.m.-8 p.m. (MT) seven days a week. Call (719) 469-1366.** If the line is busy, please leave a message and your call will be returned as quickly as possible.

# About Colorado Boys Ranch

**C**olorado 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 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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