
J BAR J YOUTH SERVICES

***Facilitating Positive
Change For Youth***

2023 ANNUAL REPORT



Our Beginning

Our story began with a phone call and a ‘yes.’ Lyle Jarvis was the vice principal and Dean of Students at Bend High when he answered a call from Judge Penhollow. In the late 1960s, Penhollow handled all the juvenile justice cases in Deschutes County and he had a dilemma.

“I have this kid who is causing trouble and I’ve got to send him to MacLaren because I can’t find another option.” MacLaren Correctional Facility wasn’t what this youth needed – Penhollow believed he would benefit more from a stable, structured home life than incarceration, but he didn’t have one.

Lyle responded, “We’ll take him.” Lyle and his wife, Mary, along with the 5 children of their own, stepped up and opened their home to help this first boy.

Then, through a foreclosure, Deschutes County became owners of a 40-acre ranch on Hamby Road where the Jarvis family, along with Bill and Nelsyne Jones, opened a facility in 1968 to help teenagers in trouble as an alternative to jail. Jarvis and Jones named it J Bar J Boys Ranch.

Following the inspiration and example of our founders, J Bar J Youth Services continues to respond with ‘yes.’ As unmet needs arise in our community, we respond by working with others to solve issues and by developing programs to help underserved and underrepresented youth.

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

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A Message from the CEO

Stepping up in 2023

Stepping forward to the needs of the community, we thank the countless individuals, businesses, organizations, families, and agencies who have supported the work of J Bar J. Without the trust, generosity, and investment from you we couldn't give youth the opportunities needed to succeed.

As a part of stepping up, we increased shelter capacity for youth with 6 new beds in Redmond, and 5 additional beds in Bend.

Priorities for 2023

Our 2022 operational and quality audits and reviews have guided our updates to policies and procedures in order to align with best practices. We are committed to continuing these outside reviews and updating practices as new information is available.

Recognition of our work on a state and national level

Increasingly, the services provided by J Bar J are receiving recognition by large

state and national agencies. Knowing the scope and efficacy of J Bar J programs has led agencies such as HUD (Housing and Urban Development) to provide our community with significant support and assist J Bar J's services to the youth in the community.

Stepping up to our employees

Organizations and businesses that provide direct services understand the importance of quality people and effective staffing. J Bar J has continued to emphasize and address the need to reduce employee turnover while simultaneously requiring, providing, and encouraging more professional development opportunities than ever before. Evaluation of hiring practices, trainings, and compensation have been a priority so J Bar J can continue to provide the best service to the youth of Central Oregon. In 2023, the Big Brothers Big Sisters team was recognized with the national Pinnacle Award for their exceptional efforts and success in pairing children with mentors. That award is given only to a small handful of Big Brothers Big Sisters organiza-

tions throughout the country and the Central Oregon team has stepped up time and time again to support the kids and families in the program.

What's to come

Moving forward J Bar J will continue to look ahead to the changing needs of the community and thoughtfully respond with committed staff, vetted programs and the goal of caring for kids and families.

I thank you for your connection to this work, your support of our efforts, and the investment you've made in the continued health and wellbeing of youth in our community.

Sincerely,

Stephanie Alvstad, CEO

J Bar J Youth Services ~ At a Glance:

prevention ~ *intervention*



Children needing mentors

Families facing crisis

Pregnant and parenting youth

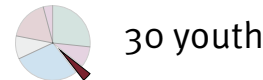
Youth experiencing homelessness

Igniting potential through mentorship! Big Brothers Big Sisters pairs caring adult mentors (Bigs) with kids (Littles) to defend, ignite, and empower potential. These relationships enhance mentees' futures, improving academics and fostering personal growth.

Kindred Connections mobilizes mentoring families and church communities, providing support during crises like job loss or homelessness.

Grandma's House shelters and supports homeless, pregnant, or parenting youth, providing tools and education for a self-sufficient future. For over 30 years, it has been the sole shelter and program of its kind east of the Cascades in Oregon.

Cascade Youth & Family Center provides shelter and programs for youth in family crisis, who have runaway, or are experiencing homelessness. We offer the only program of its kind within 200 miles.



bbbsco.org



kindred-connections.org



grandmashouseofco.org



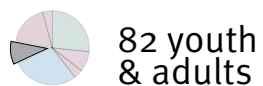
cascadeyouthandfamilycenter.org

treatment education



Survivors of human trafficking

The at: project supports and assists human trafficking survivors in Central Oregon. We also coordinate the Anti-Trafficking Alliance of Central Oregon (ATACO), a multidisciplinary collaboration of agencies working together to respond to cases of human trafficking.

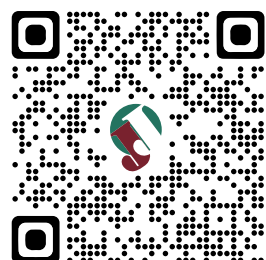


at-project.org



Youth involved with juvenile justice

J Bar J Boys Ranch and J5 are transformative residential programs for youth in the juvenile justice system, fostering academic success, responsible growth, and a restructured mindset.

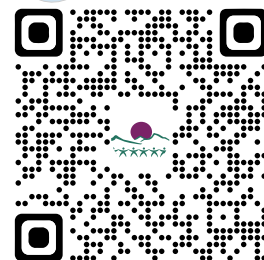


jbarj.org



Girls struggling with depression, anxiety, trauma, & more

Empowering young people through proficiency-based academics and multifaceted therapeutic approaches. Support helps girls recognize and challenge beliefs, heal, and build healthy lives.



academyatsisters.org



Residents at the Boys Ranch, J5, and the Academy at Sisters

The J Bar J Learning Center educational philosophy is the development of the whole person, socially, emotionally, and academically. The goal is to foster youth becoming lifelong learners.

The vocational program at J Bar J Boys Ranch combines academic success with vocational training. This initiative enhances employability, reduces criminal behavior, and builds a brighter future.



jbarj.org



**Big Brothers
Big Sisters[®]**
OF CENTRAL OREGON

Mentors:

*Igniting and Empowering
Potential*

Igniting potential through mentorship!

Big Brothers Big Sisters pairs caring adult mentors (Bigs) with kids (Littles) to defend, ignite, and empower potential. These relationships enhance mentees' futures, improving academics and fostering personal growth.



bbbsco.org



"So I felt kind of alone when nobody wanted to play with me. When I first met Will and I found out he was my Big Brother, I was very excited. I actually feel like I'm a part of something."

"There's no way I will ever forget Torree. She is one of the most stable things in my life and I never want that to go away."

Big Brothers Big Sisters is just absolutely life changing."

"I feel Teresa is a part of my family and she has been helping me not only with school and how to go to college, but also she has shown me what it is, really to have someone that cares about you and I love the connection we both have."



100%

of high school Littles who were seniors graduated high school or received their GED in 2023

83%

of Littles maintained or improved their mental health and well-being

82%

of Littles report a strong level of engagement with school

potential



Supporting Families:

*Temporary Hosting of Children,
Mentoring, Support*

Kindred Connections mobilizes mentoring families and church communities, providing support during crises like job loss or homelessness.

kindred-connections.org



- 136 Hotline Calls
- 731 Hosted Bed Nights
- 73 Children Served
- 164 Day Hostings
- 14,042 Volunteer Hours

Anna wanted to learn to drive. Because Anna didn't have a family member to teach her, Kindred Connections was able to match her with a volunteer to help her study, get her permit, and drive with her two days a week.

This volunteer is a grandmother of 15 who coached her grandchildren and is proud to report "they are all good drivers." The staff of Kindred

Connections has enjoyed watching the rapport build between Anna and her 'driving coach' while spending time together and attending to this task of learning to drive.

Recently Anna discovered she needed senior pictures for the school Year Book but had no resources to get them done. A call made to another KC volunteer, a scramble for a few 'photo worthy outfits,' a quick trip to Smith Rock and Anna now has a photo to add to the yearbook.

These things may seem small but we can tell you the impact was meaningful beyond words. These small acts of kindness are expressions of love! Kindred Connections is a program blessed to be in service to kids and families and creatively build and support relationships.

Because, in the end, it all matters.



hope



Grandma's House

OF CENTRAL OREGON

Pregnant and Parenting Youth:

Emergency Shelter

Transitional Living

Parenting, Nutrition & Life Skills Training

Employment Assistance

Angels' Wing

Grandma's House shelters and supports homeless, pregnant, or parenting youth, providing tools and education for a self-sufficient future. For over 30 years, it has been the sole shelter and program of its kind east of the Cascades in Oregon.

grandmashouseofco.org

"I wanted to provide Nathan with a better future. I graduated and I'm really proud of myself.

It has been like home, I love it. The staff is really welcoming. They care for us, and I care for them too now. It's like a big whole family."

At Grandma's House

23 Youth stayed for **1,347** Shelter Nights

16 Babies stayed for **1,227** Shelter Nights

39 Youth and babies stayed for **2,574** Total Shelter Nights

At Cascade Youth & Family Center

34 Youth stayed for **3,058** Nights at the LOFT

89 Youth stayed for **2,289** Nights with CYFC Host Homes or in Emergency Shelter

123 Youth stayed for **5,347** Shelter Nights

Combined Total

162 Youth stayed for **7,921** Shelter Nights



beginnings



Homeless and Runaway Youth:

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

Cascade Youth & Family Center provides shelter and programs for youth in family crisis, who have runaway, or are experiencing homelessness.

We offer the only program of its kind
within 200 miles.

cascadeyouthandfamilycenter.org

"I struggled because I didn't have a birth certificate, I didn't have a social security card. Everything got thrown away. Since being here I've gained a lot of maturity and leadership, which is good because I really needed it.

I'm now a graduate from high school. I'm about to go to college. I have 3 jobs. The LOFT gives me a place to stay, but the staff here are more valuable and more important than anything. I care about them like they were my own family."

"I was dead broke - dead in the water with no family in town to turn to. I've never met anyone from J Bar J or this program that has been less than kind. It's clear that they want to be in social work."

66 Youth received intensive case management

47 Youth reunified with their families

31 Families participated in mediations

At the age of sixteen, Sierra became homeless. Situations with her family left Sierra without a stable home and difficulty getting to and from school. Sierra's family moved from place to place, staying with friends and family members, or in the family van that continually broke down and had to be moved constantly due to city parking ordinances.

Many of the places that Sierra stayed when with her family made her feel uncomfortable and unsafe. Sierra began seeking places to stay with her friends and acquaintances, which was also not ideal. After a year of instability, Sierra's parents left the state without her.

At this point, Sierra was referred to the LOFT by Cascade Youth and Family Center's Street Outreach Team, and she decided to seek support there. The LOFT provides youth a safe place to live, help to complete their education, learn life skills, receive employment training and help finding employment. Youth also engage in healthy relationships, participate in recreation, and ultimately become productive citizens.

Sierra felt safe and cared for from the moment she entered the LOFT. She was able to resume her education and begin moving towards a life of self-sufficiency and options. The LOFT Case Managers helped Sierra define life goals and she began working to fulfill them.

Sierra is excited to be approaching her eighteenth birthday and is dreaming of one day creating a healthy living space of her own.



stability

The LOFT

Since Julia was young, her mother struggled with addiction. This demon ruled her life. Every choice and every consequence was influenced by her dependency. This resulted in Julia and her mother often being homeless.

When first homeless they stayed with family members. These relationships were eventually fractured because of her drug use. At a point, Julia and her mother moved in with her mom's boyfriend. But, like her family, the boyfriend soon tired of the situation and on a night propelled with violence, Julia and her mother found themselves on the street. Feeling scared and vulnerable, they set up camp in a dumpster enclosure.

For Julia, it wasn't easy to be a homeless teenager. She worried about what her friends would think about her sordid living conditions if they found out, so Julia dropped out of school. She did reach out to her school counselor and this counselor's concern led Julia to The Cascade Youth & Family Center's LOFT Transitional Living Program. Julia is now back in her home school, catching up on credits, earning good grades and is integrating into a productive and positive life at The LOFT.

Julia has hopes and dreams of continuing her education with the goal of moving on in life with a college degree and a successful career.



BBBSCO

In 2023, Big Brothers Big Sisters of Central Oregon Big Sister of the Year, Torree, and her Little Sister, Lilliana, received an additional honor from the state, Oregon's Big and Little of the Year!

Torree's journey with Big Brothers Big Sisters began long before meeting Lilliana, with her first Little Sister, who is now a parent herself- truly a rewarding experience.

The continuation of Torree's mentorship journey with a new Little (Lilliana) and their exploration of diverse activities underscore the depth of their relationship, spanning an impressive 8 years.

Engaging in activities such as rock climbing, whitewater rafting, snowboarding, and exploring local food cart lots not only creates enduring memories but fosters personal growth through shared experiences for both of this team. Torree's willingness to step outside her comfort zone with these activities serves as an inspiring example for Lilliana, encouraging a similar mindset. Torree's reflection on the privilege of witnessing Lilliana grow and learn about life and sharing experiences like her first trip to the ocean, highlights the meaningful impact mentors can have. It also highlights the joy the mentors receive from the relationship.

Torree's role as a positive force in the life of her Little is commendable, and we extend our gratitude to her for sharing the joy and fulfillment she has found as a Big Sister. Her commitment to foster growth, create memories, and find joy in the smaller moments serves as a truly inspiring example for us all.



Youth Advisory Council

It is well documented that homelessness in youth is one of largest risk factors for homelessness in adulthood. Helping youth while they are young is a strong step to preventing their homelessness later in life.

A key component informing the work of the Homeless Leadership Coalition (HLC) regarding youth homelessness is J Bar J's Youth Advisory Council (YAC). This group is made up of youth currently living in Grandma's House or Cascade Youth & Family Center's LOFT, two shelters licensed for unaccompanied youth, as well as former residents who have transitioned into stable housing.

The Youth Advisory Council participates in HLC community meetings, identifies gaps in the system, and reviews policies and procedures. They are involved in every step of the planning process of the HLC when addressing programs for youth.

The Council has guidance and support of adult staff to ensure their

recommendations follow best practices.

We asked council member Adrienna Guerrero about her experience and why she participates. "I heard about YAC, and I was so thrilled and excited to be part of something that's going to impact not just my family but many other youth in the community. Being a part of YAC has changed my perspective on everything. I have so many ideas about what we can do better in our community, an opportunity that comes once in a lifetime. I would love to see more family shelters available to youth and young adults. I want to see change. One day at a time they tell me but let me tell you it's one idea after the next."

Adrienna shared a quote with us by Oprah Winfrey: "Step out of the history that is holding you back. Step into the new story you are willing to create." She continues, "This quote means to my family despite everything we've been through we are willing to change and to start a new chapter for our son."

The LOFT

Moving beyond vicarious trauma caused by a childhood of homelessness and parental mental health issues, sixteen year old, Kayla is rebuilding her life as a resident at Cascade Youth and Family Center's LOFT program. When asked what she values most about the program, Kayla points to the safety and support the LOFT has provided. As important as that is to Kayla, she is also receiving the mental health support needed to identify and deal with the internal trauma she faces on a daily basis from a past that held very little safety for her.

Kayla entered the LOFT with only two highschool credits. With the help of Kayla's case manager and an educational support team, she is currently in a credit recovery program that will help her earn diploma.

For the first time, Kayla has the educational aid and support needed to attend school regularly and succeed. As Kayla acclimates to the safety and structure of her new life, she is beginning to identify long term strategies for her future that look very different from any goals she had while homeless. Kayla would like to become a neonatal nurse. With continued support and determination, that may very well be an attainable goal.





anti-trafficking
project

Victims of Human Trafficking:

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

The at: project supports and assists human trafficking survivors in Central Oregon. We also coordinate the Anti-Trafficking Alliance of Central Oregon (ATACO), a multi-disciplinary collaboration of agencies working together to respond to cases of human trafficking.

at-project.org



82 Total Clients Served

24 Minors

58 Adults

"After working with the at:project, I am doing things I never thought I could. I got my GED, driver's license, and a job. The at:project helped me get going."

"The at:project provided the support and tools necessary for me to maintain stable employment, graduate from college, and gain confidence and courage in all areas of my life. Having just one person who shows up and believes in you makes all the difference."

"I'm now living a life outside of trafficking that I never thought was possible."

"The most help I have had is the at:project. I would be homeless with my newborn daughter if not for them. So, thank you to all the lovely women who have helped me put me in a situation to succeed, to heal, and have given me a second chance at life."

"I'm of course still learning and healing day by day and in counseling. Allowing myself to let people into my healing journey has been the most difficult but also most beneficial."

courage



J BAR J
Boys Ranch / J5

Adjudicated Boys:

*Residential Treatment
Restructuring Thinking
for Juvenile Offenders*

J Bar J Boys Ranch and J5 are transformative residential programs for youth in the juvenile justice system, fostering academic success, responsible growth, and a restructured mindset.

Jeremiah is planning a bright future. He is moving with his fiancé and baby to be surrounded by family and make a new start. Jeremiah successfully transitioned out of our program in 2021. Since then, he has consistently kept in touch with the staff, including times when he needs support, advice, and motivation.

While at the J Bar J Boys Ranch, he completed multiple training programs, including *Thinking, Changing, Rearranging* – which teaches how our beliefs and thoughts impact our choices,

and in turn create our futures.

In the time since leaving our program, he first transitioned into a foster home / independent living program. After four months, he moved to his own apartment and has been working in the community since that time.

He stopped by the Boys Ranch just a few weeks ago to visit with his past treatment providers. We are proud of Jeremiah for the path he is on, and happy that stays in touch. We wish him success in his move and his future as a husband, father, and thriving member of his new community.



75 Boys served at J Bar J Boys Ranch

71 Boys served at J5

146 Adjudicated boys served

trajectory



Therapeutic Boarding School: *Traditional and Experiential Therapies*

Empowering young people through proficiency-based academics and multifaceted therapeutic approaches. Support helps girls recognize and challenge beliefs, heal, and build healthy lives.

academyatsisters.org

"The School at the Academy has really helped me find my academic voice. Before coming to the Academy I had no idea what I was capable of in any kind of class. The teachers helped me realize just how much I can do, and I am very grateful for this learning experience."

"I think before I came to the Academy I wasn't very confident in using my life skills without support. But, while being here I have discovered that I am able to do it by myself, that I am capable of growing, of learning, and using all those tools in my life without the help of others. I am able to have good connections and have those positive relationships that I never really thought that I was going to be able to have."

Before the Academy, I struggled with an immense amount of unresolved trauma. When I was 14, I started looking to promiscuity, self-harm, and substances to numb. As a result, I got myself into dangerous situations with unhealthy people. The path I was going down was scary and it was enough for my family to quickly start looking for treatment options.

When I came to the Academy, I was in a deep state of dissociation. When people talked to me it would sound muffled and I had a hard time processing the things around me. I was so deep in it I started developing symptoms of Dissociative Identity Disorder. By graduation, I start-

ed to feel like myself again, for the first time in years. I owe my recovery to the integrative equine program the Academy offers. Over time with the assistance of the equine staff, I developed control of my emotions and started slowly moving myself out of dissociation. Eventually, where I once couldn't get one horse to listen to me, I was moving the entire herd by myself. Being more in tune with my emotions also helped me make more friends as I was now able to read rooms and identify how other people were feeling as well.

With consistent therapy and guidance from my treatment coordinator, I was able to have a personalized experience that helped

me identify and focus on specific goals. As a result, I was able to develop more love for myself, more productive ways to deal with difficult emotions, set healthy boundaries, and a wide range of other skills.

I can confidently say if it wasn't for the help of the Academy I wouldn't be in college working towards my bachelor's degree and I wouldn't have happy and healthy relationships with my friends and family. Those who fully utilize the skills and remove focus from being away from family and friends will reap the same benefits. It is hard, but if being happy was easy everyone would do it.

- *In 2023, every student shared with us that they felt better emotionally and in their relationships. On average, they reported feeling 39 points less distressed, according to the Youth Outcome Questionnaire.*
- *Our graduates had even more to celebrate! Their emotional and relational distress dropped by an average of 55 points.*
- *When our students feel better emotionally and in their relationships, they also start doing better overall. Their wellbeing improves, and they find it easier to tackle life's challenges.*



mindfulness

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

The J Bar J Learning Center educational philosophy is the development of the whole person, socially, emotionally, and academically. It supports high level learning and critical thinking. The goal is to foster youth becoming lifelong learners.

The vocational program at J Bar J Boys Ranch combines academic success with vocational training. This initiative enhances employability, reduces criminal behavior, and builds a brighter future.



"You have helped me go onto the right path of getting my diploma and GED, making changes for my academic needs, giving great advice, preparing me/educating me on life after high school, and you guys very honest and caring.

You are for real the best teachers I've ever had"

"My teachers are AMAZING!!!
I am so grateful how you personalize my school path It is so appreciated! You are the best teachers I've ever had, you have helped me get ahead in credits and continue to do these wonderful things for me. I love your ways of teaching and dedication I know some of you didn't expect to be a teacher, but I am so beyond grateful you are. I'm glad I got to meet you, and most importantly
THANK YOU!!!!!!"

"Jayde has helped me so much with getting into colleges, writing my essays, my FAFSA documents, and literally everything. She is the best teacher I have ever had and I am so grateful for her. I wouldn't have even dreamed of going to college without her help. Jessica has helped me catch up on some credits for science and without that opportunity, I wouldn't be graduating high school this June."

100% of all long-term seniors graduated with a diploma - **79%** of all seniors graduated

Students earn an average of **4.57** credits per semester compared to the state average of **3.5**

Reading gains **1.6** grade level per year - Math gains **1.2** grade level

Average GPA increase of **.625** compared to previous schooling

education

We Are

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Because every child
Carries the Potential
to make the world
Better



Change a Life!
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