



J BAR J YOUTH SERVICES

***Facilitating Positive
Change For Youth***

2025 ANNUAL REPORT

We Are

J BAR J YOUTH SERVICES



Our Mission

J Bar J Youth Services offers innovative options for at-risk youth and families working toward self-sufficiency and personal responsibility.

BOARD OF DIRECTORS

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CIMA®, Chair*

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Dear Friends, Supporters, and Community Partners,

As we reflect on 2025, I am filled with sincere appreciation for the people who make our work possible. To our dedicated Board of Directors, generous donors, committed staff, engaged community partners, and most importantly, the youth we serve - thank you. Your belief in our mission and your willingness to invest time, energy, and resources continue to shape brighter futures across our region.

This past year, J Bar J Youth Services served over 1,600 local youth. Each young person came to us with their own story, challenges, and potential. Our work remains centered on helping them create positive, lasting change in their lives. We are committed to supporting youth in becoming healthy, happy adults and individuals who grow into strong employees, thoughtful parents, supportive partners, and engaged members of their communities.

At the heart of our approach is a simple but powerful idea: how we think influences how we behave. We teach youth to reflect on their thinking patterns and recognize that they are not defined by their past. They have the ability to choose who they want to become. That path is not always easy. It requires effort, accountability, and perseverance, but it is always possible.

Toward the end of the year, we launched a new initiative: our podcast, Leaders Inspiring Forward Thinking (LIFT). This platform allows us to engage in important conversations and elevate ideas about how we, as a community, can do better - for the youth we serve and for our broader population. We see this as an opportunity to listen, learn, and contribute as a thought leader in our region.

This year also brought significant changes at the local, state, and federal levels. Through it all, our board and staff demonstrated resilience, adaptability, and an unwavering commitment to our mission. Their work ensures that we not only navigate change but continue to grow stronger because of it.

Looking ahead, we remain focused on what matters most: empowering youth, strengthening families, and building a community where everyone has the opportunity to thrive. Thank you for standing with us in this important work.

With appreciation,

Stephanie Alvstad,
CEO/President



J Bar J Youth Services ~ At a Glance:

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.

prevention ~ *intervention*



Youth Needing Mentors

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.

223 Youth Served

bbbsco.org



Families Facing Crisis

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

83 Youth Served

kindred-connections.org



Pregnant & Parenting Youth

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.

43 Youth Served

grandmashouseofco.org



Youth Experiencing Homelessness

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.

755 Youth Served

cascadeyouthandfamilycenter.org

1,673

Youth served in our programs

Note: because some youth are served by multiple programs, this total includes duplication

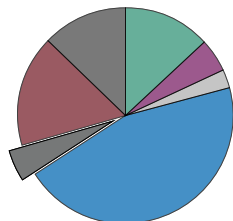
treatment education

J BAR J HOUSING DEPARTMENT

Youth Facing Housing Barriers

Supportive housing, rental assistance, and housing navigation to reduce housing barriers, foster independence, and build strong community partnerships that create lasting opportunities and safe, stable homes.

78 Youth Served



cascadeyouthandfamilycenter.org

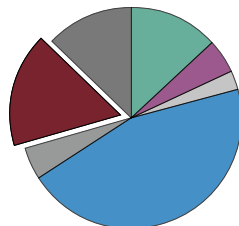


anti-trafficking project

Survivors of Human Trafficking

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.

281 Survivors Served



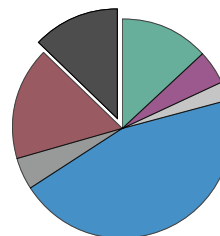
at-project.org



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.

210 Youth Served



jbarj.org

THE LEARNING CENTER AT J BAR J

Residents at the Boys Ranch and J5

The J Bar J Learning Center educational philosophy is the development of the whole person, socially, emotionally, and academically. The goal is graduation or a GED for all Boys Ranch and J5 youth.

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 Through Mentorship*

Big Brothers Big Sisters matches 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

National Honors

Big Brothers Big Sisters of Central Oregon was honored to receive the prestigious Pinnacle Award from Big Brothers Big Sisters of America, one of only four agencies nationwide out of more than 230 to earn this distinction.

This recognition reflects the organization's strong performance and sustained impact, including a 76% 12 month match retention rate, growth in year end matches and total youth served, and an increase in male volunteers actively engaged in mentoring relationships. BBBSCO has met or exceeded all award criteria for two years, demonstrating a continued commitment to creating meaningful, lasting mentorship experiences for youth in Central Oregon.



22% Increase in the number of Big Brothers over 2024

94.29% Match Support Rate (support to Bigs, Littles and parent/guardians)- above national average

57 New matches made in 2025

223 Youth served in 2025

potential



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

Wrapped in Support

When a young mother reached out to Kindred Connections, she was ready to focus on her recovery—and needed a safe, supportive place for her two-year-old daughter while she did.

Through Kindred Connections, a caring Host Family stepped in, welcoming this little girl into their home and surrounding her with stability, routine, and love. It gave her mom the space she needed to attend classes, focus on healing, and take meaningful steps forward.

At the same time, a Family Advocate walked alongside her, offering guidance, encouragement, and the kind of understanding that comes from both professional experience and genuine care. Week by week, trust grew—along with confidence and hope.

Together, these relationships created a circle of support - meeting practical needs while also reminding this mother that she wasn't alone. Volunteers and staff came alongside the family in small but meaningful ways, helping ensure both mom and daughter had what they needed during a challenging season.

During this time, something powerful began to take shape: not just stability, but connection. A young mother rebuilding her life. A little girl surrounded by care. And a community showing up, quietly and consistently, to walk with them both.



143

Hotline Calls

399

Hosted Bed Nights

83

Children Served

19,750

In-kind donations

24,194

Volunteer Hours

hope



Grandma's House

OF CENTRAL OREGON

Pregnant and Parenting Youth:

Emergency Shelter

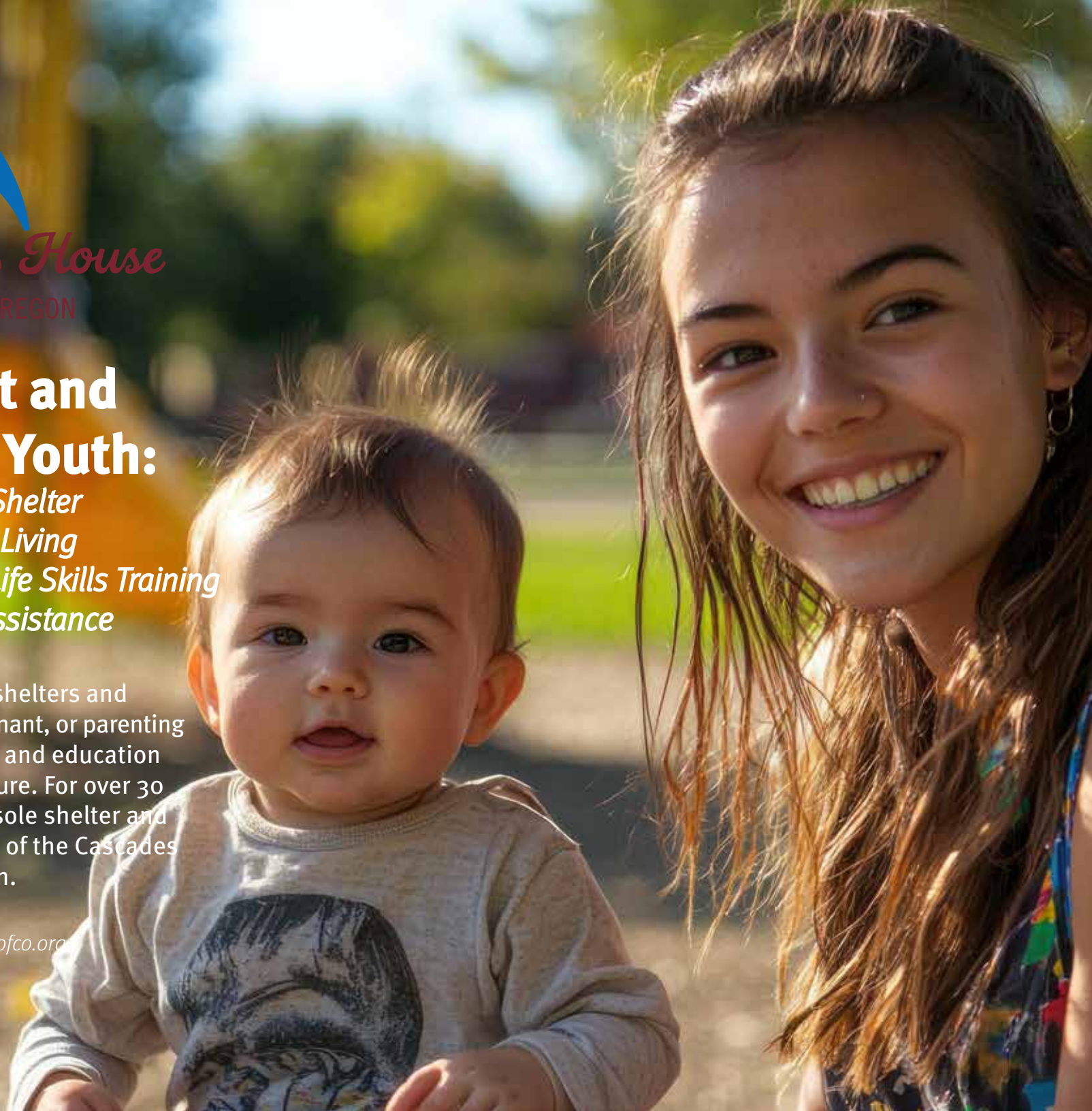
Transitional Living

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



Why Support for Young Parents Matters

Young parents face significant challenges while continuing their education, maintaining employment, and caring for their children.

Each year in the U.S., about 3 in 10 young women become pregnant at least once before age 20.

Teen mothers are less likely to complete high school without support, making long-term economic stability more difficult.

Children of teen parents are more likely to face poverty and educational challenges without early support systems.

Programs like Grandma's House of Central Oregon help change that trajectory by providing safe housing, parenting education, mentorship, and community connections.

When young parents have the stability and guidance they need, both parent and child have the opportunity to build a stronger future.

Grandma's House Outcomes

100% of youth exited to a safe living situation

93% of exited youth reported having a positive connection in the community



beginnings

A Strong Start for Two

When this young mother arrived at Grandma's House of Central Oregon, she had just welcomed her baby girl into the world days earlier. Like many young parents, she was navigating the overwhelming transition of caring for a newborn while also trying to plan for her future. She was on the cusp of graduating from high school and searching for a stable, supportive environment where she could focus on both her education and raising her daughter.

At Grandma's House, she found exactly that. From the beginning, staff saw her determination. She was intelligent, motivated, and deeply committed to creating the best possible life for her baby. During the six months she spent in the program, she accomplished an extraordinary amount. She completed her high school requirements and proudly received her diploma. She enrolled at Central Oregon Community College and continued working full-time, balancing school, work, and the responsibilities of caring for a newborn.



Along the way, she focused on building strong parenting skills with support from community partners and Grandma's House staff. Just as important were the friendships she formed with other young mothers in the program - relationships built on shared experiences, encouragement, and the understanding that they were navigating similar challenges together.

Over time, she gained confidence not only as a student and employee, but as a parent. Her time at Grandma's House also gave her family something equally important: space to grow and reconnect. With stability and support in place, relationships began to heal. Eventually, she was able to reunite with her family and transition out of the program together. While reunification isn't always the outcome, moments like these remind us of the power of time, support, and understanding.

Today, she continues building her future while raising her daughter - and occasionally returns to Grandma's House to visit. Those visits are always special for staff. Watching her baby girl grow is a joyful reminder of how early support can shape not just one life, but two.

Building Stability, One Step at a Time

For young people experiencing homelessness, stability can feel out of reach. Finishing school, finding a job, or securing housing becomes far more complicated when basic needs like safety and shelter are uncertain. Programs like CYFC's Transitional Living exist to change that – offering stability, guidance, and the opportunity to build a different future.

Two young people who recently moved through the program show just how powerful that support can be.

Isabelle's Path Forward

When Isabelle first arrived at The LOFT, she was looking for a safe place to land – and a chance to move forward.

After an early stay, she took a bold step by enrolling in the Oregon Youth Challenge Program, where she focused on completing her high school credits and building structure in her daily life.

When she returned, she carried that momentum with her. Isabelle earned her diploma, was accepted to Central Oregon Community College, and balanced two part-time jobs while continuing to meet regularly with her case manager.

Step by step, she built stability – saving money, meeting goals, and eventually transitioning into independent housing with another resident.

Isabelle routinely returns to The LOFT, not because she needs help, but because she wants to give it. Whether she's joining community dinners or encouraging newer residents, her presence and story show others that success is possible.

Alex's Journey to Independence

Alex came to The LOFT seeking stability and a fresh start.

With support from staff, he completed his GED and secured steady employment through a local business partnership – gaining confidence along the way.

Over time, those efforts built to support Alex's transition into his own apartment, reaching a level of independence that once felt out of reach.

His journey reflects the quiet but powerful growth that happens every day at The LOFT – young people building confidence, gaining skills, and beginning to imagine a future they can create for themselves.





Homeless and Runaway Youth:

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

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

Cascade Youth & Family Center Outcomes

Emergency Shelter

85% of youth remained or reengaged in education

77% of youth reported a positive/safe adult relationship upon exit

85% of youth exited emergency shelter to safe and stable housing

Street Outreach

50% of outreached youth engaged in services

53% of engaged youth were referred to the Coordinated Entry System

LOFT - Living Options For Teens - Bend

76% of youth reported a positive connection in the community

81% of youth exited the LOFT to a safe living situation

Canal House Redmond

94% of youth remained or reengaged in education

97% of youth reported a positive connection in the community upon exit

81% of youth exited Canal House to safe living situation

Independent Living Program - Case Management for Foster Children Aging Out

95% increased daily living transition readiness

93% increased education and employment transition readiness

92% of youth increased well-being and community transition readiness

83% of youth maintained their education or employment status

stability

Why Early Support For Homeless Youth Matters

Youth experiencing homelessness face challenges that can shape the rest of their lives without the right support.

- 4.2 million youth and young adults experience homelessness each year in the United States.
- 1.37 million public school students were identified as experiencing homelessness in the 2022–2023 school year.
- Youth without a high school diploma or GED are 346% more likely to experience homelessness as young adults.
- Homelessness during adolescence increases the risk of mental health challenges, substance use, and long-term housing instability.

The good news: Support changes the trajectory.

When youth receive stable housing, education support, life-skills training, and mentorship, they are far more likely to achieve long-term independence and avoid homelessness as adults.

<i>Location</i>	<i>Number Served</i>	<i>Shelter Nights</i>
<i>Grandma's House Parents</i>	25	1,764
<i>Grandma's House Babies</i>	12	1,317
<i>CYFC LOFT</i>	54	3,712
<i>Canal House</i>	25	1,616
<i>Emergency Shelter & Host Homes</i>	26	1,339
TOTAL	142	8,293

Our Continuum of Care for Youth Experiencing Homelessness



Crisis Services:

*Intervention
Family Mediation
Emergency Shelter*



Street Outreach:

*Supplies - Camping,
Clothing, Hygiene
Help with Personal Documents*



Connection to Other Services:

*If we don't
provide it, we can refer
you to those who do.*



Transitional Living:

*Safe, Stable Housing
Attend School, Work,
Create a Plan*



Grandma's House:

*Maternity Home
Emergency Shelter
Transitional Living*



Host Homes:

*Short or Long Term
Private Home Setting
Attend School / Work*



Housing

*Supported Housing
Help finding Housing
Coordinated Entry Access*



After Care

*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

In Her Words: J's Story

Before the trafficking, my life was messy... but it was mine. Chaotic, loud, unpredictable...yes. My mom was young, still growing up herself while trying to raise me. Nothing was perfect, but back then, I didn't need perfect. I had pockets of joy. I had light. I had this strange, innocent faith that the world was mostly good.

I didn't know fear the way I know it now. I walked to my friends' houses without a second thought. I roamed the neighborhood. I laughed freely. I trusted easily. I didn't scan every room for danger or carry anxiety in my chest like a second heartbeat. I wasn't constantly bracing for something to go wrong.

And men... I didn't fear them. If anything, I held onto the rare moments when a healthy man was in the home because my father wasn't. Those glimpses of safety felt comforting. Proof that good men existed somewhere, even if only in brief snapshots of my childhood.

I grew up fast, but even then, I still saw the bright side of things. I still believed that the world had more good than bad. I wasn't naive...I was simply unscarred. There's a difference. I had no idea how quickly innocence could be stripped away. How trust could be weaponized. How danger could hide behind a smile.

After the trafficking, the world became something else.

Sharp, heavy, terrifying. I carried fear like it was stitched into my skin. Anxiety followed me everywhere. I grieved the version of me who could move through the world without flinching. The girl who felt safe.

But here's the part that matters most I didn't stay broken.

Yes, the fear lingered. Yes, the anxiety clawed at me in moments I didn't expect. Yes, rebuilding myself felt like learning to breathe all over again. But I rose anyway.

What tried to destroy me ended up shaping me into someone stronger than I ever imagined. The same experience that once stole my voice is the reason I speak so loudly now. The same pain that tried to silence me is the reason other survivors hear me and feel less alone.

I carry the fear, but I don't let it carry me. I've learned to move forward even when my body wants to freeze. I've learned that healing isn't about forgetting, it's about reclaiming the parts of myself that were taken and fitting them back together in ways that make me powerful.

My story didn't end in the darkness. It continued into a life where I rise, where I help others rise, where I stand taller than everything that tried to pull me under.

I am here. I am healing. I am reclaiming everything that was taken and building something even more powerful in its place.

courage



J BAR J
Boys Ranch / J5

Residential Services:

*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.

Words to His Younger Self

When Austin returned to J Bar J Boys Ranch this year, he came with a simple purpose: to talk to the young men who are now where he once was. “I wanted to be the voice that I wish I had when I was their age,” he says. Austin knows their world well. As a teenager, he was expelled multiple times and spent years cycling in and out of juvenile detention and treatment programs across Oregon. “I was in juvie thirteen times,” he says. “I went through five programs like this, including J5.”

Standing in front of the youth at the Boys Ranch, he started with honesty. “I’m not staff,” he told them. “I’m here because I volunteered. I sat exactly where you guys are sitting.” Then he opened the floor for questions. One young man worried about reconnecting with friends who might pull him back into trouble. “Friends I had back then? I don’t talk to any of them anymore,” Austin said. “Sometimes you change and they don’t.”

Another youth shared that drugs would likely be his biggest struggle. “When you use, are you trying to hide something?” Austin asked. “Growth is uncomfortable... sometimes you’ve got to figure out the real problem instead of trying to quiet it.” Others asked about jobs, family pressure, and whether it’s possible to leave behind the life they once knew. “This is just a small chapter in a very big book,” he told them. “Places like this don’t define who you are unless you let them.”

For Austin, the turning point came after leaving his final program, when he slipped back into old habits. “I remember thinking about all the people who believed in me,” he says. “My mom. My little sister. The staff who tried to help me. I realized I had just wasted almost four years of my life.”

That realization changed everything. Today, Austin is married, working, and building a future that once felt impossible. But he didn’t return to talk about success – he came back to remind others that their story isn’t finished. “My version of success,” he told them, “is being able to come back to a place I swore I’d never come back to – and try to help somebody else.” Before leaving, he offered one final thought: “It’s never too late to grow.”

128 Boys served at J Bar J Boys Ranch

82 Boys served at J5

210 Adjudicated boys served

98% of youth reported gaining a new skill at J Bar J Boys Ranch

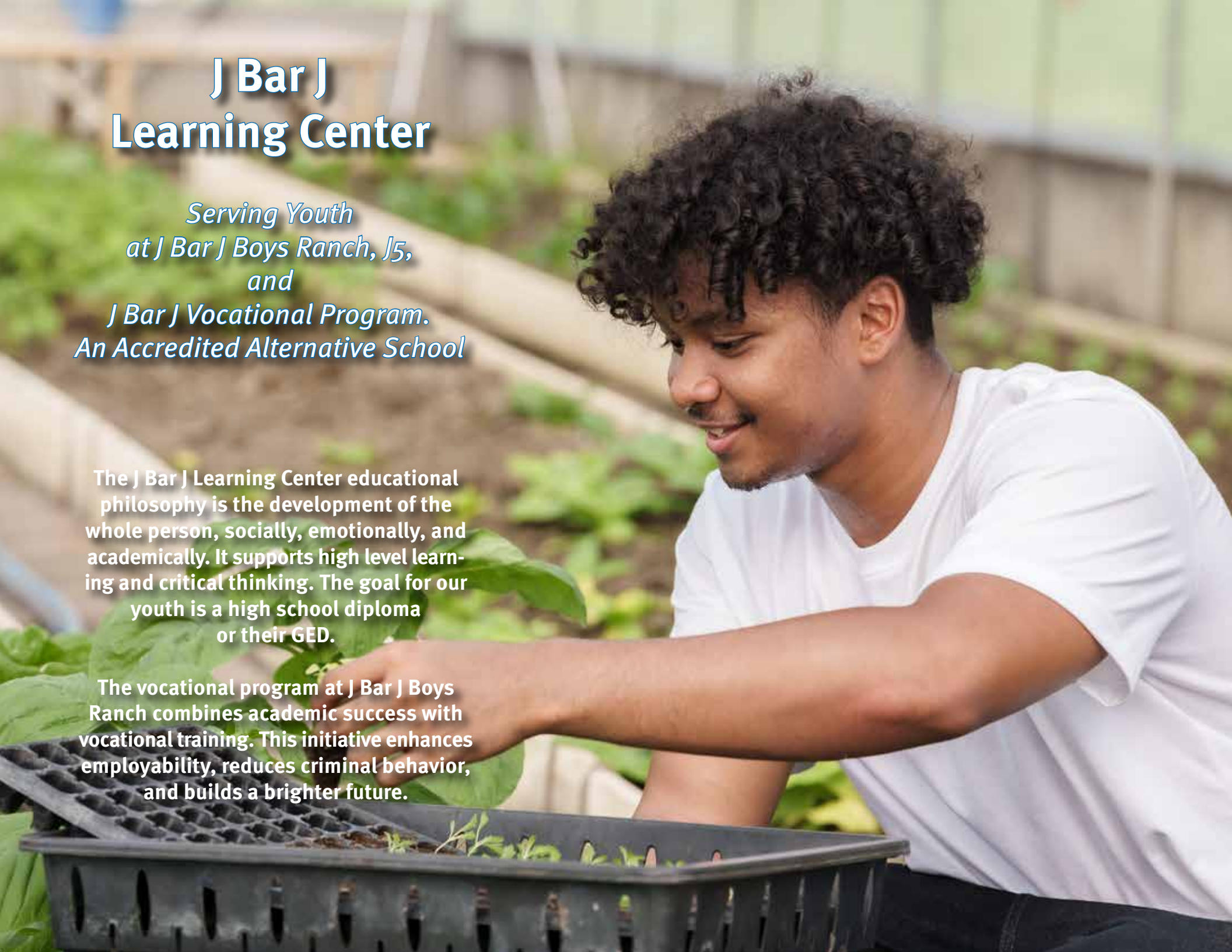
trajectory

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 for our youth is a high school diploma or their GED.

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.



Vocational Education: Building Skills, Confidence, and Purpose

From the ground up:

In 2025, students participating in our vocational program didn't just learn - they built. From constructing a chicken coop and raising their own flock to planting greenhouse crops and starting a campus garden, students experienced the full cycle of creating, sustaining, and contributing.

Pathways to a future:

Through our partnership with Central Oregon Community College, students earned college credits and industry-recognized certifications, including First Aid/CPR and pre-apprenticeship training - opening doors to careers in the trades.

Learning by doing (and doing it well):

In the shop, students moved beyond basics - designing and fabricating custom metal projects with a plasma cutter, milling their own lumber through a partnership with La Pine High School, and applying those materials in real builds they could take pride in.

Earning, contributing, and investing in themselves:

Whether chopping and selling firewood or leading a BottleDrop recycling initiative, students took ownership - raising funds to support their own certifications and training opportunities.

Leadership that grows from within:

As skills increased, so did confidence. Students stepped up to teach one another, share knowledge, and take pride not just in their own progress, but in the success of their peers.

Moments that matter:

Sometimes growth looks like a student graduating high school and finishing strong as a leader in the program. Other times, it looks like hands deep in the soil, laughing and working side by side. These are the moments where confidence is built - and futures begin to take shape.



education

We Are

J BAR J YOUTH SERVICES



Because every child

Carries the Potential

to make the world

Better



Change a Life!
www.jbarj.org | 541-389-1409



Donate

J Bar J Youth Services - 62895 Hamby Road, Bend OR 97701