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**J BAR J YOUTH SERVICES**

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***Facilitating Positive  
Change For Youth***

**2024 ANNUAL REPORT**

*We Are*

## **J BAR J YOUTH SERVICES**



### *Our Mission*

**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*

### *Dear Friends of J Bar J, Supporters, and Community Members,*

As we look back on the past year, we're filled with gratitude—for your support, your belief in our mission, and the powerful impact we've made together. At the heart of our work is a commitment to helping kids and families thrive. We believe strong communities are built when we invest in youth, and we're proud of what we've accomplished—and excited about where we're headed.

This year, we achieved a major milestone: **National re-accreditation through the Council on Accreditation (COA)**. This rigorous process confirms that we continue to meet the highest standards in service and organizational excellence. We're proud to be one of the only nonprofits east of the Cascades to earn this distinction.

We're also thrilled to share that our **Big Brothers Big Sisters program received the Platinum Award** from **Big Brothers Big Sisters of America**—one of the highest honors given to local affiliates. This national recognition speaks to the dedication of our staff, mentors, and community, and to the meaningful outcomes we're achieving together.

Looking ahead, we remain focused on long-term solutions that address real needs in our community. Our goals are simple and powerful:

- To create positive change for youth,
- To build lasting impact,
- And to protect and strengthen our community through proactive, youth-centered programs.

We know that early and consistent support helps kids grow into confident, capable adults who give back. We've seen it in action—and with your continued partnership, we can do even more.

The community is not just part of our mission—it is the foundation of everything we do. Your involvement, your voice, and your support are essential. As the needs of young people grow and evolve, we need each other more than ever. Together, we can ensure every child has the chance to thrive and every family has access to hope and opportunity. Thank you for being part of this journey. The future is brighter because of you!

With sincere appreciation,

Stephanie Alvstad  
CEO, J Bar J Youth Services



# J Bar J Youth Services ~ At a Glance:

*prevention*

*intervention*



Population Served

Youth Needing Mentors

Families Facing Crisis

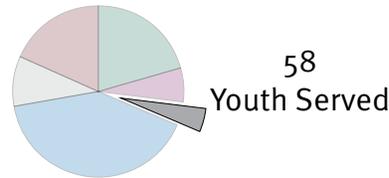
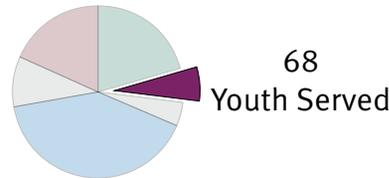
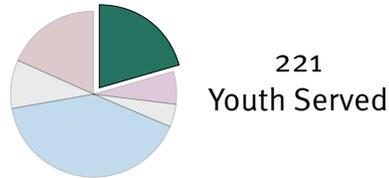
Pregnant & Parenting Youth

J Bar J Youth Services provides innovative programs that empower youth and families to overcome challenges and achieve self-sufficiency. From mentorship and education to shelter and crisis support, we offer a continuum of services tailored to meet diverse needs. We foster personal growth, resilience, and lasting change.

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.



# treatment education



**THE LEARNING  
CENTER AT  
J BAR J**

Youth Experiencing  
Homelessness

Survivors of  
Human Trafficking

Youth Involved with  
Juvenile Justice

Residents at the  
Boys Ranch and J5

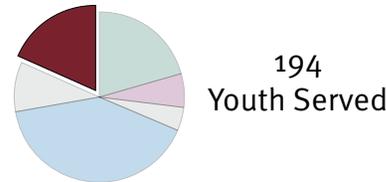
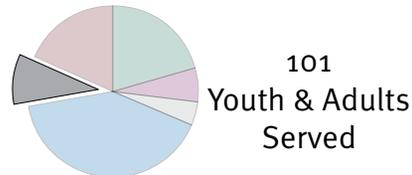
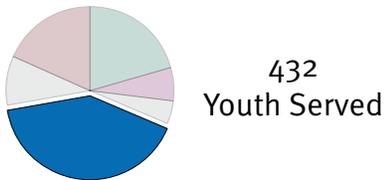
Cascade Youth & Family Center provides shelter and programs for youth in family crisis, who have runaway, or are experiencing homelessness. We offer the only program of its kind within 200 miles.

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

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.

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.



[cascadeyouthandfamilycenter.org](http://cascadeyouthandfamilycenter.org)



[at-project.org](http://at-project.org)



[jbarj.org](http://jbarj.org)



[jbarj.org](http://jbarj.org)



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

## **Mentors:**

*Igniting and Empowering  
Potential Through Mentorship*

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

[bbbsco.org](http://bbbsco.org)



## Big Brothers Big Sisters of Central Oregon: National Honors, Local Outcomes

**B**ig Brothers Big Sisters of Central Oregon was recognized as the Small-Mid Agency of the Year by Big Brothers Big Sisters of America -standing out among 230 agencies nationwide. The award honors

agencies that demonstrate excellence in leadership, increased youth impact, and community engagement. Our Central Oregon team maintained an 85.3% retention rate in 2024 and stood out for their dedication to high-quality, one-to-one mentorship that changes lives.

As if that weren't enough, the program also received the organization's Platinum Award for Excellence in Leadership, given to agencies that go above and beyond national standards in quality and performance. This recognition highlights the strength of our program's outcomes and the dedication of the team behind them.



Her voice - rooted in the realities of our rural and small-town communities—brings essential perspective to the national table.

Big Brothers Big Sisters of Central Oregon continues to empower youth through strong relationships, consistency, and care. These national honors reflect what we see every day: mentors and staff going above and beyond to help youth realize their potential.

Adding to the celebration, Program Director Jenn Davis was appointed to the Big Brothers Big Sisters of America National Leadership Council, a role that invites her to help guide the direction of the movement nationwide.

**85.3%**

Match Retention Rate, up from 72% in 2023

**93.4%**

Match Support Rate (support to Bigs, Littles and parent/guardians)- above national average

**100%**

of Littles maintained Educational Expectations

*potential*

## *Big Brothers Big Sisters: Match Takes Flight*

**B**ig Brother John has been matched with his Little Brother Owen for 5 years. As Owen's 14th birthday approached, John didn't know what to do. Owen was no longer interested in toys, John felt that experiences and opportunities were most important. John then reached out to his neighbor, a local pilot, and asked if he would take he and Owen up in his plane and do a tour of Central Oregon. John's neighbor said yes and on Owen's birthday, John and Owen went up in the plane and Owen was able to not only experience flying but also fly the plane!



## *Inspiring Potential*

**A**t just 15, Briseis felt lost. Life as a teenager had thrown its share of challenges her way—trouble with friends, struggles at home, and a waning sense of purpose. School felt impossible, and she wasn't sure if graduating high school was even in the cards.

Then came Stephanie, her Big Sister. At first, Briseis wasn't thrilled about the program, brushing it off as glorified babysitting. But slowly, Stephanie became much more than a mentor. She became a trusted friend—the one who always stayed, no matter what.

Through their time together, Briseis learned to trust again and gained the courage to face her struggles. With Stephanie's unwavering support, she rebuilt her confidence, began to care about her future, and discovered her own inner strength.

By senior year, Briseis had transformed. Despite the obstacles, she graduated early with a full diploma—a milestone made even more special when Stephanie showed up to cheer her on.

Now, Briseis is preparing to embark on her next chapter as a future third-grade teacher. Thanks to Big Brothers Big Sisters and the steady encouragement of her Big Sister, she's found a new sense of direction and a brighter future.

“Stephanie didn't just mentor me—she inspired me to believe in myself,” Briseis shares. “Big Brothers Big Sisters changed my life in ways I never expected.”



## *Kindred Connections: Uriah's Journey*

**W**hen Uriah was told he needed to find somewhere else to live, it came not as a conversation, but a text message from his mother. It was spring of his sophomore year at Bend High School. He was 16.

What followed was a week and a half of panic. Where would he sleep? How would he stay in school? Would he have to leave Bend High and lose everything that gave his life structure - his teachers, his friends, his theater program?

Thanks to a small group of dedicated school staff, including a trusted teacher and the school's homeless student liaison, Uriah was first connected to shelter at the LOFT, a program of Cascade Youth & Family Center. But the LOFT, while a critical safety net, wasn't the best fit for Uriah long term. That's when Kindred Connections stepped in, placing him with a local host family.

That match made all the difference.

Uriah finished high school while living with his host family, who became - and remain - his family. They celebrated his graduation together and still welcome him home on holidays.

Through the McKinney-Vento Homeless Assistance Act, Uriah was able to stay enrolled at Bend High, preserving the stability of his educational and social support system. As he later told a local forum on the impact of youth homelessness on education, "Bend High was family for me... I remember doing my laundry there sometimes. It was a kind, caring place, and I feel like I always have a family and a home there."

On the day of graduation, diploma in hand, Uriah walked home for the last time, dancing along the sidewalk to the

Beatles. Strangers cheered from their yards. He didn't realize why at first. Then it hit him: they were celebrating him.

Now a journalism major at University of Oregon, Uriah continues to pursue his dreams with the same grit and determination. He's become a skilled photographer - shooting for the CBS affiliate station KVAL. He is preparing for a study abroad program in Spain, where he'll sharpen his storytelling skills. Kindred Connections continues to walk beside Uriah, helping him raise the funds he needs for this next step.

Uriah often says graduating high school felt like "the beginning of the rest of my life... the last page of a book that let me choose who I want to be."

His story reminds us that success isn't just about academics—it's about connection. It's about adults who show up, communities that make room, and young people who refuse to give up on themselves.



*Uriah's latest adventure is getting into photography which benefits his major in Journalism.*

*Photo: Dan Morrison*



Kindred  
Connections

## 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](http://kindred-connections.org)*

## *It Takes a Community: Supporting a Mother in Crisis*

**W**hen a mother of twin baby boys faced the need for knee replacement surgery, she found herself in an impossible situation. Recovering from major surgery while caring for two infants alone is unthinkable—but without nearby family or a support network, her only alternative seemed to be placing her children in foster care.

Many families in our community face crises like this without a safety net. Kindred Connections exists to fill

that gap—offering short-term, volunteer-based hosting for children while parents stabilize.

In this case, a local church partner in Prineville stepped up. After hearing the mother's story, Calvary Chapel shared the need with their congregation, and three new Host Families stepped forward. One family provided full-time care for the twins during the mother's 3.5-week recovery, while the others pitched in with respite care. The church community surrounded them all with meals, diapers, formula, and encouragement.

Kindred Connections staff stayed

closely involved, coordinating visits so the mother could see her babies during recovery and continuing to support her afterward with transportation and help around the house.

Because of this collaborative effort, the mother was able to heal—without fear, without losing custody, and with her children safe in loving care.

It's a powerful reminder of what's possible when communities come together to support families in crisis. And thanks to programs like Kindred Connections, they can find it.

**147** Hotline Calls

**393** Hosted Bed Nights

**68** Children Served

**16,517** In-kind donations

**23,343** Volunteer Hours



*hope*



*Grandma's House*

OF CENTRAL OREGON

## **Pregnant and Parenting Youth:**

*Emergency Shelter*

*Transitional Living*

*Parenting, Nutrition & Life Skills Training*

*Employment Assistance*

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*

## Addressing youth homelessness is crucial to preventing adult homelessness.

Youth experiencing homelessness are at a higher risk of becoming chronically homeless as adults. By intervening early, we can disrupt this cycle and prevent long-term homelessness.

Providing stable housing and support during youth transitions can significantly reduce the likelihood of future homelessness.

Youth transitioning into adulthood often face challenges in accessing stable housing, education, and employment. Providing support during this critical period can help them develop the skills and resources they need to succeed.

<i>Location</i>	<i>Number Served</i>	<i>Shelter Nights</i>
<i>Grandma's House Parents</i>	34	3,152
<i>Grandma's House Babies</i>	24	<i>not tracked separately</i>
<i>CYFC LOFT</i>	74	5,060
<i>Canal House</i>	32	1,316
<i>Emergency Shelter &amp; Host Homes</i>	40	1,434
<b>TOTAL</b>	<b>204</b>	<b>10,962</b>



*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](http://cascadeyouthandfamilycenter.org)

## Youth Voice at the Forefront of Civic Engagement

This year, the Youth Advisory Board (YAB) to Central Oregon Intergovernmental Council, which we work in collaboration with, played a groundbreaking role in a bold new experiment in local democracy: the first-ever Civic Assembly on Youth Homelessness. Organized by the Central Oregon Civic Action Project and facilitated by Healthy Democracy, this citizen-led process brought together a diverse group of Deschutes County residents to learn about, deliberate on, and recommend solutions to youth homelessness.

YAB members, many of whom have lived experience with housing instability and have been clients of J Bar J, worked alongside staff, the Homeless Leadership Coalition, and service providers to help shape the Assembly from the beginning. Assembly delegates heard directly from YAB members, gaining firsthand insight into the realities facing unhoused youth in our region. The delegates then developed and presented 23 community-driven recommendations to

local government leaders to help prevent and end youth homelessness. These recommendations mirror the action items laid out in the YAB/CoC co-written Coordinated Community Plan to end youth homelessness.

The Youth Advisory Board is composed of current and former residents of the LOFT and Grandma's House, as well as former foster youth who have worked with Oregon's Foster Club and are CYFC Independent Living Program clients. They continue to be a critical voice in systems-level change. Their involvement in the Civic Assembly not only deepened the impact of this first-of-its-kind process—it set a global precedent. To our knowledge, this is the first Civic Assembly ever held on the issue of youth homelessness.

About the experience, a YAB member shared with us, "During our time with the Civic Assembly, we were able to speak with our community members regarding Youth Experiencing Homeless in an attempt to destigmatize stereotypes and provide personal inside knowledge as to what the youth need." Thanks to their voices, change is taking root.

### Basic Center: Mediation and Emergency Shelter

**82%** of youth remained or reengaged in education

**100%** of youth reported a positive/safe adult relationship upon exit

**100%** of youth exited emergency shelter to safe and stable housing



*stability*

## *At Home for the Holidays*

In late September, J Bar J's Street Outreach Program received a referral from our Independent Living Program about a young woman seeking support. Case managers reached out with several phone calls and texts to begin building a connection.

She was bright and quirky, cheerful and quick to smile despite the challenges she'd faced. We met on the front porch of her mother's rental in the warmth of early autumn, the soft hum of a baby monitor at her side. Her infant son was napping inside, and she checked on him often. She showed us the motorhome she and her partner were living in - without running water or electricity.

We completed her initial assessments for the coordinated entry system for housing support that J Bar J collaborates with. Coordinated entry is a community-wide process that connects people experiencing homelessness with the resources best suited to their needs.

As we got to know her, she shared her story—how she had lived with family on the Oregon coast and later in Kansas. Her story took a darker turn when she told us how she was taken across the Kansas border and became a victim of trafficking. She managed to get a phone and called a trusted friend, who

came to rescue her. That friendship became a relationship, and soon after, her son was born.

We offered a referral to our sister program in J Bar J's continuum of care, at:project, which provides case management and support for survivors of trafficking. She said she would appreciate that.

Eventually, circumstances forced her family to leave Kansas, and her mother offered them the use of the motorhome as a temporary place to stay in Bend. But mental health issues in the household made it clear that she needed to get her little family into a safer and more stable situation.

She turned to Street Outreach for support - requesting food boxes, blankets, propane heaters for the cold nights in La Pine, and rides to medical appointments. She kept reaching out, and Street Outreach kept responding.



There were moments when shelter seemed necessary, as the threat of having to move loomed. We made referrals to Grandma's House, the LOFT, and Bethlehem Inn. Thankfully, things settled down enough that those weren't needed.

Then, in late October, came the news: she had been approved for housing. She cheered loudly into the phone. It took some time to find a place that met the requirements, but with help from our Housing Program and Street Outreach, we made it happen.

She and her family moved into their new apartment before Christmas. She was thrilled—not just to decorate for the holidays, but because she could finally bring her beloved cat home. To her, that meant her whole family was finally together.

*Our Continuum of Care for Youth Experiencing Homelessness*



	<b>Crisis Services:</b>	Intervention Family Mediation Emergency Shelter
	<b>Street Outreach:</b>	Supplies - Camping, Clothing, Hygiene Help with Personal Documents
	<b>Connection to Other Services:</b>	If we don't provide it, we can refer you to those who do.
	<b>Transitional Living:</b>	Safe, Stable Housing Attend School, Work, Create a Plan
	<b>Grandma's House:</b>	Maternity Home Emergency Shelter Transitional Living
	<b>Host Homes:</b>	Short or Long Term Private Home Setting Attend School / Work
	<b>Housing</b>	Supported Housing Help finding Housing Coordinated Entry Access
	<b>After Care</b>	Continued Support Into Self - Sufficiency



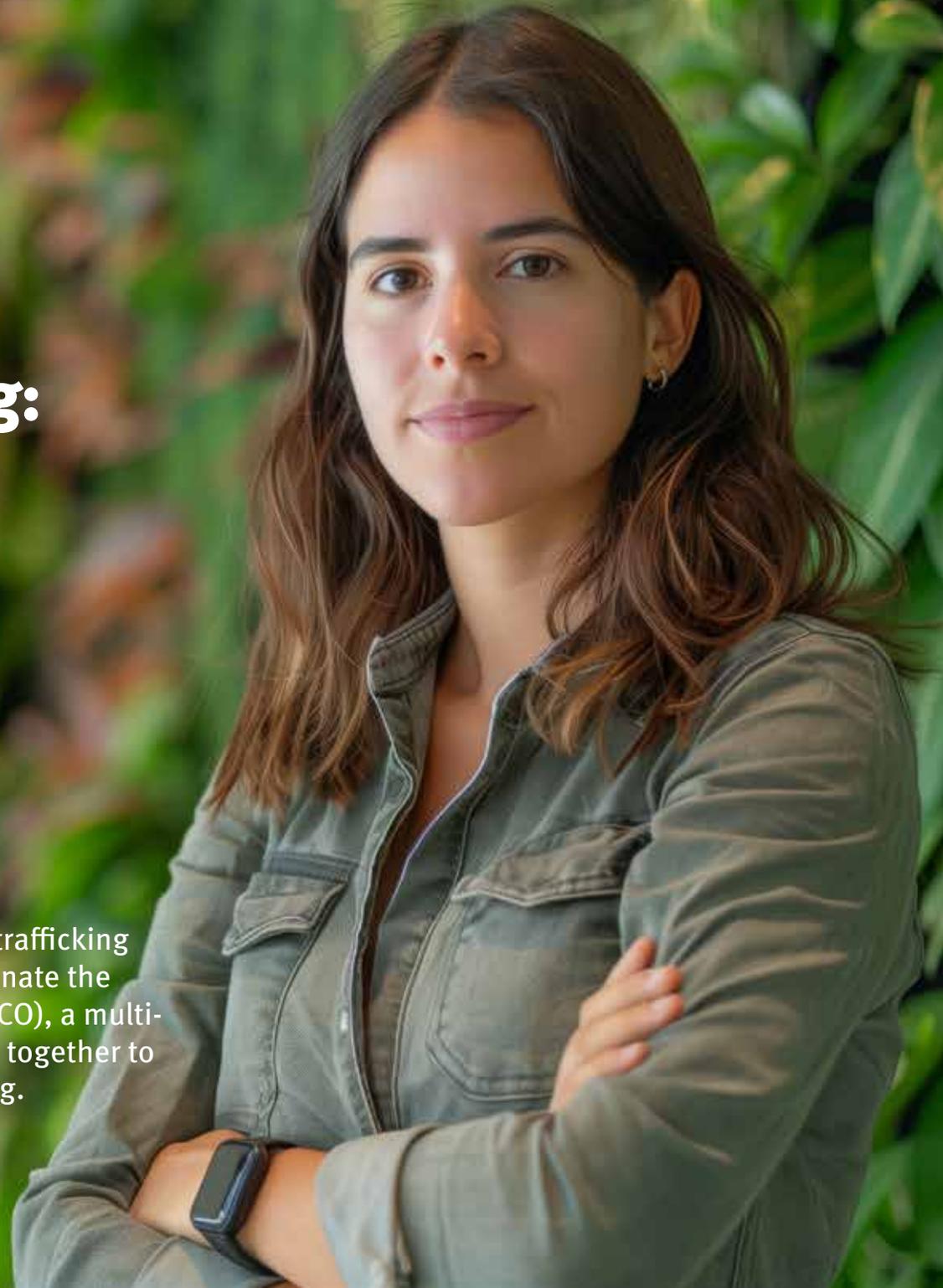
anti-trafficking  
project

## **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*



## *Finding Safety, Support, and Stability Through the at:project*

**W**hen I connected with the AT Project, I was struggling—financially, emotionally, and in terms of safety. I had left an unhealthy situation and was trying to rebuild my life while ensuring my child and I were safe. The at:project became a lifeline in ways I never expected.

“Their financial support helped me when I was stuck, allowing me to move forward without feeling completely overwhelmed. More importantly, they ensured my home was secure and provided a safe place to go when I felt unsafe. Knowing I had somewhere to turn gave me peace of mind I hadn’t felt in a long time.



“The support groups have been another crucial part of my healing. Being surrounded by people who understand and support me has helped me regain confidence, process my experiences, and find hope for the future.

“Because of the at:project, I’ve been able to focus on my goals. I am working toward financial independence, providing a stable home for my child, and continuing my personal growth. This program hasn’t just helped me survive—it has helped me thrive.

“I am deeply grateful for their support and the community I have made.”

*~ at:project client, human trafficking survivor*

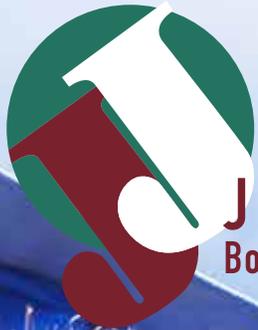
**94%** of clients reported services helped them make informed decisions

**927** community members were trained across 3 counties

The Survivor Advisory Council met 16 times to review the program and provide feedback on how to improve services and ensure that it is survivor led.

Initiated support groups in 2024 for survivors, building connection and emotional support

*courage*



**J BAR J**  
Boys Ranch / J5

## **Adjudicated Boys:**

*Residential Treatment  
Restructuring Thinking  
for youth in the  
juvenile justice system*

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.

## *Embracing Change to Define a New Future*

In June 2024, a determined young man arrived at J Bar J Boys Ranch ready to embrace change. From the beginning, he was motivated to grow—committed to learning new skills, engaging in treatment, and rebuilding trust within his family.

His strong sense of purpose and quiet leadership had a ripple effect, shifting the dynamic of the program in a positive way. As he earned privileges, he joined the football, basketball, and track teams at Mountain View High School, where he not only kept up with his senior-year coursework, but also thrived on the field. In November, he played in the State Championship football game—an experience he worked hard to make possible.

His progress inspired others around him. He encouraged his peers to make healthy choices, lean into support, and set goals they could reach. He graduated the program at the highest level, and now lives in the community while completing his final year of high school. He plans to continue his education and play sports at the college level, with financial scholarships already helping pave the way.

His story is a powerful reminder that with new skills - thinking about how to think, being able to reframe, and learning critical thinking - you don't have to be who you were yesterday. We can change - your past doesn't define your future.

**97** Boys served at J Bar J Boys Ranch

**97** Boys served at J5

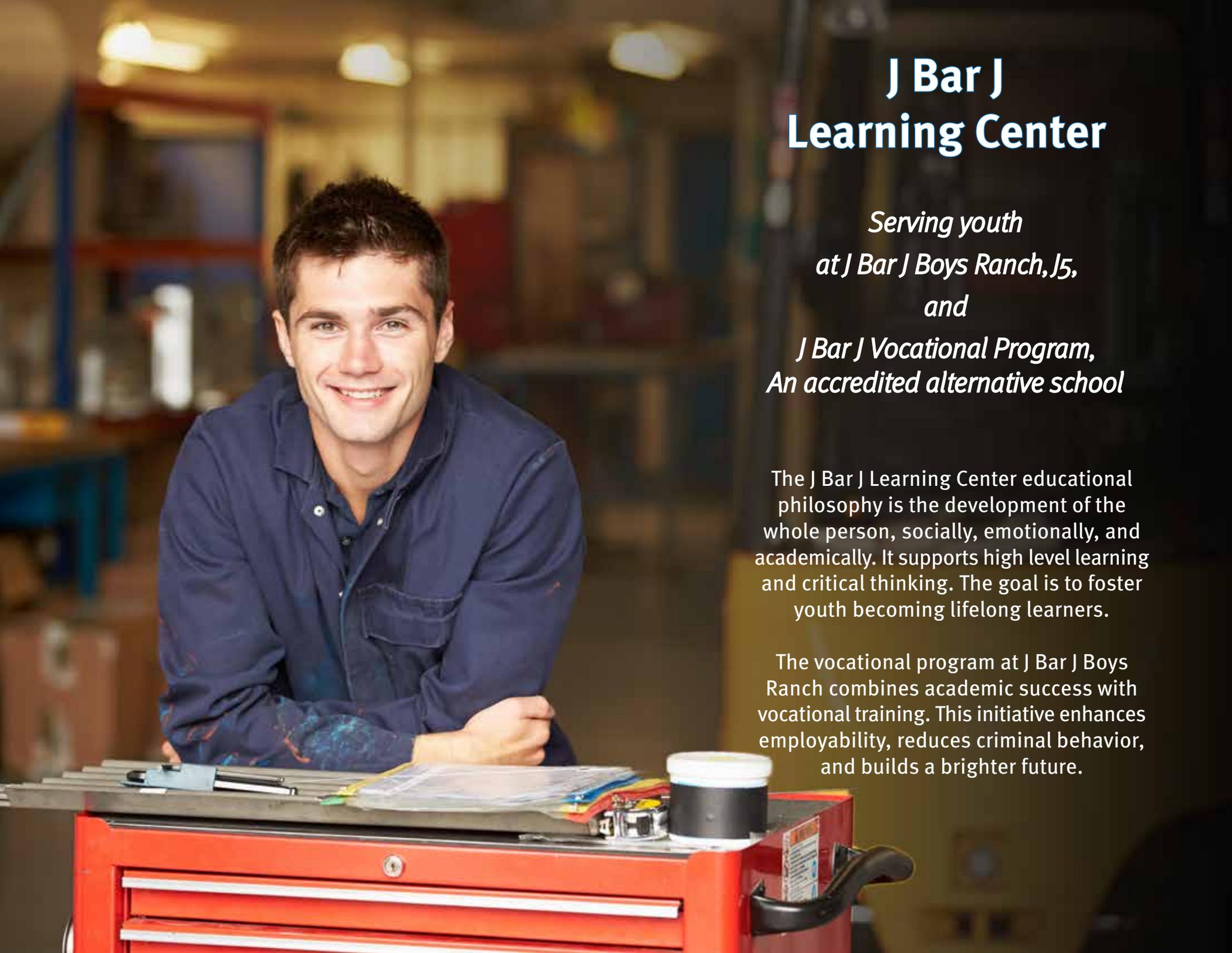
**194** Adjudicated boys served

**97%** of youth reported gaining a new skill at J Bar J Boys Ranch

**75%** of youth reported gaining a new skill at J5

**70%** of youth exited *to a lower* level of care at J5

*trajectory*

A young man with short dark hair, wearing a dark blue button-down work shirt, is leaning on a red metal tool chest. He is smiling warmly at the camera. On the tool chest in front of him are some papers, a pen, and a small black container with a white lid. The background is a blurred workshop or garage with shelves and various items.

# J Bar J Learning Center

*Serving youth  
at J Bar J Boys Ranch, J5,  
and  
J Bar J Vocational Program,  
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.

## *Youth Perseverance: From Academic Struggles into a Thriving Career*

**W**e had a student that came to J Bar J Learning Center toward the beginning of his 11th grade year highly credit deficient. He had always struggled academically due to intellectual disabilities and a significant gap in his educational development. However, with the provided structure and support from J Bar J, this student defied expectations and made remarkable progress. In just one year, he managed to increase his reading level by over five years and completed over two years' worth of credits in a single year, allowing him to graduate early.

After receiving his high school diploma, he attended our vocational school before obtaining a job in the community. He rides his bike to work and in his spare time, he volunteers at Mustangs to the Rescue, a mustang and wild stallion rescue and rehabilitation facility.

This student's journey showcases the power of hard work, perseverance, and the importance of supportive environments in helping individuals overcome obstacles and reach their full potential. From academic struggles to a thriving career and community involvement, this success story is a reminder of the incredible transformations that can occur at J Bar J when a student is given the tools and support they need to succeed.

Our Learning Center is a registered school with Oregon Department of Education and accredited by a national accrediting body, Cognia.

### **The Learning Center at J Bar J**

**19** students graduated with a diploma - **13** students earned their GED

Increased graduation rate by **7%** from the previous school year

Reading gains **1.5** grade level per year - Math gains **1.2** grade level

*education*

*We Are*

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## J BAR J YOUTH SERVICES

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*Because every child*

***Carries the Potential***

*to make the world*

***Better***



Change a Life!  
[www.jbarj.org](http://www.jbarj.org) | 541-389-1409



Donate