

A young woman with brown hair, wearing a yellow headband with sunglasses and a blue and white striped shirt, is smiling and resting her chin on her clasped hands. She is sitting at a table with a vase of white flowers. The background is a blurred outdoor setting with yellow chairs.

J BAR J YOUTH SERVICES

*Facilitating Positive
Change For Youth*

2018 ANNUAL REPORT



J BAR J YOUTH SERVICES

J Bar J Youth Services offers innovative options for at-risk youth and families who are working toward self-sufficiency and personal responsibility. Our goal? To see youth succeed as happy, healthy adults who contribute to their community.

Founded in 1968 as a working ranch for boys, J Bar J has grown over the years to offer a continuum of programs and one major yearly event, The Oregon High Desert Classics, to address the needs of youth on their journey to adulthood.



Residential treatment program for adjudicated teen boys

This program provides an opportunity for boys to restructure thinking, succeed academically, and grow in responsibility. The goal is for young men to return to their communities as productive citizens.

jbarj.org

**J5
Short-term stabilization program for adjudicated teens**

The program assists boys on parole or probation to move to lesser level of support by teaching intervention and de-escalation skills.



Therapeutic boarding school for at-risk girls ages 13-18

The Academy at Sisters provides individualized treatment that encourages integrity, accountability, respect, and reconnection with family in a positive, nurturing environment. academyatsisters.org

**THE LEARNING CENTER
Private alternative program, contracted with the Bend-La Pine School District**

Accredited through AdvancEd, these collaborative high school programs serve students at the J Bar J Ranch, J5 and the Academy at Sisters.

The Learning Center works to increase grade level skills and re-engage students in the learning process so they can become capable of leading successful lives.



Safe Families helps families in crisis who lack a safety net

By providing mentoring relationships for parents and temporary housing for children, the program connects them with needed support during a time of challenge including possible job loss, serious illness, homelessness, or other issues that complicate parenting.

Safe Families mobilizes and equips host families and ten area church communities to provide support while parents work to secure stability for their families. Safe Families keeps children safe and gives families hope. sffcco.org



Program that matches youth with mentors

Serving children in Central Oregon since 1994, the Big Brothers Big Sisters organization helps youth overcome adversity and thrive through a donor funded program providing professionally supported one-to-one mentoring relationships.

Big Brothers Big Sisters of Central Oregon serves youth between the ages of 6 and 15 years old in Deschutes and Jefferson counties.

All funds stay local to help local children in need. Our goal? For every child to have the opportunity to succeed in life and live up to their full potential. bbbsco.org



Programs and shelter for runaway and homeless youth and victims of human trafficking

The sole provider of a comprehensive spectrum of youth services in Deschutes County, CYFC works with runaway and homeless youth, ages 16-20, providing emergency shelter and counseling and reuniting youth with families. CYFC encourages stable living conditions, assisting with youth education and employment support. 11 services include family mediation, short-term shelter, case management, employment support, Street Outreach Program, Domestic Victims of Human Trafficking, Independent Living, and Transitional Living Programs. cascadeyouthandfamilycenter.org



Home that provides emergency and transitional shelter to young pregnant or parenting mothers

The only home of its kind east of the Cascades, Grandma's House is a non-profit home to pregnant and parenting girls who may be homeless or abused.

For over 20 years, this home has provided 24/7 hope, support, tools and education to help young parents make good life decisions and become self-sufficient.

The Angels Wing outreach program at Grandma's House continues to offer support and services when mothers and babies transition into independent living. grandmashouseofco.org

J Bar J is simply all about kids. The programs and services have been developed over these last 50 years to address the changing and challenging needs of youth and families in Oregon. It has been my pleasure to guide these programs over the last 20 years.

"Our goal is to help kids get on track and develop into healthy, productive adults that contribute to their community. I thank you for joining this mission and supporting youth through volunteering your time, employing a graduate, mentoring a 'Little' or through your generous donations.

We are making a difference!

Stephanie Alvstad
Executive Director





I have been on the J Bar J Executive board off and on since the early 90's. My commitment to this organization runs deep. J Bar J's services have left a positive impact on Central Oregon's youth.

It started out as a ranch for adjudicated boys more 50 years ago and implemented a responsibility based treatment program in which graduates from the ranch use their new thinking skills daily. Next we started a boarding school for girls, Academy at Sisters in the 1990's to help young ladies overcome traumas and/or addictions and to be a successful adult in today's world.

J Bar J has continued to enhance their footprint in Central Oregon with Cascade Youth and Family Services, Big Brothers Big Sisters, Safe Families, and our new addition of acquiring Grandma's House. We continue to seek to provide needed services for today's youth by planning to develop a Vocational School in the near future.

J Bar J is attuned to the youth as well as knowledgeable in the current counseling treatments. Each service offers vital solutions to today's socio-economic youth, to lift them up to be contributing individuals for a better community now and in the future.

Jeannette P McKenzie
Executive Chair



In Their Words

Cascade Youth & Family Center

Yesterday, “Danny” and I were in the Burger King drive through, fulfilling my promise of milkshakes as a reward for him having just endured piles of paperwork, as he reflected on what Cascade Youth & Family Center has done for him. “Really, I should be the one buying you guys milkshakes for everything you do for me. Honestly, Maggie has done more for me in a week than my mom did for me my whole life.”

While Danny definitely doesn’t owe anyone a milkshake, it’s true that Maggie, the LOFT shelter manager, and a number of other staff members have been the only positive, supportive connections in this 22 year old’s life. He came from a childhood that was too abusive to share, and as soon as he was old enough, walked a few hundred miles alone until he landed in emergency shelter at the LOFT. In the years since then, Danny has grown into a goofy, thoughtful, and charismatic young man- always considering the LOFT his home whether living in the building or not.

Supporting him isn’t always easy, as his developmental disabilities and past trauma sometimes play out in ways that make me feel like I’m working with a giant, fragile child. In the hours we’ve spent together; overcoming fear at the dentist, chatting about movies in the social security disability office waiting room, or using burritos and laughter to make necessary paperwork as painless as possible, I’ve learned how important the connection with CYFC has been for him. More than just “service providers,” we’re his Emergency Contact and sole source of birthday & Christmas gifts.

Each time I drop Danny off at the dilapidated shed he lives in, we share a cheery hug goodbye, and then I’m immediately fighting back tears as I watch him walk back into his largely solitary existence. It’s hard to walk alongside such a gentle soul who’s been so badly hurt, and fallen through the cracks in the social service system.

I’m happy to share that Danny’s life is on the verge of an incredible improvement. Yesterday’s chocolate shake was a celebration, and the paperwork we had been doing was for a rental subsidy he was awarded by NeighborImpact to move into his very own apartment at the beginning of next month. Soon, we’ll get to help him move out of that shed forever, and into a place that he can proudly call his home- in addition to the LOFT community.

Colleen Sinsky
Street Outreach Case Manager



Academy At Sisters

Hana Damon-Tollernaere

Hana's poem, The Wind Chime, made the national finals of The Scholastic Student Writing Contest, awarded at Carnegie Hall. She was a Student at the Academy at Sisters when her poem was submitted.

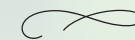
The Wind Chime

*I am trying to tell you
All the time
With every breath I take
Every tear
About the time when you smashed the wind chime
Just smashed it on the ground
I have been trying to tell you for years
I was six and okay
It wasn't the first time I'd seen someone
break something on purpose
But I still felt my bones bend with fear
I am trying to tell you
All
The
Time
About every other time
Where my body rearranged itself
Out of fear
When you are unhappy
You make us all
Unhappy
And now I am trying to put myself back together
And it's hard
Harder than anything I've ever done
Except maybe*



*Picking up the pieces of that wind chime
You wonder
Why I've never respected you
Maybe it's because
A goddamn six year old
Shouldn't have to pick up the pieces
You're not the only one whose heart is full of rage
But I have been keeping mine asleep
Because I am busy
Picking up my own pieces
Trying to put myself back together
Trying to keep all those broken pieces that are yours
From spilling into my life
And the words stick to the roof of my mouth
like peanut butter
Or something else I only now let myself eat again
We all know this by now
It's no secret
But you don't listen to me
At all
And you don't really care what I think
You should have bought a pottery wheel
Instead of having a baby
Because
All
You
Want
To
Do*

*Is shape me out of clay
Like the daughter you dreamed of
I am not the daughter you dreamed of
I am not anyone
Yet
And that is
Okay because
I am
Becoming
Let me become
Give me a chance
Or I'll steal one from you
You don't own my chances
I thought you did
But they are all mine
I am all mine
You don't hear
Wrists
Or the fear in every breath I take
Or the eggshells that are finally breaking under my bare feet
I bet you don't even remember the wind chime
Funny
The words
Hate
And
Love
Taste awfully
The same
On our tongue*





Grandma's House

I came to Grandma's House in November 2013, about a month before my daughter would be born. Prior to coming to Grandma's House I was living with my mom in a house built in 1910 with no heat (in super cold bend Oregon) this house was a far cry from a safe place to bring a newborn and has since been demolished due to unsafe living conditions.

Grandma's house welcomed me, and I finally had that "I can do this" feeling.

"Grandma's House connected me with an amazing doula and in late December I brought Kaya "home". Fast forward 4 months. I began doing volunteer work at a preschool through the DHS program that requires 20 hours of work a week to maintain income assistance. At the same time I was doing Ready2Rent classes through NeighborImpact and applying for their transitional housing program. In July of 2014 I got my own apartment! I spent 3 years there raising my daughter, working hard and we actually bought a home in May 2017!

Grandma's House was the greatest gift to me and my daughter.

Courtney & Kaya

Grandma's House residents: 2013 to 2014
Grandma's House Angels Wing: 2014 to present



Big Brothers Big Sisters of Central Oregon

One of the reasons I decided to help Big Brothers Big Sisters is I had a lot of people in my life growing up who would take time out of their lives, who were important in my life, and that was really helpful. So I just wanted to pay it forward and help another kid.

My Little is great! We have a lot of fun. He is really into science, so we ran an experiment for several months through the spring and summer. I think it's such a positive thing to help in the life of a child!

Caleb Thomas **Big Brother to Xander**

Caleb is the Marketing Director at Redmond Chamber of Commerce & CVB, and takes time from his busy life to be a strong, positive role model in Xander's life. These two spend time by the river flying drones and studying marine biology.



Cascade Youth & Family Center

Because the Street Outreach Program is based out of the LOFT, a transitional living program/shelter for youth, I am able to spend time with the residents of the LOFT when not doing street outreach. This has afforded me the opportunity to meet some of the most incredible young people I've ever encountered. The residents have taught me important life lessons about resiliency, hard work, and the power of laughter.

Extending the table (the theme the Jesuit Volunteers in her program were exploring) is about immersing yourself in a community, entering with an open and loving heart, and working to ensure that all those around you feel included and welcomed to join in. This year is not a year of service for me. It is a year of accompaniment and growth. I have extended the table to the young people I work with, as we learn from one another and share the same desire for the world to be a more hospitable, caring place. Our table is extensive and there is room for everyone.

Laura Jaremko
Volunteer Community Health
Outreach Specialist,
focusing on street outreach
with youth experiencing
homelessness

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jvcnorthwest.org/





Our Impact

Cascade Youth & Family Center

Runaway & Homeless Youth:

A safe haven for young people in jeopardy

Street Outreach

Providing
street youth
mentoring,
basic supplies,
(food/clothes/hygiene)
drop in shelter hours
(showers/laundry/meals)
case management &
referrals to services

434

Street youth
contacted

1,230

Hours of out-
reach provided

Cascade Youth & Family Center

Emergency Shelter

Provided
shelter
for

63

runaway
youth

93%

Returned home or
were placed in
safe, stable housing

1,050

shelter
nights

95%

Demonstrated academic
progress and / or
re-engagement in their
educational process

and

192

hours
of family reunification and
mediation
services

100%

Were connected with family or
other agencies to assist them
beyond their time in the shelter

Cascade Youth & Family Center

The LOFT: Living Options For Teens

Transitional Living:

Stable and safe accommodations for homeless youth

Provided
transitional
living for

49

homeless
youth

97%

Transitioned to a safe
and stable living situation
following residency

4,973

shelter
nights

100%

Received comprehensive
employment and case
management services

and

192

hours

of case
management, life skills,
and support groups

100%

Secured Employment
within 30 days of entering
the program

Grandma's House

A home for pregnant and parenting girls

1,255 mom
shelter
nights

100%

Of pregnant moms received childbirth education resulting in full term pregnancies with little or no intervention & infants born at healthy birth weights

547 baby
shelter
nights

100%

Of moms and their babies received medical care pre and post-natal

1,802 total
shelter
nights

100%

Of pregnant moms attended breastfeeding class resulting in 100% still breastfeeding after 3 months

The J Bar J Learning Center:

Re-engaging students in their education:

An accredited alternative school at
J Bar J Boys Ranch
J5
and at the
Academy At Sisters

Serving **175** Students

Students Gain in Grade Levels

Reading: **1.6**

Writing: **1.4**

Math **2.1**

J Bar J Boys Ranch & J5

Adjudicated Youth:

Providing the opportunity and tools to restructure thinking, succeed academically, and grow in responsibility:

137 Youth were served at J5 Parole and Probation
Revocation short-term stabilization program (trying to
keep kids from going deeper in to the system)

70 Youth were served at the Boys Ranch and Independent Living

18 Youth were served through Deschutes and Crook
County outpatient

225
Boys served
2017 - '18 fiscal year



Our People



Facilitating Positive Change For Youth

Offering innovative options for at-risk, adjudicated, and homeless youth who are working toward self sufficiency and personal responsibility

Our *goal* is to see youth succeed as happy healthy adults who contribute to their community

Our *vision* is that all children succeed.



Congratulations, Adalie!

A mentor in Big Brothers Big Sisters of Central Oregon was awarded 'Oregon Big Sister of the Year!'

Adalie Beckley and her Little Sister Laycee have been matched for five years, and she loves that Laycee tries to make their activities centered around a theme, for example, eating Pilot Butte Drive-in food on top of Pilot Butte.

In the time that the pair has been matched, Adalie started and finished a Physician's Assistant program at PSU in Portland and is now working as a PA at St. Charles. Raised here in Bend, Adalie graduated from Bend High where Laycee now attends. They are both surprised and happy by how much they like being partnered, and are looking forward to many more years together.



GO BIG!

**“Help a kid
be a winner,
be a Big Brother
or a Big Sister.”**

~ Ashton Eaton



**Big Brothers Big Sisters
of Central Oregon**

Thank you, Ashton!





Empathy
Self-Understanding
Emotional Growth
Assertiveness
Self-Efficacy
Perspective
Anxiety Reduction
Decreasing Isolation
Communication
Self-Awareness
Self-Acceptance
Impulse Modulation
Social Skills
Confidence
Boundaries
Connection
Trust

THE ACADEMY

at Sisters

Equine Therapy

Essential Principals for Developing Healthy Kids

Irrational thinking and beliefs are core issues when youth arrive. These powerful principals are essential in Cognitive Restructuring.

Feelings Are Not Externally Caused. Although people experience feelings in particular circumstances, the circumstances do not cause the feelings. Instead, a person's emotional response reflects his or her thinking about the circumstances. People feel not so much in response to what happens to them, but in response to what they think about what happens. This is a major revelation, because people have control over what they think, even when they can't control what happens. By controlling their thoughts, individuals can gain emotional self-control. Happenings don't cause feelings; happenings plus irrational thoughts do.

Dissatisfaction Is Different From And Does Not Inevitably Lead To Disturbance. People and circumstances can frustrate, deprive and inconvenience you, but only you can disturb yourself.

Abandoning absolutism: This black and white thinking includes:

- ♦ Demanding that things be different – understanding we can't control other people or the way the world is.
- ♦ Copping Out – Nothing is my fault, refusal to accept responsibility.
- ♦ Over generalizing & Overstating.
- ♦ Catastrophizing – Making mountains out of molehills.

Thinking (self talk) + feelings (preconditioned beliefs) = behavior.

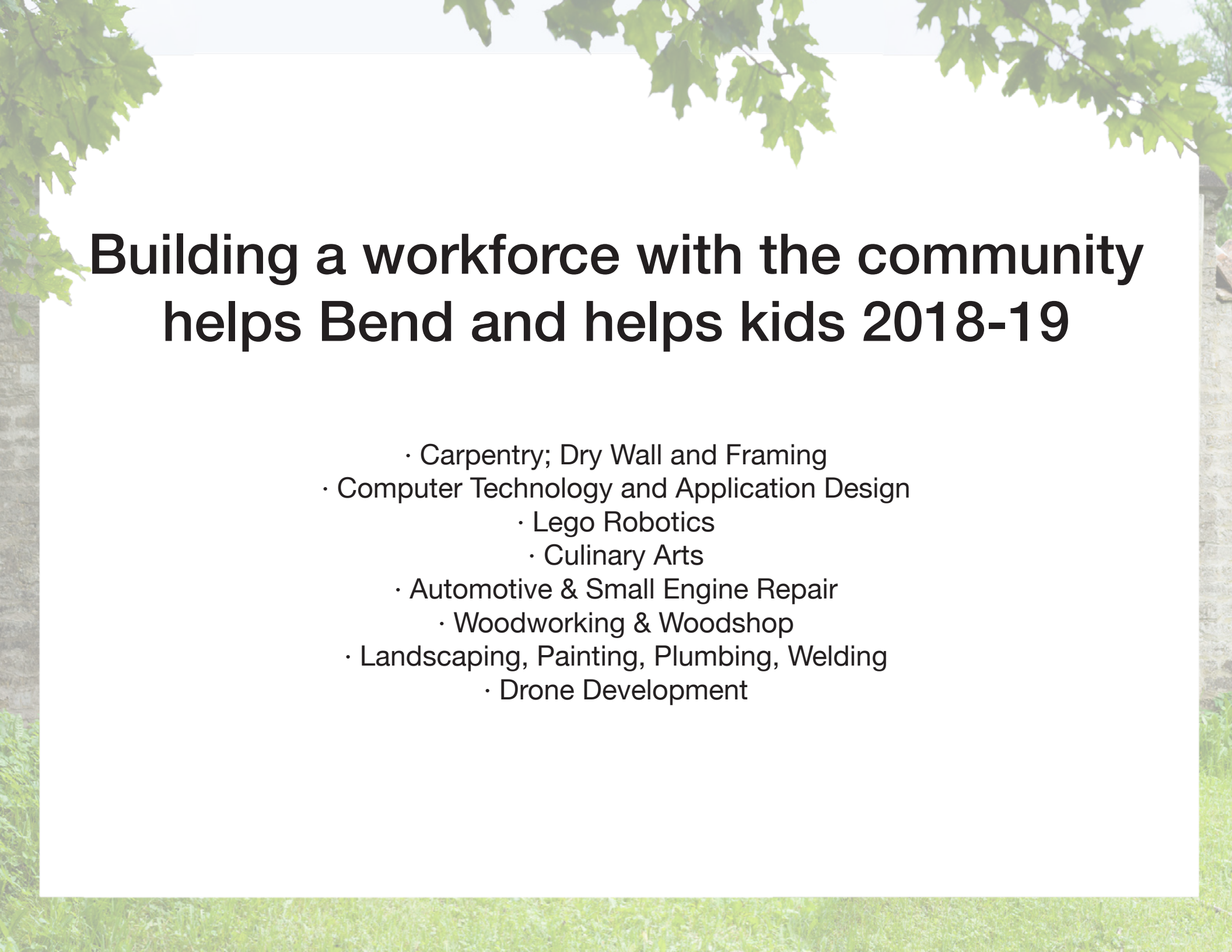
Vocational Program

Breaking Ground Soon



Giving youth the tools
they need to succeed



The background of the slide features a soft-focus image of green leaves and grass, with a white rectangular area in the center containing the text.

Building a workforce with the community helps Bend and helps kids 2018-19

- Carpentry; Dry Wall and Framing
- Computer Technology and Application Design
 - Lego Robotics
 - Culinary Arts
- Automotive & Small Engine Repair
 - Woodworking & Woodshop
- Landscaping, Painting, Plumbing, Welding
 - Drone Development



Our Supporters



A Heartfelt Thank You

To all of our supporters, sponsors, and donors:
You have empowered youth and strengthened their futures.

You make all of this possible.





“Because of J Bar J, I have realized I am not a ‘bad kid.’ I just made bad decisions.



“Now I know my past doesn’t define my future. My choices define my future.”



United Way



We are a
United Way
Agency

“Everyone has helped me a lot and were very supportive. I loved all the staff and other girls, I will miss you all very much and will send other mothers to Grandma’s House.

Thank you to all our supporters”



“You make it feel like home!”

Because every child
Carries the Potential
to make the world
Better



The old Hamby Family Ranch was owned by Deschutes County in the 1960's, when Lyle and Mary Jarvis and Bill and Nelsyne Jones recognized the need for local troubled teenage boys to live in a structured environment based on accountability. They established a non-profit organization (J Bar J) in 1968 and worked to get the ranch donated by the county to help these young men. After the ranch was donated, Lyle and Mary Jarvis moved in and established a working ranch with five troubled boys.

Through this work with adjudicated boys, the leadership of J Bar J saw possibilities for helping other at-risk youth seek a better path, rather than make the choices that might lead them into the juvenile justice system in the first place. This inspired the addition of programs like a boarding school for girls, assistance and shelter for runaway and homeless youth, and matching 'Big' mentors with 'Littles' who could use a positive adult role model.

The purpose for all seven of our programs is to equip youth with the tools support to restructure thinking, succeed academically, and grow in responsibility to become productive citizens.

You can make a difference!
www.jbarj.org | 541-389-1409



Donate