

A photograph of four young men of diverse backgrounds standing outdoors in a sunny, wooded area. They are all smiling and have their arms around each other's shoulders. The man on the far left is wearing a red shirt, the second is a blue button-down over a black shirt, the third is a grey t-shirt, and the man on the far right is a grey t-shirt. The background shows tall evergreen trees and a bright sun creating a lens flare effect.

J BAR J YOUTH SERVICES

*Facilitating Positive
Change For Youth*

2021 ANNUAL REPORT

Innovative options

for at-risk youth and families who are working toward

self-sufficiency and **personal responsibility.**

We Are

J BAR J YOUTH SERVICES



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2021 Staying Focused!

Foundation, Flexibility, Focus, Future. These elements keep us on course to assure kids and families receive needed support from our programs.

Foundation- 2021 reminded us to stay with the basics. We know how to create a strong and stable foundation for kids and families. Safe shelter, food and community. We all benefit from a coach or mentor, someone we trust to look out for our best interest. To create that foundation we offer Living Options for Teens the LOFT (The LOFT), our shelter for homeless teens, Grandma's House for parenting teen moms and babies, and housing for older trafficked youth. These shelters that become safe homes for kids provide them with food, clothing, medical care, counseling and connection to other kids and to caring adult counselors and mentors.

Flexibility- Buzz words from 2021 include 'pivoting' and 'new optics.' We continue to call changing quickly to meet needs 'flexibility.' The program teams adjusted often throughout the year to make services available to kids that need us. Our amazing caregivers adjusted program priorities and staffing when COVID created illness, shutdowns and challenges. Team members covered shifts for each other in different program areas when coworkers became ill or needed to be off to care for family.

We saw flexibility in action when we adjusted plans to support a rise in homeless youth and a decrease in services

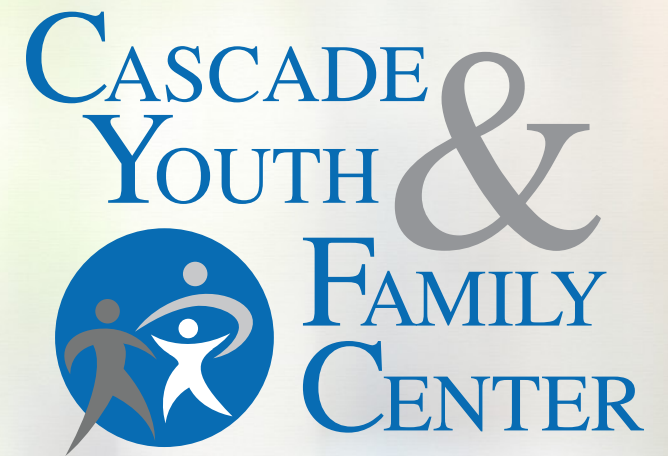
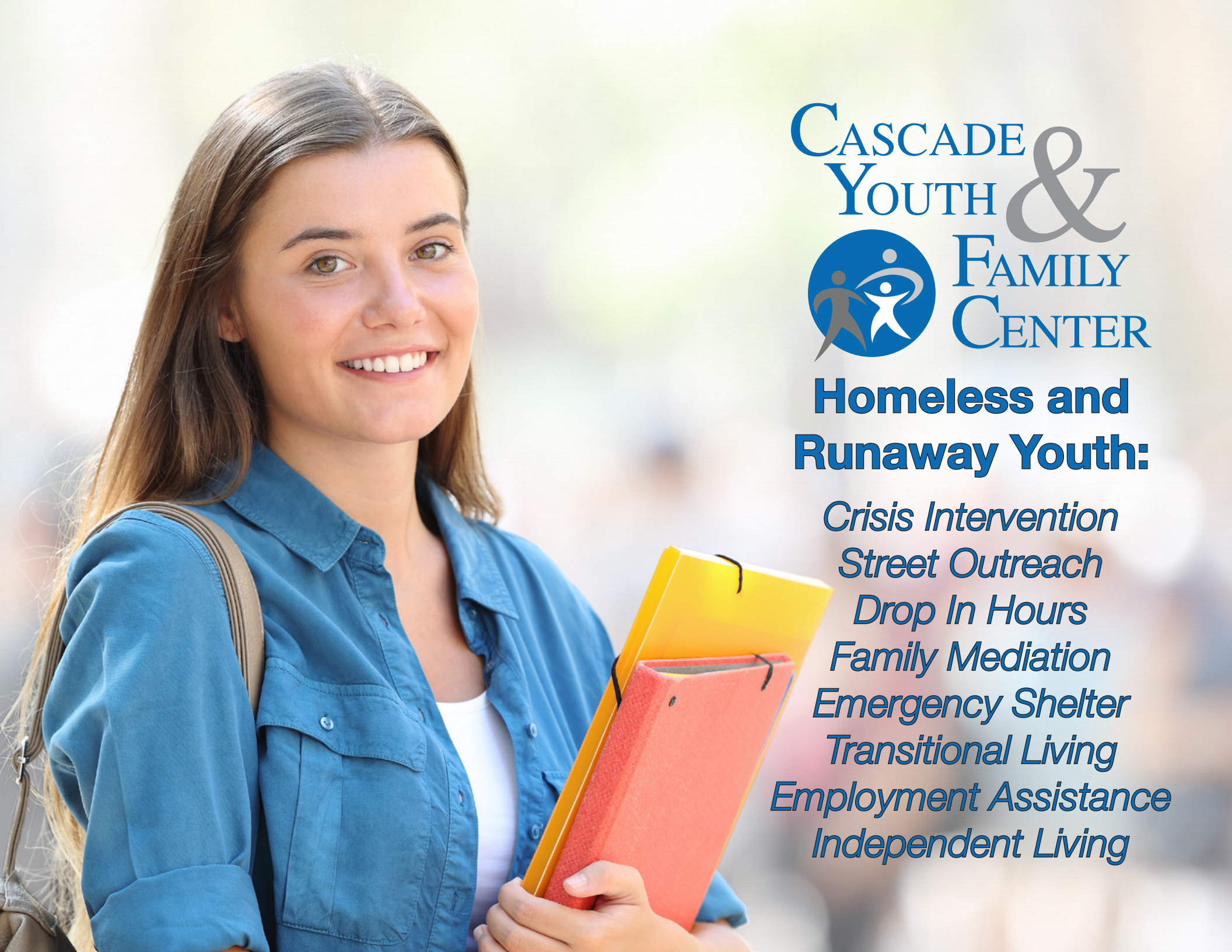
open to them. The Anti Trafficking program, The LOFT and Grandma's House all experienced increases in youth needing shelter and support. To address these increases and the additional number of street youth needing services, we added staff to the Street Outreach team to help kids get into shelter.

Focus- We focus on getting the best outcomes for youth. In 2021 we achieved accreditation from the Council on Accreditation (COA). COA measured the effectiveness of our programs, services and administration through a rigorous evaluation process aimed at assuring best practices are in place and followed. We continue to monitor and adjust to meet best outcomes. Reaccreditation occurs every 4 years.

Focus on Future- The Vocational Training Program is an essential program added to introduce the youth to the construction trades. In addition to assuring each youth leaves the Ranch and The Academy at Sisters' with High School Diplomas or GED's, we want to assist youth in moving on to higher education or to a job. Using the Paxton Patterson Curriculum, boys are learning 22 modules designed to prepare them for work in construction. This year we hope to add 11 Science, Technology, Engineering and Math (STEM) modules to the Academy at Sisters. To move the learning into action, the boys helped build Veterans Village, a community of 15 tiny homes for Veterans in Bend.

We will continue to build the foundation, use flexibility, stay focused and look to the future so we can steer kids to healthy adulthood. Thank you for supporting us in these efforts.

~Stephanie Alvstad, CEO



Homeless and Runaway Youth:

*Crisis Intervention
Street Outreach
Drop In Hours
Family Mediation
Emergency Shelter
Transitional Living
Employment Assistance
Independent Living*

Stable and safe accommodations for homeless youth

Provided shelter
for

73

runaway or homeless youth

3,720

shelter nights

1370

hours of case management,
family reunification and
mediation services

2020 - 2021 Fiscal Year

Did You Know? In Central
Oregon, the
number of
unaccompanied
homeless children under 18
tripled from 2020 to 2021?

The number of youth aged
18 - 24 in the same situation
increased by over 45%. *₁



*₁ Central Oregon Point in Time Count 2020 & 2021



Grandma's House

OF CENTRAL OREGON

Pregnant and Parenting Girls:

*Emergency Shelter, Transitional Living
Parenting, Nutrition, & Life Skills Training
Employment Assistance, Angels' Wing*

grandmashouseofco.org



Bridging the Opportunity Gap

*We help young mothers
build brighter futures
for
themselves
and
their babies.*

Did You Know?

Homeless respondents
were as much as 8 times more
likely than the
general population to have
experienced homelessness as children. ¹

Childhood Risk Factors for Homelessness among Homeless Adults - Paul Koegel, PhD, Elan Melamid, MPA, and M. Audrey Bumam, PhD - nih.gov

A home for pregnant and parenting girls

1,281 mom
shelter
nights

966 baby
shelter
nights

2,247 total
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

100%

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

2020 - 2021 Fiscal Year



Mirna

A NEW BEGINNING

Sutton climbs into her mother's lap, her red curls falling against her mother's sweater as she leans into the soft knit. Mirna kisses the top of her head, pausing to breathe in the quiet moment with her daughter. In that small space of time, she reflects on their life together. Mostly filled with love and hope for a bright future, but parts have been a struggle.

Mirna was homeless twice. She had been a college student on a track scholarship when she became pregnant. She then found herself homeless and had to drop out of school to work and support herself and her daughter. Mirna rented a room from a friend, and kept her head above water through her pregnancy and childbirth.

Suddenly, just before Christmas, her roommate gave her and the baby two days to get out. Seeing no options, she and Sutton slept in her car. On December 28th, she found a

safe home at Grandma's House, and began getting the support she needed to build her future. During her months there, she worked toward financial stability. She had not been taught much about personal finance, and while making ends meet with a baby she had maxed out her credit cards, accumulating a heavy load of debt.

Grandma's House provided her with the counseling she needed to budget, pay off the debt, trade her car with an expensive payment for a more affordable option, and save money for college through NeighborImpact's matched savings account. She also participated in regular group sessions at Grandma's House, where she learned life and parenting skills, nutrition, and much more.

Mirna and Sutton recently moved into an apartment of their own. Mirna returned to school to study pre-law and began working at an attorney's office. Furnish Hope brought in

furniture and the things she needed to make the space a home. They have a place of their own in time for a much happier holiday season.



Amber

FINDING ACCEPTANCE

As a small child, Amber knew she was different from those around her. When she played as she wanted or showed glimpses of her inside self, her family would taunt and make fun of her. They told her she was choosing to feel that way and it would lead to trouble.

As she grew into adolescence, denying her gender identity became harder. When she wore the clothes and hairstyles she liked, her family added physical violence to the verbal berating.

When Amber turned sixteen years old, her home turned into a battleground. Amber's family kicked her out of the home. She began living in an abandoned car. At her lowest point, Amber reached out to her trusted school counselor and shared what was happening. Her counselor's concern led Amber to Cascade Youth and

Family Center's transitional living program, the LOFT.

Amber told us that she felt cared for and accepted as she integrated into a productive and positive life at The LOFT. Amber is now living independently, and has hopes for a college degree and a successful career. Amber attributes her self-confidence, self-acceptance, and success to her time at the LOFT. The care and concern from the staff at Cascade Youth and Family Center gave her strength.



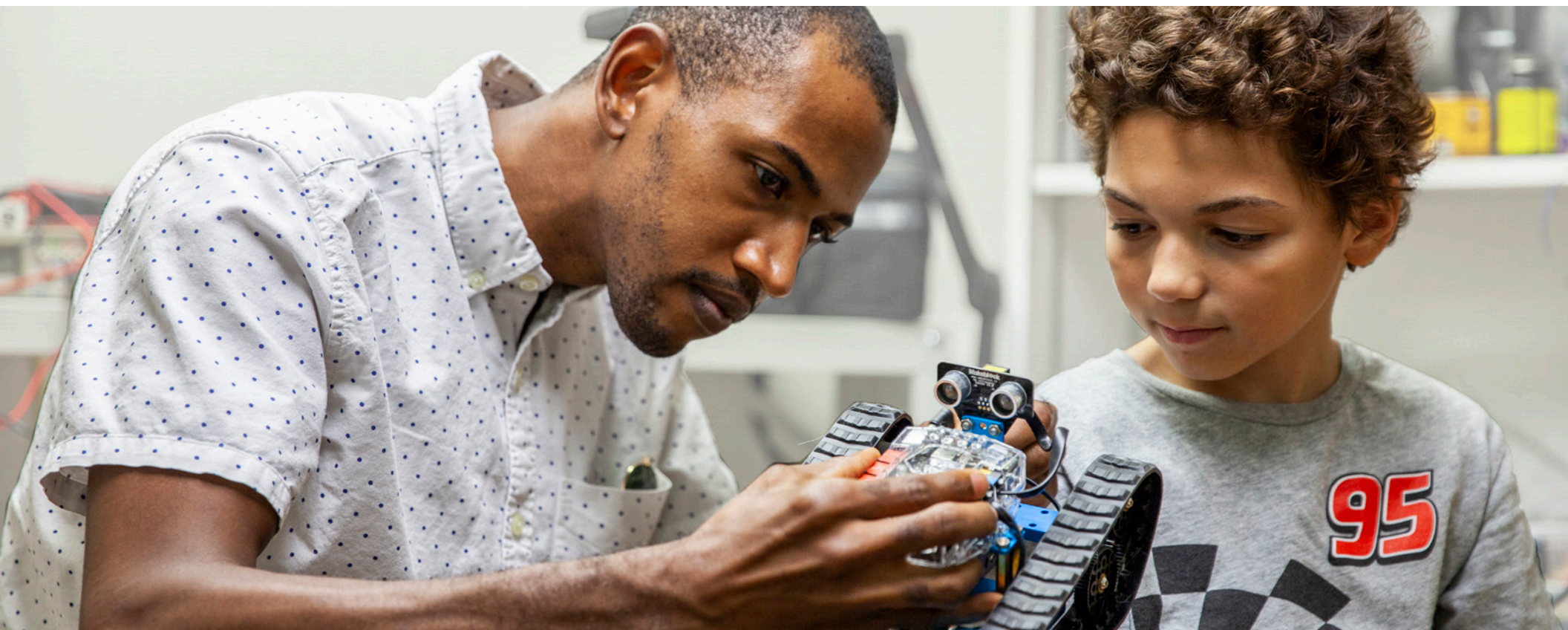


Big Brothers Big Sisters OF CENTRAL OREGON

Mentors:

*Igniting and Empowering
Potential*

bbbsco.org



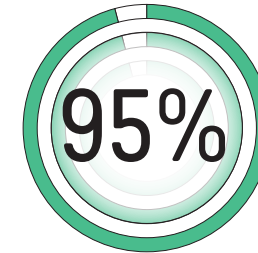


Did You Know?

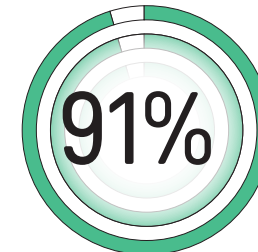
"Even with significant stressors, if a child has a relationship with a nurturing adult, the long-term negative effects of adverse childhood experiences can be reduced."¹

"Research shows that the strongest protective factor linked with resilience to childhood trauma is the reliable presence of a sensitive, nurturing, and responsive adult."²

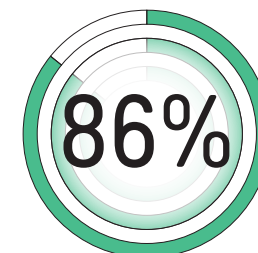
After being matched for
1 year,
youth involved in BBBSCO report
stability or improvement
in the following areas:



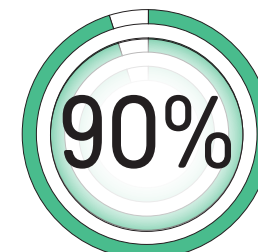
Risky
Behaviors



Academic
Performance



Emotional
Regulation



Family
Connection

*1 "Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity," National Academy of Sciences, Engineering, and Medicine, 2019

*2 Child Trend Reports in 2019 (Child Trends is the nation's leading research organization focused exclusively on improving the lives of children and youth, especially those who are most vulnerable.)

America

COLLEGE ADMISSIONS MENTORING

America was in middle school when she arrived in this country. She worked hard to learn English and by the time she started her freshman year at Bend High, she was ready to carry a heavy load of AP and IB classes.

During her junior year, she was thinking about her journey after high school and was referred to the Big Brothers Big Sisters of Central Oregon Latinx Program, funded by Oregon Community Foundation. America tells us: “I chose to join the program because my parents don’t speak English, and they are not able to help me with college. I joined the program to get help from a mentor to pursue a higher education.” And she

found one!

Teresa became America’s “Big.”

Teresa, a professor at COCC, grew up in a mixed Mexican American home learning Spanish as her first language. She said, “As I have moved through the educational system, I have seen a lot of inequities around who is

able to pay for and go to school, who has support to get there, and how much difference that support makes. It has been absolutely amazing working with America.”

She goes on: “We spent a lot of time editing essays, writing thank you cards, and all of the minutia that one might not know about applying for colleges and scholarships. To be honest, though, my job was easy because America had done so much since coming to the US – language skills, academic skills, volunteer work. We were just getting it down on paper and letting people know how awesome she is.”

The hard work paid off, America received the Renaissance Scholarship, The Dream US Scholarship, and the Ford Foundation Scholarship, and is attending Western Oregon University where she plans to become a bilingual elementary teacher.



Luis

BUILDING A NEW FUTURE

Luis is a tall kid with an easy smile and kind, brown eyes. By the time he was 17 Luis had been in and out of juvenile detention, and spent the better part of three years in an outpatient program. He pushed the hair back from his face and talked about his life. “I kept messing up, I didn’t really care anymore. I just felt like giving up.”

In the more structured program at J Bar J Boys Ranch, he found one-on-one help, and learned to reach out for help, rather than trying to keep things

to himself. “I’ve opened up a lot, with my emotions, feelings. I know I had trouble with that.”

The Vocational Program at J Bar J was new when he arrived. He and the other boys built benches and lawn chairs and went on to work off site, helping with construction of the cabins at Veteran’s Village.

Luis found a job he enjoys at Heart of Oregon Corps, an organization providing jobs to youth experiencing significant barriers to success. His work experience will further develop his skills and demonstrate his dedication and work ethic to future employers.

He plans to save some money and start college, perhaps with the help of a J Bar J scholarship. He knows there will be challenges but he will take many new skills with him; “Like cognitive behavior management, using thought processes before I act out.”

Luis is now far from that 17-year-old boy who wanted to give up. His smile beamed as he said, “I’m pursuing my dreams, pursuing my lifestyle. I want to live BIG.”

Luis now has hope for his future!





anti-trafficking project

Victims of Human Trafficking:

*Local Responders to the
National Human
Trafficking Hotline
Crisis Intervention
Emergency Shelter
Basic Needs
Safety Planning
Case Management
Connection to Services
CSEC Response Team Coordination*

We Served

68

human
trafficking
survivors

18

minors

30

18 - 23
year olds

20

24 and
older

59

sex
trafficking

6

labor
trafficking

3

both or
unknown

2020 - 2021 Fiscal Year

Kassidy

MOVING FORWARD BY FACING THE PAST

Kassidy is a painter, a fighter, a survivor. She is living in her own apartment, in a space of her own for the first time, after many years of inconsistent housing and homelessness. She has moved from one couch to the next, from one shelter to another, working to maintain employment and recovering from a history of abuse and trauma.

She felt haunted by her past. Her history held tight in her bones weighed her down. Through various jobs, therapeutic interventions, and meetings, Kassidy learned how to ask for help. She slowly learned to trust a system that had failed so many times before.

Kassidy recently stood in a courtroom to conclude an incident that occurred when she was in custody as a minor. These many years later, she stood strong in front of a judge and advocated for herself. She named the incidents she never wanted to remember and spoke to



the work she has put in to learn, grow, and show up for herself and others. Kassidy showed strength and pride in her ability to recount while shaking with the memories of the past. She drew a picture of her process of self-discovery and accountability.

While past events continue to color her world, as the dust settles, she can see a path forward. Kassidy works a full-time job that has brought a sense of stability and autonomy into her world. Her apartment is secured with a lease she can trust. Her cabinets hold room for her paints, has a pantry for pots, and holds space for what is to come. With help, she has created safety enough in her body and home that she is ready for consistent therapy.

Kassidy knows that she cannot draw over her past. She now realizes her power to overcome her past and uses her voice more each day. We look forward with her to her next steps.



Families in Crisis:

*Temporary Hosting of Children,
Mentoring, Support*

kindred-connections.org



Megan

THE BEAUTY OF “DAY HOSTINGS”

‘Megan’ was struggling. Attending the mental health and doctor appointments she needed was a challenge, as was her bible study - she had no one to care for her son while she was away. Megan is a recovering addict whose darling five year old son, ‘Jared,’ has developmental and behavioral challenges. Trying to juggle all of her responsibilities caring for him and managing all the appointments, evaluations, tests, etc. for herself and her son was overwhelming.

Looking for support, she reached out to Kindred Connections early this summer. Three volunteers rallied to support Megan and Jared. They all agreed to watch Jared at various times/days while Mom was at medical appointments, counseling appointments, and bible study.

It has been a few months and Jared is now in school full-time while Megan is continuing her appointments and job search. Megan has shared how well they are doing now and how appreciative she is of the support she had. Moving forward she knows she can reach out to her new mentor/ friends (volunteers) when she needs help, and simply for extended family love and support.

Kindred Connections Impact:

100

Hotline Calls

433

Hosted (bed) Nights

41

Children Served

21,569

Volunteer Hours

2020 - 2021 Fiscal Year





J B R J
Boys Ranch / J5

Adjudicated Boys:

*Residential Treatment
Restructuring Thinking
for Juvenile Offenders*

Did You Know? At the center of our programs is the belief that when youth learn awareness of their beliefs and thoughts, and how they influence their choices, they have better tools to create brighter futures.

Veterans' Village Opens!

The boys in the Vocational Program at J Bar J Boys Ranch developed their construction skills working on the tiny homes at the new Veterans Village. This project also gave the boys a chance to give back to their community and make lives better. After they were finished, Furnish Hope decorated, they look amazing!



95

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

70

Youth were served at the Boys Ranch and Independent Living

31

Youth were served through Deschutes and Crook County outpatient

196

Boys served

2020 - 2021 Fiscal Year



Residential Treatment for Girls:

Traditional and Experiential Therapies

academyatsisters.org



Culinary Arts Class: Chopped Challenge

What culinary masterpiece can you create with a random assortment of ingredients?

Academy students put that question to the test in a Culinary Arts challenge designed to resemble an episode of “Chopped”.

Equipped with the fundamental knowledge of how salt, fat, acid, and heat influence cooking, students worked in small groups to transform a basket of surprise ingredients into a fine dining experience.

Over the course of 90 minutes, onions were transformed into caramelized garnish, rice was molded into volcanos oozing with sauce, and tofu was elevated to a flavor-infused sandwich “meat”.

The final Culinary Arts unit was all about food sustainability and involved a project where each student selected a cookie recipe. They were required to calculate the environmental impact of their cookie in terms of water usage and food mileage of the ingredients. Cross curricular experiences aid in teaching and this project is an example of how to connect seemingly unrelated issues, in this case to their ecology/botany course to food preparation.

To turn the heat up one more notch, students presented their dishes to a panel of judges (including

professional chefs and J Bar J CEO Stephanie Alvstad) who assessed their dishes based on flavor, creativity, and presentation. While there could only be one winning team, there were plenty of delectable dishes to be shared amongst everyone!



J Bar J Learning Center

Serving kids

at J Bar J Boys Ranch, J5,
J Bar J Vocational Program,
and the Academy at Sisters
An accredited alternative school

Student Success in 2020-2021

14 High School Graduates
14 GED Completions

130 Students



The Horse Show Returns!

We were elated to hold the Oregon High Desert Classics this July. Hundreds of horses and thousands of participants arrive on the Boys Ranch for a world-class hunter jumper show, providing much needed funds for J Bar J Youth Services. After canceling during COVID in 2020, we are happy to report that the 2021 show was a great success!

Many local businesses stepped up to support the event, knowing that it funds our programs for at risk youth, and many stables, breeders, and equine facilities joined in to support.



We are very grateful to the local companies who stepped up and supported us this year. Thank you Robberson Ford, Cascade Sotheby's International Real Estate, Shevlin Sand & Gravel, Morgan Stanley Schroeder Fain Group, Les Schwab Tires, Horseplay, and many others. For a full list see <https://www.oregonhighdesertclassics.org/sponsors/our-sponsors/>

Their sponsorship made OHDC 2021 a success and enables us to continue our work helping youth throughout Central Oregon!



CLASSICS

32nd ANNUAL HORSE SHOW OREGON HIGH DESERT CLASSICS 2021

Classic I - July 21-25 | Classic II - July 28-Aug 1

Presenting Sponsor


Champion Sponsors



Media Sponsors





Blue Ribbon Sponsors















J Bar J Boys Ranch | 62895 Hamby Road, Bend, Oregon | www.jbarj.org
 PAINTING "CAPILANO" BY KIMMY JELEN

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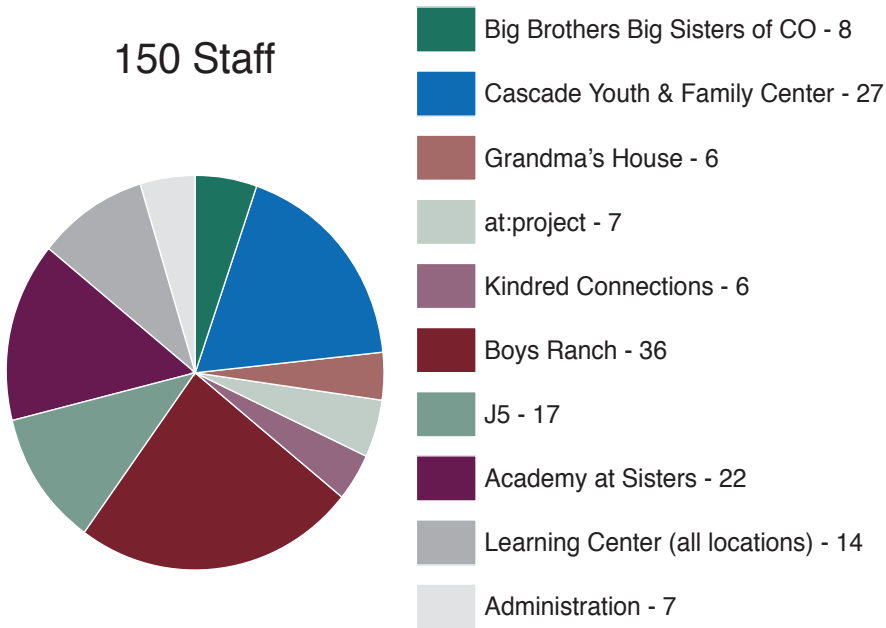
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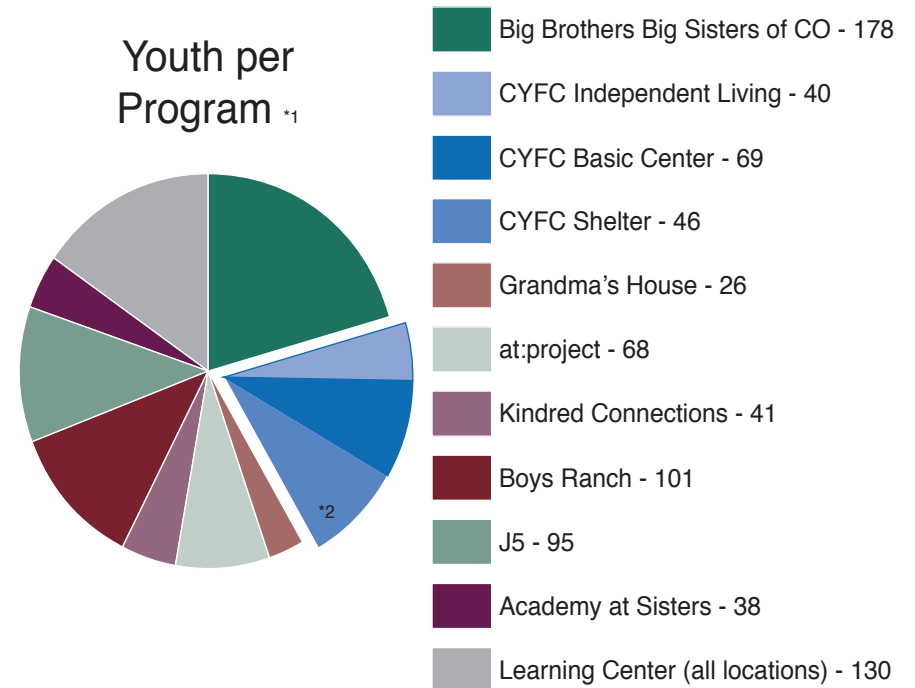
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Knights of Columbus	Colleen & ChristopherMiller	SusanProwell	Timothy & KimberlySmythe	Visit Bend
PeterKnudtsen	LynnMiller	Qorvo	GleeSnyder	Voltaire
MeghanKrieger	Donald & SueMiller/Miner	Gregory & MichelleQuesnel	Some Day Farm	JeanneWadsworth
Kroger	Morgan Caplane Equestrian	ArielleRaasch	Oscar & LaurelSorlie	StevenWallaert
KTVZ - 21 Cares for Kids	Morgan Stanley Schroeder Fain	TerryRahmsdorff	SoniaSottana	LindaWallon Haynes
WolfgangKuettner	DavidMorman	DianaRaske	Source Weekly	Walmart
LindaKurtz	Morning Star Sporthorses LLC	Regence BlueCross BlueShield	LindaSpittler	BarbaraWalter
Ladies of the Greens	Jerry & PamelaMoseley	of Oregon	CatherineSpurgeon	Meredith Wampler-Kuhn
DeniseLandis	Tom & PatMoses	Regenequine Therapy	William & DianeStahly	JodyWard
Tracy & RhondaLantz	Mount Bachelor Kennel Club	John and JenniferRenton	Debbie & MichaelStalker	GloriaWatt
RickLawrence	AndrewMurphy	Republic Services	SheldonStamos	NolaWeber
Susan & DonaldLazzarini	Cindy & LarryMurphy	DebReynolds	Mark & KarenStanard	DebraWeiss
CourtneyLee	Muzzo Chiropractic	Riata Designs	Starbucks	Westminster Sport Horses
DianaLee	ElizabethNardi	LauryRiley	Starnes Equestrian	Westside Church
KevinLee	DonnaNelson	ColinRoach	Stellar Sport Horses	Terry & Courtney MacMillan WHH
TerryLeggert	PatriciaNeufeldt	Roam Restaurant	Sunriver Christian Fellowship	Foundation
GailLeopold	MollyNopp	Robberson Ford Lincoln Mazda	Sunriver-LaPine Rotary Club	Ron & EileenWhite
Les Schwab Tire Center	Nordson Corporation Employee	Megan & KyleRoberts	AllysonSwales	TimothyWhite
MikaylaLewis	Giving	AbigailRogers	JanetSwander	JeffWhiteside
CaryLiebl	GayleNorie	StephanieRogers	KelseySweeney	Wilco
LIM-USA	Northline Wealth Management	Carol and SteveRooney	Phyllis and TedSwindells	Bart & JenniferWilking
Tanalopez	AnnisOetinger	Rose Hill Stables LLC	AaronSwitzer	JennyWilliams
JodiLove	ShannonOhlrich	BradRossa	Tack Warehouse	ThomasWilliams
Robert & SusanLudtke	Dera & DouglasOlsen	Rotary Club of Greater Bend	FredTanis	Williamson Family Fund
JamesLussier	JeannieOlson	Robert & VictoriaRowden	RebeccaTaylor	KeithWinsor
RheannaMagee	Onehope	CindyRowley	Tech Soft 3D, Inc.	LynetteWohlmuth
MichaelMahaffy	Oregon Community Foundation	Run8 Equisports	Terminix	DennisWood
Scott & CathyManley	Oregon Hunter Jumper Association	Anthony & TinaRussell	CarolTerzi	Woodridings West
JamesMarcoulier	Oregon Spirit Distillery	Ryan Hoover Corporation	The Athletic Horse LLC	TraceyWright
DavidMargiott	NancyOry	ScottSafadi	The Family Handyman	JohnYerman
EricMarley	StephenOttemoeller	AshleySalvage	The Legacy of Faith Catholic	KathleenYoung
BrianMarlowe	Out Central Oregon	LavyrneSamco	Community Foundation of Oregon	Vicki L Young
MelodyMartino	CasieOzolin	Samuel A De Leone Trust	The Lemon Tree	JustinZink

Our People

150 Staff



Youth per Program ^{*1}



Other Youth Contacts

CYFC Hotline - 1,464
 Kindred Connections Hotline - 100
 CYFC Street Outreach Contacts - 2000
 CYFC Youth - 561 ^{*3}

Notes:

More intensive programs with longer stays tend to show fewer youth per staff. Several programs are short staffed this year, full staff numbers would be higher.

*1 - Because one youth is often served in more than one program, adding these numbers to their total of 859 will include duplication

*2 - Cascade Youth & Family Center staff is grouped together in the first chart, but youth per program are shown separately.

*3 - Street Outreach and the Hotlines are not included in the second graph, because one youth may have several contacts with street outreach, or multiple calls to the hotline.

These early contacts are about building trust and beginning conversations. Youth may or may not identify themselves.



Childhood and adolescence are pivotal times

Challenges that are not faced and overcome may remain for a lifetime

*We work to help youth succeed and become contributing members of our community:
To create brighter futures*

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