

**Trauma-focused.  
Judgment-free.**

Idaho Youth Ranch brings over 70 years of experience, masters-level clinicians, and the best counseling and therapeutic tools together to help Idaho's youth. Our network of programs and services provides a path to resilience and hope for kids and families from all income levels.



YouthRanch.org

Treasure Valley: 208.947.0863  
North Idaho: 208.667.3340



Idaho Youth Ranch has programs, services, and Thrift Stores throughout Idaho.

Hablamos español  
Language interpretation and sign language services provided



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

**IDAHO YOUTH RANCH** Healing & Hope for Our Kids

# Therapy & Counseling Centers

Overcoming challenges and building resilience





Idaho Youth Ranch's statewide team of trauma-informed therapists and counselors work with young people 9–24 who are struggling. Our team uses proven therapies to help young people break down difficult experiences, learn how to communicate and set healthy boundaries, and reconnect with their families.

Our therapies are specifically designed to help young people process difficult experiences and gain the skills they need to live happier, healthier lives.



- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)

TF-CBT and DBT are available in-person or via TeleMental Health, EMDR is in-person only.

## Behavior IS communication

Dangerous or troubling behaviors are often outward expressions of inward turmoil or pain. Parents and caregivers struggle to "get through" to their children and don't know how to help.

- Acting out or angry
- Withdrawing
- Overly emotional
- Panic attacks
- Self-harm
- Behind in school
- Expressing thoughts of suicide
- Losing interest in things they used to love
- Hurting others through bullying



*... helping young people overcome their struggles and build resilience.*



## Trauma-informed care

Our therapists are trained to read the signs of trauma and understand its impact. At Idaho Youth Ranch, we never ask, "What's wrong with you?" Instead, we ask, "What happened to you?" Trauma impacts whole families and affects young people's ability to communicate, handle stress, and thrive. We are here to help undo the damage of trauma for your child and family.

## Is your child struggling?

Call us today to start your journey toward healing and hope. Help your child reconnect.

Treasure Valley 208.947.0863  
Coeur d'Alene 208.667.3340

## Our Mission

We unite for Idaho's youth by providing accessible programs and services that nurture hope, healing, and resilience.

## Statewide access to care

Idaho Youth Ranch offers therapy services throughout the state, both in person in our Boise and Coeur d'Alene offices and via TeleMental Health. Let us help you and your child find the path to a brighter future.



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



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

Now Accepting Medicaid

[youthranch.org](http://youthranch.org)