Residential Therapy

1 The Residential Center for Healing & Resilience
Scheduled to open in the summer of 2023, this 64-bedroom residential treatment facility will incorporate trauma-focused, evidence-supported therapies with best-in-class treatment models for youth. This facility will serve youth 11-17 who need long-term residential care.

2 Hays House, located in Boise, provides a temporary, stable place to live for youth ages 9 to 17 who:
- have runaway or are homeless
- are transitioning in foster care
- have parents that can’t take care of them
Hays House also offers 24/7 respite care.

3 Equine Therapy
Working with horses is a proven method of emotional recovery and one of the most unique services we offer. Equine Assisted Psychotherapy (EAP) is a ground-based model that helps youth form a judgment-free bond with horses to promote healing with the guidance of a licensed counselor and equine specialist.

4 Telemental Health
We provide video or telephone outpatient therapy options to meet our youth’s needs. With virtual services, we can offer the same proven mental healthcare options to more young people in every part of the state.

5 Parenting Classes
Parenting can be difficult and we all need a little help sometimes. That’s why we offer affordable and convenient parenting classes. Our parenting classes will help you develop skills to create a more harmonious home and better communication strategies with your kids.

6 Finishing the Job
YOUTHWORKS! offers job readiness workshops and training opportunities to participants ages 16 to 24. The program focuses on building skills to find and keep a job. The goal of YOUTHWORKS! is to help participants build self-confidence and gain work experience with additional focus on college and career planning.
Help for youth & families

You are not alone. Idaho Youth Ranch has trained professionals to offer help and support with:

- ADD/ADHD
- Anger & aggression
- Depression/anxiety
- Cutting & other self-harm
- Cyberbullying
- Physical, sexual, or emotional abuse
- Poor grades & truancy
- Strained relationships with one or both parents.
- Trouble adjusting to divorce or death of a loved one

3 Counseling & Therapy

We help young people ages 9 to 24 and their families with proven outpatient therapies.

Dialectical Behavioral Therapy (DBT) builds skills for tolerating life’s challenges, tolerating emotions, and strengthening relationships.

Cognitive Behavioral Therapy (CBT) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) changes negative thinking patterns to improve self-esteem, reduce depression and anxiety, and boost social skills.

Eye Movement Desensitization and Reprocessing (EDMR) is a rapid-eye movement therapy to help the brain process trauma and reduce triggers.