



we need your help

Every year in Larimer, Weld and Boulder Counties there are thousands of youth who are living on the edge of hopelessness, engaging in risky and self destructive behavior and/or harming the community at large.

These are statistics that illustrate the need for intervention:

In 2007, there were 740 homeless students in Larimer County alone. (COMPASS of Larimer County, based on information from Park School District R-3, Poudre School District and Thompson School District)

"In spring 2007, 734 high school students (grades 9-12) in 19 of Colorado's public high schools were surveyed about a variety of behaviors."

These are four of the statistics:

- 32% had five or more alcoholic drinks in a row within a few hours in the previous 30 days
- 29% rode in a car during the previous 30 days with someone who had been drinking alcohol
- 23% had smoked marijuana in the previous 30 days
- 9% had attempted suicide"

(Colorado Department of Public Health and Environment)

"Between 2003 - 2007 in Larimer County, the rate of suicide deaths for 15-19 year olds was 7.0 per 100,000 compared to 11.2 per 100,000 statewide. Suicide was the second leading cause of death for youth age 15-19 years; there were eight deaths."

(2009 Larimer County Health Profile, Colorado Department of Public Health and Environment)

Every year we help about 100 of these youth. Obviously, the need is far greater. By funding our organization you will help us provide the services that these youth so desperately need.

Reflection for Youth's current budget is \$2,370,100. As our participant numbers continue to grow each year, so has the need for licensed therapists, special education teachers and frontline staff. In four years we have increased our budget by 56%, hired 36% more staff and increased our capacity to serve youth at risk by 55%.

Your donations will also provide many other practical needs, such as beds for the group homes, sports equipment, books for the library, transportation and other necessities. We are a 501(c)(3) organization; all donations are tax-deductible.

we are seeking:

- One-time donations
- Monthly gifts
- Memorial/Honorary gifts
- Endowments
- Bequests
- Donations of bicycles, automobiles and furniture
- Invitations to speak to your group or organization
- Volunteer assistance

It is all for the kids... thank you for your support.



Reflections for Youth, Inc.
P.O. Box 1860 | Berthoud, CO 80513
Phone: (970) 344-1380 | Fax: (970) 344-1394

School
1000 S. Lincoln Ave., Suite 190 and 200 | Loveland, CO 80537
School Phone: (970) 344-1390 | School Fax: (970) 344-1395

www.reflectionsforyouth.org

Discovering The Power of positive choice

This boy, almost a man, stares at me defiantly in the high school counselor's office. Gus has been caught vandalizing the science lab, with alcohol on his breath. This senior has never acted out this seriously before. The counselor does not want to call the police, but something must be done. She calls us instead. We offer intervention and care to at-risk youth. You could say that we are their last line of defense.

When we are alone, Gus tells me his story. He feels hopeless. His father abandoned them three months ago. His mother is drinking heavily and they have just been evicted from their home. He has a reason for destroying school property—if he ends up in jail, at least he will have a roof over his head and three meals a day.

This young man is definitely a candidate for our program. Without intervention, he may self-destruct completely.

giving troubled teens a second chance

Reflections for Youth is a non-profit, community-based treatment center for teens and families in crisis. We have three residential facilities in Northern Colorado, one state-certified school and a growing home-based family intervention program. We provide services 24 hours a day, 7 days a week and 365 days a year, with the exception of day treatment.

we emphasize:

- Family reunification whenever possible
- Emotional balance
- Effective relationships
- Academic success
- Civic responsibility

residential care

In one year, more than 50 youth are housed in our three treatment centers, located in Southern Larimer County. The youths live as a group in a home style setting. We offer a healthy, safe and structured environment focusing on building responsibility through community service, teambuilding and recreation. At any one time, we have the ability to meet the needs of 26 youth residentially.

educational services

Our youth are educated on-site through core classes, life skill learning and special education services. Our non-public, centralized school is state-certified to meet the needs of 24 day treatment students in addition to our 26 residential youth. We employ a master's level, certified school administrator, 3 state-certified special education teachers, a Title 1 teacher, 3 qualified para-professionals and a full-time behavioral support staff. We support our youth to perform at their highest level.

family, group, and individual therapy

In one year, our LCSW, LPC, LMFT and CAC therapists counsel more than 100 youth and their families, if involved. Unfortunately, not all youth have involved families. We use evidence-based approaches including cognitive and dialectical behavior therapy in learning to cope with diagnoses of a variety of serious mental health disorders.

family to family program

We provide home family therapy for more than a dozen families. The goal is to acquire skills that reduce the need for family separation.

reasons to hope

Our program is like a challenge course for our youth. As they climb higher they become more fearful. The rope they hold is a safety net to catch them if they fall. But what if it slips out of their hands?

Life can be like that. One evening Gus falls. He relapses and fails a drug test at his group home. The staff talk him calmly through his undeniable anger with himself. He knows that they are required to call his caseworker. Gus is gripped with fear. Surely we will kick him out. Where will he go?

Every youth in our program slips. Relapse is a part of treatment. That day Gus discovers that we are a safety net for him. We will catch him when he falls. He has consequences, but we truly care about him. Success can sometimes be fearful for our youth, but we know that he can complete the course and succeed.

From that day forward, Gus begins making better choices. He applies himself in his studies and finishes the twelfth grade. Through our life skills program, we work to find him a job, housing, and finally the confidence for self-sufficiency. Staying clean and sober is still a challenge, but he is in control.

At the end of his time in the program, there is a "good-bye group." Every student and staff member gathers and sits down in a circle. One by one we give Gus a word of encouragement, relate a memory or otherwise affirm him. He reciprocates. Then we celebrate. Due to Reflections for Youth, Gus is much more likely to succeed in life. But what about all of the others?

Note: Due to the need for confidentiality, this narrative is not the story of one youth. It is a composite of the life experiences of many of the youth that we serve.



challenges

When Gus moves into one of our homes, a staff advocate clearly explains the program expectations. He starts school and begins therapy. He receives plenty of guidance and encouragement: the ratio of staff to students is 4 to 1. He is doing well—in fact, he is a model of good behavior.

That doesn't last long. Gus is angry that our program is so challenging. His mother is refusing to participate in therapy. She says he is so close to 18 that it is not necessary. He punches a hole in the wall of his new home. He jumps another player during a baseball game. He disrupts his class and swears at the teacher. Each time he acts out, the consequences are swift and appropriate. His therapist helps him examine his behavior and the choices he is making.

We have about 4 to 8 months to help these young people discover the power of positive choice. We do our best to make every moment count.

fully qualified to facilitate change

Reflections for Youth was established in 2004 by Jeff and Carol Johnson, who were joined by a core group of dedicated professionals. All of them are passionate about addressing the needs of at-risk youth and their families by teaching them the skills to succeed in life. We have earned an outstanding reputation as an alternative school and youth home. There are many reasons why:

- To date, more than 400 youth have been served by our program.
- We enjoy a positive working relationship with Social Services, Department of Youth Corrections and the school districts within Boulder, Weld and Larimer Counties.
- In 2008, 80% of more than 100 youth served were successfully reunited with their family, emancipated or transitioned to a lower level of care.
- In 2008, Reflections for Youth was recognized as the Agency of the Year by the Colorado Juvenile Council.
- That year we also earned the Outstanding Special Health Services Award from GROUP Publishing.

