Help for youth & families

For a young person struggling to cope with difficult emotions and experiences, a horse can be a source of light in an otherwise dark world.

Equine Assisted Therapy is an experiential therapy in which youth interact with horses therapeutically to encourage emotional growth and learning. This can help kids develop the skills and tools they need to reduce the impacts of their symptoms in their lives and find their way to a healthier future.

Idaho Youth Ranch uses an equine therapy approach that is on-the-ground, rather than on horseback. Each session is facilitated by a specially trained mental health professional and an equine professional.

Idaho Youth Ranch has been utilizing the healing power of horses for decades. Our expert staff have helped thousands of young people work through challenges to meet their goals.

WHY HORSES?

Horses are emotionally intelligent animals, capable of picking up on small nonverbal cues that provide valuable feedback.

Horses are large, powerful animals. It’s hard to ignore a horse with their size and presence. Approaching horses helps kids reflect on how they approach relationships and challenges in their lives.

Horses have distinct personalities. Their different, often independent, personalities are easily identifiable to young people seeking to make connections.
We believe in the power of animals to facilitate healing for frightened or hurting young people, helping them learn to trust themselves and others again.

Through Equine Therapy, participants learn how to:

- Build focus
- Improve self-confidence
- Bolster social skills
- Build positive relationships
- Build trust
- Work effectively as a team
- Demonstrate the power of clear communication
- Set boundaries
- Practice mindfulness

Help is just a call or click away.

Contact Idaho Youth Ranch today to learn more about how our therapy options can help your child heal.

We offer individual, group, and family sessions tailored to each individual’s specific needs. We offer Equine Therapy services to the Treasure Valley at our Hands of Promise Campus in Caldwell.

youthranch.org/equine
208-454-8847
Hablamos español

Language interpretation and sign language services provided.

WE ACCEPT MEDICAID

Idaho Youth Ranch
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