

A photograph of four young people (three girls and one boy) smiling and posing closely together outdoors. They are wearing casual clothing, including jackets and headphones. The background is bright and slightly blurred, suggesting a sunny day in a park or similar outdoor setting.

J BAR J YOUTH SERVICES

*Facilitating Positive
Change For Youth*

2022 ANNUAL REPORT

2022 Was Another Busy Year!

Dear Friends of J Bar J,

The Annual Report is my opportunity to thank you for your support and provide a review of the previous year.

We had the pleasure of welcoming 12 audits/ reviews of our eight programs in 2022. These state and national reviews were delayed from 2021 due to COVID and kept us busy! The benefit of these audits is learning where we have opportunities to improve or restructure processes or systems to better serve youth and families.

Here are a few highlights:

* Well trained, stable staff is the foundation of our business. Selection, hiring, onboarding and continued learning opportunities are critical to the success of employees, to our culture and ultimately the care of youth. We have increased focus here.

* Funders and partners were excited about our successful program compliance with The National Council on Accreditation. We will continue to monitor metrics

* Driven by their commitment to service, our staff responded to different needs identified by youth and families during COVID. Each of the

programs expanded their services in unique ways to meet new challenges meeting the needs of families.

* We added two talented teachers to our Vocational training program at the Boys Ranch and are educating boys in nearly every aspect of the construction trades. The program is building community partnerships and providing youth real time experience in the trades.

*In 2022 we improved several HR processes and completed a Wage Study that revealed we are at 101% for pay ranges. We also added trainings, incentives, and positive culture fundamentals to move us forward into 2023.

We Are

J BAR J YOUTH SERVICES



Innovative options for at-risk youth and families who are working toward **self-sufficiency** and **personal responsibility**.

BOARD OF DIRECTORS

Looking Forward:

We are excited to move into 2023 with talented new staff and upgrades to several facilities.

We are developing new and exciting partnerships with state and community organizations to assist youth experiencing houselessness. One partnership coming to fruition is with Kindred Connections to remodel a home in Redmond to be used as a teen drop in center. Several partners, including a family foundation, have come together to support this project.

I thank you for your donations and support of this important work that together we are accomplishing for kids and families.

Sincerely,
Stephanie Alvstad, CEO



Stephanie Alvstad,
J Bar J Youth Services CEO

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Jeannette P. McKenzie,
J Bar J Youth Services Board Chair

stewardship



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
80
runaway or homeless youth

4,323
shelter nights


3,056
hours of case management,
family reunification and
mediation services

2021 - 2022 Fiscal Year



**33% of homeless youth had
once been part of the
foster care system.**

Cascade Youth & Family Center's
Independent Living Program works
with youth aging out of foster care,
teaching life skills and providing
support as they move
toward self-sufficiency



**Family conflict and unhealthy
family dynamics are a primary risk
factor for youth homelessness.**

Crisis Intervention and Family Media-
tion works with youth and their fami-
lies to help them learn de-escalation
skills and set healthy boundaries. We
also offer Emergency Shelter to give
youth a safe place to stay while a
situation at home cools off and they
create a plan for their next steps.

stability

Pregnant and Parenting Girls:

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



Grandma's House


OF CENTRAL OREGON

grandmashouseofco.org



Bridging the Opportunity Gap

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



Unmarried parenting youth
have a 200% higher risk of
homelessness.

Grandma's House not only offers a
supportive home environment,
we also teach parenting and life
skills, as well as support the
educational goals of residents.

A home for pregnant and parenting girls

1,537 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

2021 - 2022 Fiscal Year



beginnings



Mentors:

*Igniting and Empowering
Potential*

bbbsco.org





Mentoring Improves Lives!

People who had mentors in their younger years are shown to have improved academic, social, and economic outcomes throughout their lives.

Youth with mentors are more likely to:

- aspire to or attend college
- report participating in sports
- take on leadership roles in school
- volunteer in their communities

potential

*The Mentoring Effect: A report commissioned by MENTOR with support from AT&T, and written by Civic Enterprises in partnership with Hart Research.

When Recidivism is a Positive Thing...

Recidivism: Habitual relapse into crime. This clearly isn't a good thing, right? We put a lot of emphasis on assuring kids do not return to the juvenile justice system! We want to see healing, restoration, kids being employed, housed and contributing to society.

So, why would we say a relapse could be a positive thing? When we talk about a family or teen returning to a host home for a second or third time it can be a relapse, but also a very good choice! Meet Liz...an eighteen-year-old girl who desperately needed a home. A family in Kindred Connections offered her one. The plan was for her to be hosted for a few months, until she graduated high school.

After graduation she planned to move to another state to be with her boyfriend. Over the next few months Liz and her host family got to know each other. Dinners, hikes, home hangouts, and attending church together became the norm. Liz got a job and graduated high school, then she changed her plan and decided to attend COCC. With the help of the host family and the rest of the support team, she moved into the dorm and started college life.

As happens, college life wasn't for her and she decided to put her education on hold. She asked the host family if she could move back in and they welcomed her back. Liz has found the extended family support she had needed. We were pleased Liz felt comfortable asking for help and 'relapsing' to a place she feels safe.

Relapsing isn't always bad. Sometimes it means a struggling youth or a family found the support, hope and relationships needed after a second or third round. That is a good relapse!



A Big Changing a Little's Trajectory

In November, Big Brothers Big Sisters' (BBBSCO) brought back the in-person event, Comedy for Kids' Sake. The gathered crowd was excited and shared a good deal of laughter and a few tears as Mark Capell, BBBSCO Advisory Council member and Big Brother, shared his experience with his current Little Brother.

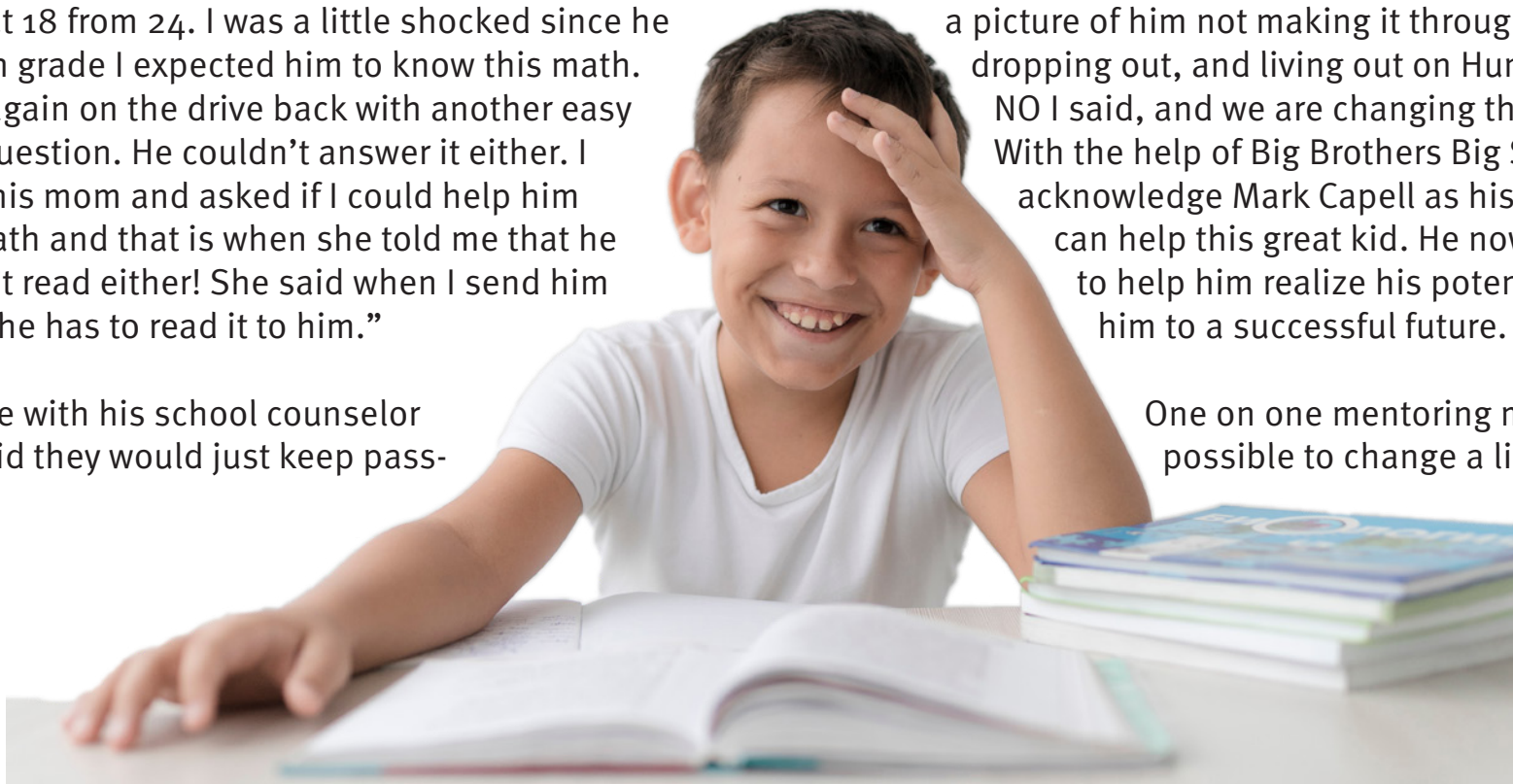
"I am honored to be a Big Brother in this amazing program. My little brother is 14 years old and in 7th grade. We have been matched and spending time together for nearly 2 years. Last spring we were on an outing, driving east out of Bend and he asked me how much farther we had to go. I replied, we are just passing milepost 18 and we are going to milepost 24, so how far is that? Well, he couldn't subtract 18 from 24. I was a little shocked since he is in 7th grade I expected him to know this math. I tried again on the drive back with another easy math question. He couldn't answer it either. I called his mom and asked if I could help him with math and that is when she told me that he couldn't read either! She said when I send him a text she has to read it to him."

"I spoke with his school counselor who said they would just keep pass-

ing him to the next grade until he reached high school. I was shocked and really disappointed. With the help of Big Brothers Big Sisters, I got him enrolled in a tutoring program. He tested at kindergarten level, which means he couldn't read. But within 6 months he moved up to grade 2 reading level and is now at 4th grade level. We are now working on building math skills. He is enjoying learning and says that his improved reading is already helping him in school."

His mom took the first step when she stood up for him and called BBBSCO which found him a great match. Without Big Brothers Big Sisters this really amazing kid would have just be given up on. Mark says, "I suddenly had a picture of him not making it through high school, dropping out, and living out on Hunnell Road. NO I said, and we are changing that trajectory!" With the help of Big Brothers Big Sisters (and we acknowledge Mark Capell as his mentor) we can help this great kid. He now has a team to help him realize his potential and guide him to a successful future.

One on one mentoring makes it possible to change a life!





anti-trafficking project

Victims of Human Trafficking:

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

at-project.org



Finding Stability

“My dream was never to live in a mansion, my dream has been to have my own apartment. Today my dream came true.”

- at:project client and survivor of human trafficking

Lack of affordable housing in Central Oregon has had wide reaching impacts on our communities. It's been the focus of much discussion on many levels, ranging from its impact on businesses' ability to hire staff to its contribution to the growing population of those living unsheltered.

This lack of affordable housing in our region also brings a significant challenge to providing services to human trafficking survivors. Housing units that are deemed affordable have waitlists that are years long.

The at:project connects survivors to services such as behavioral/mental health support, substance abuse treatment, health care and support systems. However, due to the lack of long-term affordable housing options in Central Oregon,

survivors may have to look outside the area in order to secure housing. Moving away from their support system can be disruptive to a client's life and has the potential to re-traumatize survivors of trafficking.

Having safe, affordable, and stable housing is one of the most asked for needs by the clients of the at:project. In 2022, the at:project's Housing Partnership Program supported 16 survivors of trafficking and their family members to receive housing navigation support to get into or maintain stable housing.

The at:project has partnered with Housing Works of Central Oregon to provide emergency housing vouchers to survivors of trafficking. We also received funding from the Justice Reinvestment Grant Fund and the DOJ Victims of Crime Act to provide application fees, rental deposits, rental assistance and rental retention funds. These funds and partnership go a long way in helping survivors rebuild their lives and find stability!

We Served

82

human trafficking survivors

22

minors

27

18 - 23 year olds

33

24 and older

75

sex trafficking

2

labor trafficking

5

both or unknown

courage

2021 - 2022 Fiscal Year



Supporting Families:

*Temporary Hosting of Children,
Mentoring, Support*

kindred-connections.org



Thank you Subaru of Bend!

Last April, Subaru's of Bend's Share The Love Program raised the seed funding for a new Kindred Connections Center (KCC) in Redmond. Renovations have begun on a building that will provide a welcoming environment for kids and their families, bringing the community together through lasting relationships. We will encourage kids to discover their innate abilities

through practical life and work skills, and they find belonging as they become part of the greater community.

Subaru of Bend and Thomas Sales and Service are longtime supporters of J Bar J programs, assisting with several projects and supporting programs such as Grandma's House.

We are grateful to Subaru of Bend for their \$25,000 gift to Kindred Connections through their Share the Love event. It will not only help build a resource center in Redmond, but is helping the youth from J Bar J Vocational Training Program put their newly develop skills to work and explore career possibilities.



Kindred Connections Impact:

87

Hotline Calls

488

Hosted (bed) Nights

136

Children Served

25,518

Volunteer Hours

2021 - 2022 Fiscal Year

hope




J BAR J
Boys Ranch / J5

Adjudicated Boys:

*Residential Treatment
Restructuring Thinking
for Juvenile Offenders*



***When youth learn awareness of their beliefs and thoughts,
and how they influence their choices,
they have better tools to create brighter futures.***



**50% of homeless youth have been
in the juvenile justice system,
in jail, or detention.**

**J Bar J Boys Ranch and J5 teach
adjudicated boys how their
thoughts and beliefs impact their
choices and ultimately define
their futures. This helps them
interrupt destructive patterns.**

104

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

77

Youth were served at the Boys Ranch

12

Youth were served through Independent Living

193

Boys served

2021 - 2022 Fiscal Year

trajectory

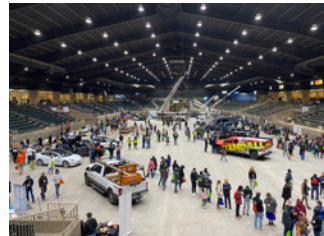
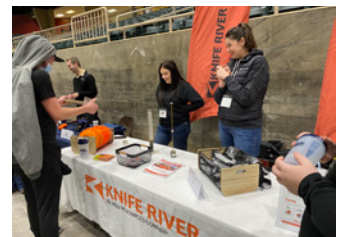
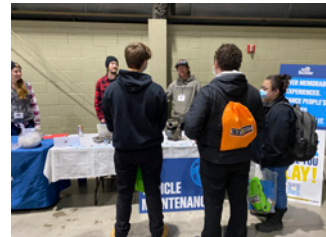
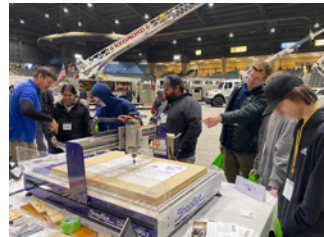
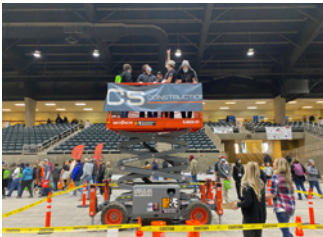
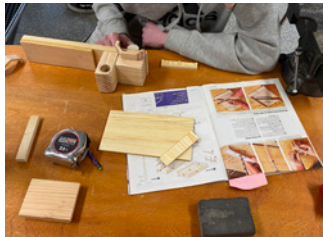
Building a Workforce

It's been shown that students with greater exposure to vocational programs are more likely to graduate from high school, enroll in a two-year college, be employed, and earn higher wages. J Bar J Boy's Ranch's Vocational Program not only builds resiliency and increases employment possibilities for the boys, it reduces the likelihood of youth re-offending in our community and it helps to build a local workforce.

J Bar J Youth Services is grateful to Roundhouse Foundation for a great partnership and a \$25,000 grant supporting this program for youth! The Roundhouse Foundation is a private family foundation based in Sisters, Oregon that supports creative solutions to the unique challenges associated with rural culture and the landscapes of the Pacific Northwest.

It's through support such as this that we are able to teach the boys about careers.

This year, in addition to our on-site vocational program, we visited the Central Oregon Skilled Trades Fair. There, the boys in our program met face-to-face with employers in the area!



We asked the boys what they thought of the experience:

"It was sick! We should do that like twice a month. I was only bummed I didn't make it over to the electrician booth, but the culinary arts booth was really cool. Even though I'm not thinking about that as a career, it would be really interesting to learn about in college."

"It was cool getting to go outside and see what different high schoolers and working people in the community were doing. I got to learn about "Shopbot", a computer-aided drafting device, from my old middle-school teacher. It was good to see him again."

"Going to check out Tesla and see the advanced technology was really cool. I want to be a mechanic, so it was helpful to see a new, advanced car."

"It gave us a lot of options. It was cool because there was a lot of stuff to do, and a lot of interesting exhibits like the cars, metal-working, pipe-building, etc."

"Some of the things I learned is that there are a lot more careers out there than I'm at least a little interested in. I really like the iron worker trade, I've always wanted to be a welder but I did not know that much about it. I found out so many more cool things like how many jobs and things to do when working with iron. I also got to do a little welding simulator which gave me a way better idea about what it looks like and how it works. Another thing I learned about the starting wage and what it can work up too. You can also go to school for it and get a college degree without have to pay any tuition at all; it's all paid for. While you are doing the training you even get paid a really good wage that you could live off of. I really enjoyed this because it taught me a lot about the iron worker trade that I didn't know and even though I already had a strong interested in it, I desire it even more as a career for my future."

"My favorite part was that it was hands on. The vet tech was really interesting. I liked that they get to work with animals a lot."

career awareness

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 2021-2022

22 High School Graduates
12 GED Completions

86 Students



education

Another Spectacular Horse Show

Thank you sponsors, barns & trainers, vendors, and competitors for making the Oregon High Desert Classics 2022 a great success! So many of you have been loyal supporters for many years, and we could not put together such a successful show without all of you.

The horse show is the primary annual fund raiser for J Bar J Youth Services, and goes a long way to helping us help youth in Central Oregon.

We are currently planning OHDC 2023, and sponsorships are available at levels.



**OREGON
HIGH
DESERT
CLASSICS
2022**

33rd ANNUAL HORSE SHOW
Classic I - July 20-24 | Classic II - July 27-31

PAINTING "TOMMY" BY KIMRY JELEN

Presenting Sponsor	Champion Sponsors	Media Sponsors	Blue Ribbon Sponsors

J Bar J Boys Ranch | 62895 Hamby Road, Bend, Oregon | www.jbarj.org



Residential Treatment for Girls:

Traditional and Experiential Therapies

academyatsisters.org



Outdoor Adventure Therapy

Each Friday, half of the Academy at Sisters student body is taken off campus to connect with nature. They explore our surroundings here in Central Oregon, practice experiential learning, and invite laughter and play.

The students reflect and set intentions that they wish to work on. While out in nature on an adventure they are invited to use all five senses: taste, touch, smell, sound, and sight. They are encouraged to step out of their comfort zones and welcome healthy challenges to build resiliency.

"Adventure group saved my life! I am very thankful for these bi-weekly hikes. Now, instead of falling into old habits, I take a deep breath and go outside."

"Adventure group is like a breath of fresh air!"

"I enjoy the opportunity to get out of the house and bond with staff and peers in a different environment. We always go to beautiful, refreshing places."



mindfulness

Thank you Donors and Sponsors

21 Cares for Kids - Newschannel 21

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 Yerman, John
 Young, Kathleen
 Zink, Nicolette
 Zuri Group

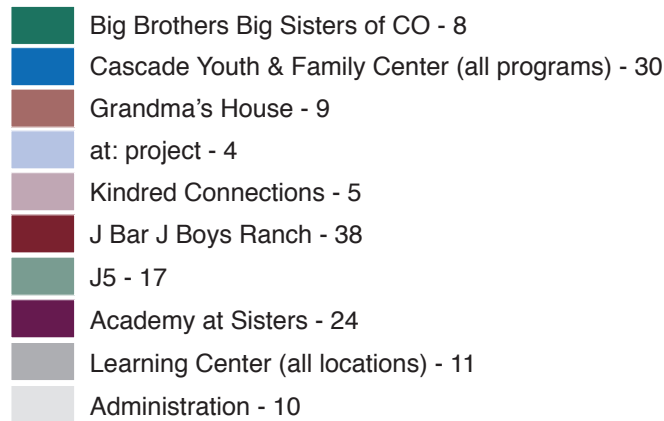
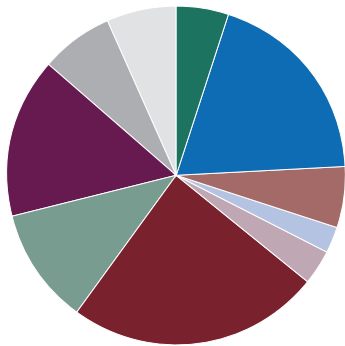
Oregon High Desert Classics Sponsors
 Absolute Horse
 Archway Equestrian
 Avion Water Company
 BellaMar Training,
 Bend Equine Medical Center
 Bend Honda
 Berkshire Hathaway
 Bigfoot Beverage
 Blue Rub
 BTH Equestrian
 Cascade Sotheby's Intl Realty
 Charlebois Farms
 Chevrolet of Bend
 CMIT
 Coastal Farm & Ranch
 Coats Family
 Coyote Rock Ranch
 Crystal Image Farm
 Deschutes Brewery
 Desert Pine Group
 Echelon Training
 Elevate Sport Horses
 Fratzke Commercial Real Estate
 French Horse Exports
 Fuerza Equestrian
 Gallops Saddlery
 Heirloom Equestrian Center
 High Desert Golf Cars
 Horseflight
 Horseplay
 Horsepower
 Imagination Lane LLC
 Jem Stables
 Jewel Images
 JTS Animal Bedding
 LaSalle Farms
 Legacy Hunters Jumpers
 Les Schwab Tire Center
 Lithia Chrysler Dodge Jeep Ram of Bend
 Lithia Nissan of Bend
 Maplewood Stables
 Meridian Peaks Farm
 Meyer Selles USA
 Pacific Coast Building Products / Basalite
 Pheasant Grove
 Regence BlueCross BlueShield of Oregon
 Rose Hill Stables
 Sage Equestrian,
 SilverBelle Equestrian / Mowbray Sporthorses

Skyline Ranch Development
 Sleep Inn - Bend
 Solis Equine / Westport Stables
 Some Day Farm,
 Stellar Sport Horse
 Swan Training,
 Tack Warehouse
 The Athletic Horse LLC
 Till, Matthew
 Triple Bar Stables
 Victoria Galan
 Voltaire
 Whitcomb Family,
 Williamson, Frank & Briana
 Woodside Stables

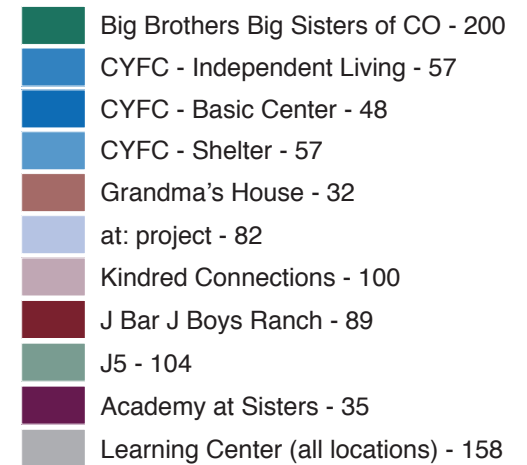
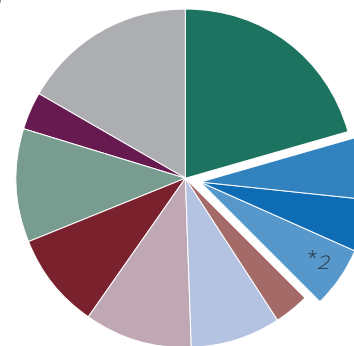
Big Brothers Big Sisters of CO Comedy For Kids Sake Sponsors & Supporters
 21 Cares For Kids
 Ascent Capital Management, LLC
 Avion Water Company
 Becky Breeze
 Bennington Properties
 Cascade Disposal
 Central Oregon Radiology
 CMIT
 Confluence Fly Shop
 Deschutes Brewery
 Erwin Swetnam
 Eva & John Gill
 Francis Hansen & Martin LLP
 Hayden Homes
 Jamba Juice
 J-Dub
 Jenna and Sean Minard
 Jonathan and Hollie Choe
 Kim Evered
 Les Schwab
 Mike's Fence Center
 Mountain Supply
 Mt. Bachelor
 Old Mill
 Oregon Trail of Dreams
 Peggy Carey
 Pete Alport
 Samantha Osborne
 Sunriver Resort
 Tawnya Layne
 Titos Handmade Vodka
 Total Home Solutions
 Transworld Business Advisors of CO

Our People

Our Staff: 156



Youth Served per Program ^{*1}



Other Youth Contacts ^{*3}

CYFC Hotline - 2,000
 Kindred Connections Hotline - 100
 CYFC Street Outreach Contacts- 2,640

Notes:

More intensive programs with longer stays tend to show fewer youth per staff.

**1 - Because one youth is often served in more than one program, adding these numbers to their total of 962 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.*

improving futures



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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Carries the Potential
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