

Excelsior!

Excelsior Youth Centers
15001 East Oxford Avenue
Aurora, CO 80014

SAVE THE DATE: Wed., February 28, 2007, **STEP'IN UP**, Excelsior's Theatre Night at the Littleton Town Hall Arts Center's musical theatre production of **FOOTLOOSE**. Invitations and details will be mailed in early January. Co-Chairs are Molly Ross and Bob Adelstein. Contributions that evening will support Excelsior's fabulously successful Culinary Arts Program.

Teenage girls and the holidays .. many of our girls come from troubled, dysfunctional homes and the holidays are particularly difficult for them. Excelsior's COMFORTERS FOR COMFORT project, intended to provide each girl with a colorful, comfy 'bed-in-bag' that includes a comforter and linens, is a resounding success thanks to the spirited generosity of Land Rover East, Gateway Rotary Club, members of St. Philip & St. James Episcopal Church and other community donors. Each girl will keep her comforter set upon leaving Excelsior. Throughout the year, each new resident will receive a comforter set upon her arrival. THANK YOU FOR YOUR HEARTWARMING SUPPORT.

Wish Lists: People often ask "What do the girls need?" Here's a list of recent requests: If you can provide something from the list, please call Brian at 303-693-155x331 or email Brianb@excelsioryc.org.

♥ Towels & bedding—pots and pans for transitional units alarm clocks—gift certificates —pajamas—robes—slippers—suitcases—radios—DVD players—personal day planners—computers—gender specific and culturally diverse art work—a new stove—art supplies are always good—Cookware is always needed and always appreciated Entertainment center for basement—Television—socks—undewear—gloves—hats—board games—bathrobes—hygiene supplies (toothbrushes, combs, brushes)—craft

supplies (paint, markers, paper, etc) bean bags—pillows for couch—nightlights with no bulbs school supplies (binders, notebooks, spirals, pens) educational videos & DVD's —digital camera—disposable camera —Decorative items for couches such as fun pillows Magazine subscriptions (i.e. O magazine, Teen People, Seventeen, etc.) Books appropriate for all reading levels—Netflix DVD subscription—Entertainment center shelving to hold tv, dvd/vcr and videos— Sports equipment —Digital alarm clocks—Fun slippers— Fun hygiene products— Sweatsuits— Body washes—jewelry making kits— Kareoke machines —puzzles— Twin Bed-in-a-Bag—

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Excelsior!news

EXCELSIOR YOUTH CENTER FROM TRAGEDY TO TRIUMPH WINTER 2006
The Largest Residential Treatment Center in the Country for High Risk, Troubled GIRLS, AGES 11-18.

Leadership Aurora 2006-07 has chosen Excelsior for their class project. They will be re-furbishing EYC's auditorium and including our girls in the work. Congratulations to Cheryl Clark who is in Leadership Aurora and as Excelsior Volunteer Coordinator, she headed up this proposal.

PAWS For Trust: a weekly dog therapy program for our girls is going very well thanks to community volunteer, Jeannie Schoech. She provides much support to our eager and cooperative dogs and their handlers as this program is really taking off. We are getting more dogs (and owners) interested in participating.

The Black Pearl Restaurant, 1529 S. Pearl St., Denver, hosted a 10% percentage day in June to benefit Excelsior Youth Center. Yum, yum.

Sheila Davis, Zonta Club member, asked guests at her 25th wedding anniversary to bring household gifts to benefit Excelsior's Aftercare program. Nearly \$500 in donations were received. Thank you, Sheila!

The Centennial Cottage girls and staff were seen outside walking, jogging and talking last summer as they trained as a group for a 5-K run. The staff trained with the girls, teaching them about nutrition and helping them with the discipline of healthy living. This project /goal is great for the girls' self-image, sense of accomplishment, health and release of energy. Go Centennial!

Shalom Cottage girls wrote to say how much they appreciate their staff. "They do whatever they can to comfort us when we are upset. They are always there for us and willing to talk to us. They make us feel loved. Some of us don't have families and they make us feel wanted and worthy."

Phoenix Cottage recently explored careers and vocations particularly looking at the role of women in the workplace. They wrote resumes, personal statements and honed

interviewing skills. They listened to guest speakers and visited places like Metropolitan State College, Bel Rea Vet Tech school and the DCPA Theatre Academy. Special thanks to Melody Horton, Board member, for her extraordinary contributions of time and talent to help guide our girls.

GREAT NEWS!

Praise from Philadelphia- As with most agencies and counties who place clients with us, Philadelphia sends

out a regulator yearly to review our records and compliance with their regulations. His many compliments included: this is the best agency he reviews; service delivery is excellent; our results are amazing; family contacts are great; good documentation and Philadelphia wants to place more clients at Excelsior! Congratulations to the staff and particularly Jaurene James, EYC therapist who travels regularly to Philadelphia for our girls and to Elaine Atwater, Excelsior's Quality Improvement Director, who works so well with all of our regulating agencies.

EXCELSIOR BUILDS TEEN CENTER



The Excelsior Youth Center Board and the Excelsior Youth Foundation Board are pleased to announce plans to build an exciting new addition to the Excelsior campus. In early 2007, we will begin construction on a year around Teen Center for recreational, therapeutic and spiritual activities and an adjacent outdoor swimming pool for the girls. Jim Williams and others from Ware Malcolm have donated their architectural talents in designing the structures. Building funds will come from fundraising activities and a gift from the Excelsior Youth Foundation.

Quick Facts about Excelsior Youth Center

~ Last year 396 girls were served. The ethnic breakdown of our high-risk students: 47% Caucasian; 19% African American; 18% Hispanic; 13% Multiracial; 1% Asian; 1% Native American; 1% other. Half of the girls come from throughout Colorado and the others arrive from around the country.

~ Excelsior employs 320 people (229 full time and 91 part time staff) including: Licensed Masters and Bachelors degreed therapists and group care staff, Social Workers, Recreation Therapists, Psychiatrists, Consulting Psychologists, School Principal, Colorado Licensed Teachers, Educational Diagnosticians, Registered Nurses and administrative and support staff. Five of the eight administrators have worked at Excelsior for 28+ years.

~ More than 200 community members volunteer at EYC on a regular basis serving in a variety of ways.

SENIOR STAFF

WILLIAM C. GREGORY, EXECUTIVE DIRECTOR EMERITUS
JOAN GABRIELSON, EXECUTIVE DIRECTOR
CAROL BEAUCHAMP-HUNTER, DIRECTOR OF TREATMENT / ASSOCIATE DIRECTOR
ARNOLD GOLDSTEIN, DIRECTOR OF FINANCE / ASSOCIATE DIRECTOR
ELAINE ATWATER, DIRECTOR OF QUALITY IMPROVEMENT

JANN CLEVINGER, SCHOOL PRINCIPAL
TERRY HOFFMAN, DIRECTOR OF ADMISSIONS
JIM WINTER, PROGRAM COORDINATOR
KATHY GRAVELEY, DIRECTOR OF DEVELOPMENT
VIVAN ZLOBEC, DIRECTOR OF HUMAN SERVICES

Mission: Excelsior Youth Center is committed to the treatment and education of young females to enhance their successful re-integration into their families and their communities. As the largest residential treatment center for girls in the country, Excelsior has been providing a home, structure, treatment and education for young women, ages 11-18, for 34 years on its 33-acre Aurora campus. Newsletter published three times annually by Development Department.

Excelsior Youth Center is accredited by the Council on Accreditation of Services for Families and Children, Inc. (COA), which attests that an organization meets the highest national standards in programming, services and safety.



Kingery Equine Therapy Program

Horses and kids ... troubled kids. Story after story supports the success of horse therapy in helping troubled teens move toward appropriate social behaviors. Here at Excelsior, we've got hundreds of anecdotes supporting our tremendously effective equine therapy program.

Recently, Excelsior re-named its program the Kingery Equine Therapy Program, in honor of long-time Board member, Bill Kingery. "There is something magical about the connection between girls and horses," says Bill. "I hope equine therapy will always be available to help the girls at Excelsior become happy and productive citizens."

After retiring from the cable television industry and buying a ranch as a real estate investment, Bill began riding trails with his daughter, Laurie. From there his interest grew into breeding and then racing (for 15 years he raced Paints and Quarter Horses successfully all over the southwest). "It convinced me that working with horses was therapeutic because patience was never my strong suit but I got a whole lot better when I started working with horses."

"With Bill's vision, encouragement and enthusiasm, EYC's equine therapy program has thrived since he and others first started it nearly 10 years ago. He and his wife Carol provided the initial funding to expose some of the girls to equine therapy at Emily Griffith Center. Today 100 young girls participate in the wildly popular 10-week sessions conducted on near-by horse ranches at an annual cost of \$20,000," says Joan Gabrielson, Executive Director.

"Fees for service that cover most of the girls' needs do not include equine therapy. But Excelsior values the program so much that it continues to provide the therapeutic program for our girls," Gabrielson says. "We're thrilled to announce that Bill and his wife, Carol, have pledged \$5,000 for the next three years to ensure this valuable program continues. They join me in asking others to match their generous gift to further ensure its legacy."

It costs Excelsior \$200 for each girl to participate in the equine therapy program. Please use the enclosed reply envelopes and return your contribution and please mark your checks: Kingery Equine Therapy. Also on-line donations can be made at www.excelsioryc.org. Thank you!

Excelsior students cut the red ribbon celebrating a newly built greenhouse on its 33-acre Aurora campus. Designed and built by nine of Excelsior's students with the guidance and support of Carl Minard and Science teacher, Sherry Lemke-You, the greenhouse will provide year-round plants, science experiments and herbs/spices for the students' Culinary Arts Class. "It was hard, tedious work from May to October. The girls spent days just digging the hole with pick axes and shovels, poured the concrete by hand and learned to use tools to build the structure." "Sweating in the summer heat, working as a team and using those tools was hard, but we're proud of our greenhouse," one of the students said.

Pictured: back row, left to right, Rhonda & Carl Minard and far right, Sherry Lemke-You, Excelsior's Science teacher. Sporting their hard hats, the student-builders' identities remain confidential.



Having retired from the cable television industry, Bill Kingery and his wife, Carol, pose near a photo of his late friend and former associate, Bill Daniels.



Aftercare Improves Quality of Life

The Aftercare program at Excelsior Youth Center provides our young women with the guidance and tools critical to successfully transition to independent living after leaving EYC. Guided by Carol Gianfrancisco, EYC's Aftercare program seeks to support the basic needs of 75 or more emancipated young women each year as they transition to independent self-sufficiency.

"Life at 18 and beyond can be challenging for any teenager and EYC's Aftercare program lends a gentle, guiding hand," says Carol. Aftercare is a unique program whose services are provided free of charge to every Excelsior client who leaves residential care. Carol helps each girl improve her unique situation by providing basic needs including—furnishings, affordable housing, rent, birth certificates, medical care, job training, money management skills and counseling. "Aftercare is designed to be a safety net that reduces the number of crises a girl may encounter due to limited financial and emotional resources," Carol says.

While Excelsior Youth Center assumes all costs related to Aftercare, it thanks The Zonta Club of Denver, The Denver Foundation and most recently Colorado's Tony Grampsas Youth Service program which support part of EYC's valuable Aftercare services. "Our program operates through community donations and these added resources help keep our girls invested in their futures and working toward self-sufficiency," says Carol.

How do we spend the money? In the past year, Aftercare has helped 74 clients. There were 422 individual contacts which include phone or in-person contacts

Services include:

1. Colorado State Ids
2. Birth Certificates
3. Social Security cards
4. Furniture
5. Job Application assistance
6. Housewares
7. Grocery coupons
8. Clothing
9. Appointments for health insurance
10. GED preparation materials
11. FAFSA applications
12. Scholarship applications
13. Housing through Parent Pathways
14. Individual counseling
15. Parenting
16. Hotel vouchers
17. Job Corps
18. Prescriptions
19. Substance abuse counseling
20. Community Resource Handbook

If you would like to contribute to the Aftercare program, please use the enclosed reply envelope and return your contribution and please mark your checks: Aftercare. Also on-line donations can be made at www.excelsioryc.org. Thank you!

Ever Upward

Mark your Calendars for Ever Upward Friday, May 11, 2007. Co-Chairs, Wendy Warren and Cindy Hansen, promise another fun-filled evening of heartwarming surprises. In conjunction with the groundbreaking of EYC's Teen Center, this year's theme is

Ever Upward: Rebuilding Lives/Constructing Dreams.



Sonja:

As a single mom with two daughters, ages 9 and 19 months, Sonja says Excelsior's Aftercare program is helping her as "I'm figuring it all out. I want to do right by my kids and Aftercare is showing me how to remain a positive person. I never realized how everything you do affects your kids and I'm working on parenting strategies. Carol helps me with women's issues, child care, counseling and finding resources in my community." Now 27 years old, Sonja, a Denver native, lived at Excelsior for three years from ages 14-17. Asked how EYC's Aftercare has helped her, she rolled her expressive brown eyes and said, "EYC has saved my life. The real world is tough. I'm truly grateful for Aftercare."



Elysia

Elysia is 18 years old and a native of Northern Virginia. She recently graduated from Excelsior High School after living at Excelsior for nearly two years. Despite a background of family problems, multiple foster homes, drug use, gang involvement and running away, Elysia says she 'grew up at Excelsior. Finding the right therapist is important and Excelsior's transitional living staff helped me make major changes in my life." A talented artist, she is currently enrolled at the Art Institute of Colorado. Excelsior's Aftercare program assists her with obtaining furniture, bus passes, stress management and medical/dental resources. "I was grateful to Carol as we built a relationship before I discharged from Excelsior and she's a blessing. I didn't know where to begin to get answers to some of my questions. I call her 3 times a week and she reassures and relaxes me. Thanks, Carol."

Our heartfelt thanks to the following donors since July 1, 2006

Please notify us of any errors or omissions. Thank you.	Cheryl Clark	Giving Generations Foundation	Mr. & Mrs. Charles Malone	Russ & Bea Pomeroy
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Legacy Society: Please consider adding Excelsior as a beneficiary in your will. It's as easy as: "I hereby bequest to Excelsior Youth Centers, Inc. at 15001 E. Oxford Ave., Aurora, Colorado, _____ percent of my estate to be used for unrestricted purposes."

We invite you to become a charter member of our newly established Excelsior Legacy Society. All you have to do is tell us you have named Excelsior Youth Center in your will. Simple as that. No details. No specifics.

If you would like more information on how you can become a member through an enduring gift, please contact Kathy Graveley @226 or Kathyg@excelsioryc.org.