



# Counseling & Therapy

## Program Highlights

- Masters-level clinicians provide proven behavioral therapies designed to address traumatic experiences, dangerous behaviors, and troubling feelings
- Help young people overcome anxiety, rage, and depression
- Youth find hope, healing, and resiliency
- Therapies offered include: Dialectical Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing
- Therapy services throughout the state, both in person in our Boise and Coeur d'Alene offices and via TeleMental Health

## Funding Levels

**\$10,000**

*Keeps the lights on! Sponsor one of our outpatient therapy centers for a month of your choosing.*

**\$5,000**

*Provides 2 groups of youth with positive group therapy experiences.*

**\$1,500**

*Provides a youth with a full course of therapy.*

**Annual Budget**

**\$1,200,000**

Helping youth heal through proven therapies



Boise Counseling & Therapy Center near St. Alphonsus Regional Medical Center.



Coeur d'Alene Counseling & Therapy Center, located at our Anchor House Campus.



Idaho Youth Ranch has earned The Joint Commission's Gold Seal of Approval.



Partner with us!