



TWOCOR PROJECTS
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Forging Trust



Providing Direction



Creating Hope

TwoCor

Learning to Work,
Working to Learn

VOLUME 4, ISSUE 1
SUMMER 2016

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Sometimes doing the same thing over and over makes for the most efficient and effective results. But that is not always true, and being inventive and flexible becomes critical to success.

A recent fishing trip to Mt. Massive Lakes demonstrates this point. Fishing at Mt. Massive Lakes is, at worst, very good and, at best, ridiculous. Over the years we caught (and released) over 100 fish in a typical weekend. The two best ways to catch a fish using a fly rod at Mt. Massive Lakes are dry flies on top of the water or under-developed bugs called nymphs or midges coming up from the water's depths. Neither technique worked on our recent trip, and fishing totals were just five percent of the norm our first night. We finally found success using a less familiar method—"streamer flies" pulled quickly through the water to mimic minnows or small fish.

Likewise, working at TwoCor requires a willingness to try different and creative interventions and strategies. Youths' varied trauma histories, personalities and life situations demand individualized solutions.

What seemed to work with youth from yesteryear—talk therapy for one hour per week, punishment for behaviors that violated social norms, or adjustments to psycho-pharmaceutical interventions—doesn't seem so successful in this day and age.

Changing youths' behaviors and attitudes requires changes in the mindset of their service providers. Childhood and infant trauma—neglect and abuse in particular—affect the neurological makeup of the victim's brain, which makes change a more complex outcome than many believe even today. Work experiences, experiential therapeutic activities such as climbing and pottery, eye movement desensitization and reprocessing (EMDR), and instruction in practical life skills are some of the ways TwoCor effectively stimulates brain healing as suggested by the research of leading neuroscientists. We will continue to be open to other, even better ways we discover to address the challenges youth face.

Peace be with you,

James L. Hinkle, M.Div., LCSW
Executive Director



Fishing expedition with Operations Manager Brad Rounsavell teaches a valuable lesson about change.

TwoCor is a non-profit that builds the work ethic of young men and women, aged 15-19 years, in El Paso County, Colorado. TwoCor helps youth rise above their troubled past and grow into mature, productive, and self-sufficient community members. The program integrates findings from neuroscience research and trauma-informed therapeutic practices with vocational training, work projects in the community, and internships with local businesses. For more information about our mission, services, or how you can help, please contact us.



...so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 Corinthians 1:4



PLEASE RETURN WITH YOUR DONATION

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Youth enjoy a delicious meal lovingly prepared by volunteers. To learn how you can volunteer or make a donation to support our program please call 719.471.6916.

YOUTH AT WORK

TWOCOR TEAMS WITH CSFD AND CHEYENNE MT. ZOO



Curtis shows off his muscles and his can-do attitude.

As part of National Wildfire Community Preparedness Day, the Colorado Springs Fire Department teamed up with TwoCor and the Cheyenne Mountain Zoo to protect the animals and surrounding homes from future fires. TwoCor youth gathered the dead branches and trees cut by the fire department and hauled them to chipper sites. In just a few hours, they cleared out hundreds of trees.

“We teach values through work and this work is perfect because it produces a lot of teaching opportunities.” TwoCor Community Work Projects Manager Peter Milauskas said.



Hard work builds resilience to challenging work conditions.

Collin, a TwoCor youth, says it was tough work, but that it was worth it to know he made a difference. “I think it’s great to know that you’re a part of something bigger... It’s good to help out other people and get into the community a little bit more.”

Photo credit: Kyler Knutson.



Let us tackle your summer honey-do list.

HIRE US TO DO YOUR DIRTY WORK

TwoCor’s work training program can help you with landscaping, fence building, yard and garage cleanout, fire mitigation or any other dirty job. *Your satisfaction is fully guaranteed!* For a free assessment, call 719.471.6916, visit www.twocor.org or email info@twocor.org

EXPANDED CLINICAL SERVICES IMPROVE BRAIN FUNCTIONING



Wall-climbing is one example of an experiential treatment activity that increases balance, focus and self-confidence.

For youth needing additional therapeutic treatment, TwoCor offers clinical services that go hand-in-hand with the trauma-informed work training program. TwoCor’s clinical services consist of experiential treatment activities and individual, family, and trauma therapy.

Care for youth in the work training program and clinical services focuses on improving four foundational functions that are critical to sustained employment: brain-sensory integration (balance and focus), emotional self-regulation (anger and fear), healthy relational connections, and cognition (knowledge and skill). Call 719.471.6916 for information about referral to our clinical services.

2016 HOLIDAY HOME TOUR UPDATE

Does decorating your home for the holidays ring your bell? Does your home remodel make you want to kiss your contractor? Has preserving the historic integrity of your home become an all-consuming passion? If so then do we have an opportunity for you! We are looking for gracious, stylish, and interesting homes to feature at this year’s Old North End Holiday Home Tour on December 10. If you are interested, please contact Cyd Cohen at 719.660.2261.



A home featured in the 2015 holiday tour to benefit TwoCor.

PLEASE HELP WITH OUR NEEDS

We invite you to donate your vehicles, properties, and gently used items to TwoCor. Our needs include:

- Sponsorships for youth in the learning labs (\$250 each)
- Wood shop supplies: 4x4 rough sawed hardwoods, Grizzly 12 ½ in cutting blades, clamps, sandpaper and chisels
- Pottery supplies: clay tools, books, slab roller, pottery wheel bats and wedging table
- Landscaping tools: rakes, shovels and hoes
- Bikes, bike parts, new helmets and locks
- Sports equipment: football, soccer ball and gloves



PARTNERS IN ACTION

THANKS DARYL

Faithful volunteer Daryl Muncey mentors youth in the woodshop learning lab. Under his watchful eye and patient tutelage, the youth learn how to create beautiful wood cutting boards while keeping safe around potentially dangerous tools. TwoCor thanks you for your compassion for our youth.



Volunteer Daryl Muncey instructs youth in the woodshop.

TEEN INTERN PROGRAM TAKES OFF

More youth than ever will head to paid internships with local businesses this year. We appreciate those who provide internship opportunities and training for our youth:

- C&C Sand and Stone
- Ranch Foods Direct
- Signature Homes
- Colorado Springs Cleaning Supply Co
- Faricy Boys Jeep Chrysler
- Colorado Springs Flea Market

A BIG THUMBS UP TO...

The Hub Bike Shop, Pure Bouldering Gym, Groninger Construction, Einstein Bagels, Joseph Henry Edmondson Foundation, Edson Family Foundation, The Carl W. and Carrie Mae Joslyn Charitable Trust, Oldfather Foundation, Taco Bell Foundation for Teens, United Restaurants, Dusty and Kathy Loo Fund, National Christian Foundation, Heidi Likins, Cyd Cohn, Terry Darby, Sue Dewey, Lori DiPasquale, Chrys Fotenos, Lani Hinkle, Kady Hummel, Owen, Linda & Bill Rounsavell, Julia Lindahl and Redeemer Lutheran Church, Kerri Edwards and North Springs Alliance Church, Tom and Martha Adelman, Joyce Kauffman, Irma Crepps, Katie Dunbar, Candice Hall, Nel Benton, Grace and St. Stephen’s Episcopal Church, First Christian Church, St. Michael the Archangel Episcopal Church and our many generous individual donors.