



2009 Annual Program Report

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Mission

The Idaho Youth Ranch provides troubled children and families a bridge to a valued, responsible and productive future.

To this end, we help each child find the hope, vision, courage and will to succeed. We provide stability, opportunity and security. We encourage growth and offer a chance to develop confidence, independence, esteem and respect. We teach values, responsibility and self discipline in honest, caring environments. We believe in family, work, accountability, education and responsible behavior.





For 56 years, the Idaho Youth Ranch has helped children and families turn their troubles into triumphs. To provide the best possible care and service, the Idaho Youth Ranch bases its work on the following strongly held values:

Values

- Personal Accountability and Responsibility
- ♦ Honesty and Integrity
- Respect for Human Worth, Dignity and Potential
- Building on Strengths
- ♦ Relationships
- Persistence and Perseverance
- Optimizing Resources

Turning Troubles into Triumphs



Steve Woodworth President and CEO

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Letter from the President and CEO

Greetings,

I'm pleased to share our FY 2009 Annual Program Report with you. This report summarizes our activities during the past year and describes the types of youth and families who have benefited from our work. There are many stories to tell – of the lives touched and the second chances given – the many young people and families that we have come to know and care about. We've included a few of these stories in this report, as this is the best way to truly communicate what the Idaho Youth Ranch is all about.

Since our beginnings in the mid-50's the Idaho Youth Ranch has grown from a working ranch for boys in the rural setting of Rupert, Idaho, to a statewide, multiservice agency providing social services to girls, boys, families, foster parents and couples looking to create a family through adoption. Our Ranch program continues to provide a wholesome setting for at-risk boys and girls, and our name, the Idaho Youth Ranch, pays homage to our roots at that location. But the Ranch also serves as a larger metaphor for the cultivation, stewardship, growth and the harvesting of self worth that occurs in all of our programs and services. The Idaho Youth Ranch is focused on creating long term success for the youth and families we serve, not just short term gains. We help provide a life-long support system that includes the creation of a more positive home and community environment, vocational opportunities, independent living skills, and college scholarships. The Idaho Youth Ranch is also a symbol of community, because without the generosity of our many supporters, the organization's ability to lend a helping hand to thousands of kids throughout its history would not have been possible. As our programs have expanded and changed over the years, what has remained constant has been the extraordinary efforts of our donors, volunteers, and staff members in support of the youth and families we serve.

I hope you will enjoy reading about the services provided by the Idaho Youth Ranch and the accomplishments achieved by the youth and families in our care. As we continue to strive to meet the ever growing needs of Idaho's youth and families, we appreciate your trust and confidence in us to carry out this tremendous responsibility.

Sincerely,

Vindurt

Steve Woodworth President and CEO

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Letter from the Vice President

"It is easier to prevent bad habits than to break them." Benjamin Franklin

Children who are vulnerable and at risk for becoming addicted to drugs and alcohol, having behavioral or mental health problems, or entering the juvenile justice or prison systems should not have to wait until their problems become more serious – and more entrenched – to get the help they need. Yet, that is exactly what happens, especially for families who cannot afford help.

Ask any school teacher, relative, or neighbor and they can tell you about the elementary school age child they know who seems destined to a life of trouble. Yet too often families are told that the problems have not become "bad enough" to qualify for services.

Last year we made a significant change at our Ranch program to address this problem. First, we lowered the age of the children we admit to the program, targeting ages 11-14. This allows us to work with a younger child and reach him or her before the problem behaviors become entrenched. Second, we made it easier for a family to afford the cost of help. Third, we modified our program so a child can stay at the Ranch as long as needed, rather than on arbitrary and/or contract limitations. Now, the Ranch is better positioned to offer lasting help to a child and family.

These changes have already resulted in improved services. Take Lisa, for example. At 12 she came to the Ranch after living with a drug addicted mother who couldn't provide her the parenting she needed. Her mother eventually died from a drug overdose- Lisa was the first person to discover her. Lisa was doing poorly in school, had begun to experiment with drugs and alcohol, and had recently begun to get into trouble with the law. Her father was trying to help Lisa but needed help himself. Now, after being at the Ranch for 10 months, Lisa is getting A's and B's in school. She is learning to like herself and sees her own potential. Her father is getting the help he needs. When Lisa does return home in a few months, it will be to a completely different environment. Lisa has a new life because of the Idaho Youth Ranch and our supporters.

This annual program report gives you information on our programs and a measure of our effectiveness. Keep in mind that between the pages are real children and real families like Lisa, who have been helped by the Idaho Youth Ranch.

Until next year,

RELATIONSHI

Robert Ball, Ph.D.

Robert Ball Senior Vice President for Programs

PROGRAM LEADERSHIP

Robert Ball, Ph.D. Senior Vice President for Programs

Lynn Viner, MBA Administrator

Fern Sargent, LCSW Chief Clinician

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Roberta Rene Director of Development and Marketing

Chris Paul Nelson Assistant to the President for Foundation Development

Turning Triumph. Into

What started as an "infectious dream" of a ranch to help "wayward boys" 56 years ago is now a multiservice, statewide agency that helps over 500 youth and families on any given day. Programs and services include residential/group home care, family services, adoptions and foster care.

From Despair to Hope

A Ranch Success: Justin's Story

The first youth to be admitted to the new program at the Idaho Youth Ranch in Rupert, Justin serves as a valuable success story for the early intervention and long-term care model that was recently put into place at the Ranch this year.

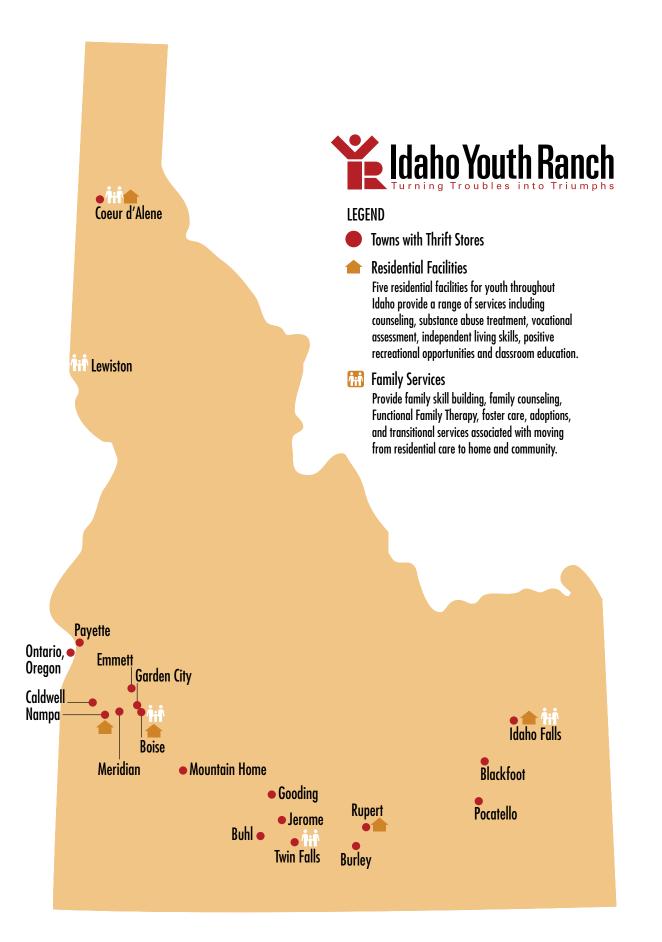
Fourteen year old Justin was raised by his mother and grandmother. He had no relationship with his father, who left when Justin was an infant. Experiencing behavior problems early in life, Justin was diagnosed with ADHD and as a result, spent many of his younger years on medication and in treatment. By the time Justin was a teenager, he was obese, depressed and had very little self-esteem. He refused to go to school, had very few friends, and was beginning to get into trouble in the community. He used his size to intimidate his mother and grandmother and thwarted their efforts to hold him accountable for his behavior. As a result, Justin was failing in school and became suicidal.

When Justin entered The Ranch program, he felt that he had little hope for the future or any chance of repairing his relationship with his mother and grandmother. While at The Ranch, Justin began to take responsibility for his behavior. He became enthusiastic about school. Justin used his experiences in caring for animals as part of the 4-H program at The Ranch to increase his own self-esteem and improve his ability to develop new relationships with people. He learned to control his behavior by applying the skills he was learning instead of relying on medication. Another benefit of his newly acquired skills, self-esteem and confidence was losing nearly 100 pounds. And he thrived in the on-campus school, achieving A's and B's in his classes.

On behalf of Justin's family and four other families, the Idaho Youth Ranch secured grant funding to provide in-home family counseling to improve communication skills and identify community resources for ongoing needs through the support of a Reintegration Specialist (Masters' level counselor).

The Reintegration Specialist played an integral role for Justin's return to his home and community by: meeting with Justin's mother and grandmother on a regular basis to encourage them to develop limits, structure and consequences for Justin; working with his school to prepare for Justin's return; and identifying an adult male mentor and role model through the family's church.

After spending one year at the Ranch, Justin returned home a completely different person. When talking about her experience, Justin's mother becomes tearful when she shows a recent photo of a slimmer and much happier Justin, pointing out that his genuine smile in the photo was the first smile she had seen in many years. Justin's smile is an obvious reflection of his transformation from a child in despair to a teen full of hope and promise.





FAMILY SERVICES

Family Counseling

Boise – Serving Southwest Idaho Coeur d'Alene – Serving North Idaho Pocatello – Serving Eastern Idaho Lewiston – Serving North Idaho

Service Coordination/ Wrap-Around

Boise – Serving Southwest Idaho Coeur d'Alene – Serving North Idaho Lewiston – Serving North Idaho Pocatello – Serving Eastern Idaho

Adoptions

Boise Coeur d'Alene

Foster Care Support

Coeur d'Alene

Family Services

Family services are community-based services located throughout Idaho. Services include family counseling, service coordination, adoptions, and foster care support.

FAMILY COUNSELING

Idaho Youth Ranch's family counseling provides therapeutic and skillbuilding services to families. Services can be delivered in the home or in an office. Services are designed to reduce crisis, keep families together, or reunite families following a youth's residential placement.

Staff carry small caseloads in order to provide an intensive level of service. Select staff are trained to use Functional Family Therapy, a nationally recognized family counseling model.

SERVICE COORDINATION/WRAP-AROUND

For many of the families we help, there is a need for a range of services that uniquely meet specific needs. Services are individualized, or "wrapped" around the family. These services can help with the return of a child from an out-of-home placement, or can be used to prevent placement.

Wrap-Around services are provided by Reintegration Specialists, who carry small caseloads and serve as the bridge between the family, community, and the residential programs.

ADOPTIONS/FOSTER CARE SUPPORT

The IYR Adoptions program provides services for local, national, and international adoption of children. The program offers pre-adoptive and post-adoptive services including community education, home studies, placement supervision, and reports to the courts.

Our North Idaho site also provides foster care recruitment and training to prepare or support foster parents for licensing by the Idaho Department of Health and Welfare.

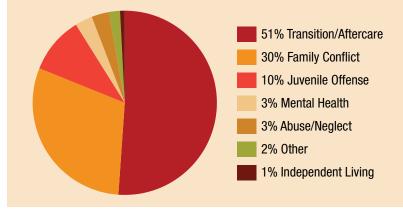
CRISIS/HELP LINE

Operated through Hays Shelter Home, families and/or young people seeking help can call our toll-free help line any time of the day or night. Trained staff help the caller identify the services available and make referrals for needed support.

FAMILY SERVICES DATA

| CLIENT AGE RANGE | | GENDER | |
|---|--|--------------------|--------------------------------------|
| Under 1314%13 to 1777%18 and over9% | | Male Female | 77% 23% |
| | # OF CLIENTS | UNITS OI | F SERVICE |
| Wrap-Around Services Family Counseling Adoptions Foster Care Support Crisis/Help Line TOTALS | 162 223 123 420 327 1,255 | 15, 1 5 N | 746 953 77 63 I/A 439 |
| RACE | | | |
| Caucasian Hispanic African American Native American Other | 78% 14% 4% 3% 1% | | |

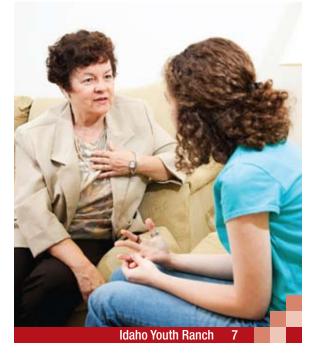
PRIMARY REASON FOR REFERRAL



Dignity









RESIDENTIAL SERVICE LOCATIONS

Group Homes

Anchor House – Coeur d'Alene Discovery House – Nampa Emancipation Home – Boise (services suspended Fall 08) Harbor House – Idaho Falls Hays Shelter Home – Boise

Ranch Program

The Ranch - Rupert

Education

Anchor House – on-site school Discovery House – on-site school Harbor House – on-site school Hays Shelter Home – off-site alternative school The Ranch – on-site school

Residential Services

Residential services are services provided in an alternative home environment for young people during times of crisis, when youth can't live in their home because of their behavior or risk to their well-being, and when young people need a place to prepare to live on their own.

GROUP HOMES

Located in Coeur d'Alene, Idaho Falls and Nampa, these homes offer focused treatment and guidance. Treatment areas include anger management, critical thinking, social skills, education, substance abuse treatment, vocational interests, and positive recreation.

Idaho Youth Ranch provides a dedicated and experienced staff to assist in the process of changing behavior. Family and community members are encouraged to visit and take part in the treatment program.

THE RANCH

The original site of the Idaho Youth Ranch and the largest of our programs, the Ranch offers a unique setting to help children. Situated on 500 acres in rural South Central Idaho, the Ranch's peaceful setting is in great contrast to the chaos and risks to which many of the youth are accustomed. The campus offers housing, an on-site school, gymnasium, chapel, and an indoor horse-riding arena.

In addition to the program components available in Idaho Youth Ranch group homes, girls and boys at the Ranch are also involved in a certified equine therapy program (a therapeutic approach to riding and taking care of horses) and a 4-H livestock program.

SHELTER

Hays Shelter Home in Boise provides a safe, structured home-like environment for youth who have been abused, neglected, abandoned, have runaway, or are homeless.

EDUCATION

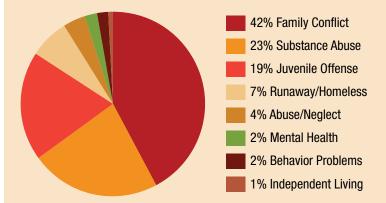
IYR programs offer educational services in either on-site or communitybased settings, including collaborative efforts with local school districts.

| RESIDENTIAL SERVICES DATA | | | | | | |
|--|-------------|----------------|------------|--|--|--|
| CLIENT AGE AT ADMISSI | ON | GENDER | | | | |
| 0 to 13 18% 14 to 17 82% 18 to 21 0% | | Male Female | 67% 33% | | | |
| | # OF CLIENT | S UNITS O | F SERVICE | | | |
| Education | 196 | 1 | N/A | | | |
| Hays Shelter | 150 | 3, | 3,295 | | | |
| Harbor House | 53 | 2, | 2,964 | | | |
| Anchor House | 34 | 2, | 2,808 | | | |
| Discovery House | 34 | 3, | 3,404 | | | |
| The Ranch | 26 | 4, | 4,652 | | | |
| Emancipation Home | 8 | 2 | 483 | | | |
| (services suspended in Fall 08) | | | | | | |
| TOTALS | 501 | 17 | ,606 | | | |

RACE

| Caucasian | 76% | |
|------------------|-----|--|
| Hispanic | 15% | |
| Native American | 3% | |
| African American | 3% | |
| Other | 3% | |

PRIMARY REASON FOR REFERRAL



Worth Potential







Imagine Not Being Able to See a Future

A Hays Shelter Home Success: Marsha's Story

Marsha imagined she would never see her 18th birthday, nor did she care because she assumed anything was better than the life she was living. She often thought about suicide. If it were not for her concern over the safety of her sisters, and their fate becoming similar to hers, she would have killed herself to escape the pain.

Marsha arrived at Hays Shelter Home after being taken into Child Protection custody when her school counselor called to report her situation at home, noting that this bright and beautiful girl was shy and alarmingly fearful. When responding to the counselor's concerns about her behavior, Marsha told her, "Not much can happen when you're tied up." She pulled up her long sleeve shirt to expose the bruises on her arm and the red markings where handcuffs were used to confine Marsha to a bed frame nearly every afternoon and evening for the past year. She also told the counselor about how she feared for her sisters, who were younger and more vulnerable and already experiencing some abuse by being "slapped around."

Enduring the lengthy and difficult investigation into the abuse that took place in her home, Marsha had to relive the traumatic experiences over and over again. Her sisters refused to discuss what happened at home and told investigators that Marsha was lying. They refused to speak with Marsha and blamed her for ruining their family. Marsha required hospitalization soon after arriving at Hays, due to suicidal thoughts.

When she returned to Hays, Marsha attended daily sessions with a Hays clinician, working through the anger, frustration and confusion she experienced. She gained confidence and trust and became more determined to remain strong during the legal proceedings, identifying that the staff at Hays had provided her with support for the first time in her life, enabling her to stand on her own and do the right thing.

One of the strongest participants in group activities at Hays, Marsha relished the opportunity to engage in "normal" teen recreation and leisure time. She completed the Anger Management group counseling program and began helping other kids learn from her experiences in the Hays program. After a few months, Marsha achieved a remarkable feat for someone who had experienced so much abuse and trauma in her life: she worked full-time during the summer and initiated the process to complete her GED in the Hays education program. The Hays staff helped Marsha identify resources to assist her with the difficult process of reuniting with her sisters and repairing their relationship. Refusing to look back, Marsha is looking forward to living on her own and attending college.

Persistence

Courage to Face One's Addictions

An Anchor House Success: Vince's Story

Strong anxiety fueled by the influence of an older brother on drugs, an enabling environment at home, and unemployed parents, drove Vince to begin using marijuana at age 12. Marijuana led to cocaine and a few years later he was shooting heroin with his older brother, who introduced him to drugs and became his "using buddy." While on drugs, Vince found he could escape the realities of his life and related anxiety.

Now a heroin addict, Vince was in bad shape when he came to Anchor House, in Coeur d'Alene. He had been admitted to inpatient programs two times prior to coming to Anchor House. The first time he sought inpatient treatment he was trying to get clean for his girlfriend. The second time, pressure from his parents drove him to seek help. But this time, Vince came to Anchor House to get off heroin and get his life back for himself. According to the Anchor House clinician, Vince showed great courage and strength when he admitted himself to Anchor House voluntarily and without pressure from others.

Motivated by his own desire to overcome his addictions, Vince completed the Anchor House program. A very bright young man with a gift for music and a lot of empathy for others, Vince worked hard and even helped other kids get through the program. The Anchor House staff helped Vince learn how to make his life better by making the right choices and understanding the consequences of wrong choices. Vince was given the skills he needed to deal with anger



and stress, and he learned how to communicate with his parents. At the same time, his parents were also participating in therapy sessions, where they learned how to set boundaries in the home and improve communication, while gaining an understanding about how their behavior contributed to their son's drug use.

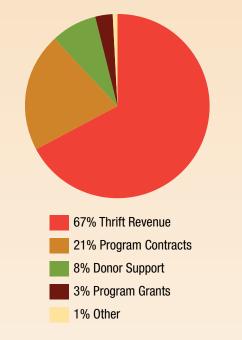
When Vince left Anchor House, the staff knew he had a tough road ahead of him. Supports were put into place that included: enrolling in intensive outpatient therapy, attending Narcotics Anonymous meetings, volunteering at the Idaho Youth Ranch Thrift Store to develop new skills for future work opportunities, continuing his music, and completing the HSE (High School Equivalency) program so he could attend college in January. Vince now has the skills, knowledge and supports to remain sober.

Perseveran

Agency Data

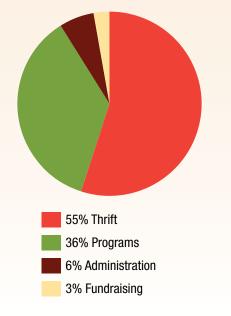
REVENUE

Agency revenue is comprised of sales from thrift store revenue, program contracts and grants, donor support, and other revenue including interest/dividends from investments.



EXPENDITURES

Agency expenditures are divided into four categories. Administrative overhead is well below industry averages.



SERVICES BY TYPE

A total of **1,756** youth and families were served by all programs in FY 09. Some clients received more than one service.

Family Services

In FY 09, **385 youth and their family members** were helped with family skill building, family therapy and service coordination services. These services reduce crises, keep families together and avoid more intensive, costly, and restrictive services.

Foster Care

Our North Idaho office of Community Services provided home studies, training and licensing visits for **420 foster families**.

Education

The majority of youth in our residential programs participate in education programs. Last year **196 boys and girls** continued their education by attending on-site schools or collaborative education programs while in our care. The remaining youth attended public school programs.

Adoptions

Our Adoptions program worked with **123 children and families**, supplying an array of pre-adoptive and post-adoptive services.

Shelter

We provided emergency shelter services for **150 children** who have been abused, neglected, homeless and/or have run away.

Group Homes

Our three group homes served **121 youth**, with a variety of community based treatment programs.

The Ranch

The Ranch, now a program for self-referred families using a sliding scale to determine family share of the costs (not supported by government contracts or funding) helped **26 children** with comprehensive programming to address their physical, emotional, spiritual and psychological needs.

Crisis/Help Line

Trained staff responded to **327 calls** from people seeking help. The Help Line operates 24 hours a day and 7 days a week.

Independent Living (services suspended in Fall 08)

For youth preparing for independent living, we provided skills training to increase their chances of success. Training ranged from balancing a check book to cooking healthy meals. **8 youth** received this service in FY 09.

YOUTH AND FAMILY HISTORY

The following information depicts those primary issues that youth and families are faced with when they begin receiving services. Some families encounter more than one of the issues listed. (Includes Residential and Family Services numbers.)

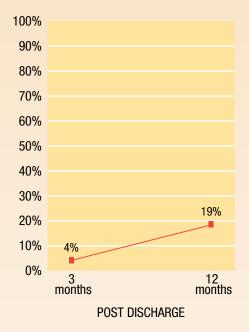
| | Primary Family Challenges | Percentage of IYR Clients |
|---|-------------------------------|------------------------------|
| ٠ | Juvenile Offense | 63% |
| ٠ | Youth Substance Abuse | 56% |
| ٠ | Parent Substance Abuse | 49% |
| ٠ | Severe Mental Health Problems | 47% |
| ٠ | Youth Physical Aggression | 42% |
| ٠ | Youth Emotionally Abused | 37% |
| ٠ | Parent Criminal History | 36% |
| ٠ | Runaway | 35% |
| ٠ | Youth Physically Abused | 31% |
| ٠ | Domestic Violence in the Home | 30% |
| ٠ | Family on Public Assistance | 29% |
| ٠ | Youth Sexually Abused | 22% |
| ٠ | Neglect | 15% |
| ٠ | Youth Suicide Attempt | 14% |
| ٠ | Youth Sexual Perpetrator | 10% |
| ٠ | Youth Adopted | 8% |



Recidivism

The term recidivism refers to a common measure of program effectiveness. We define recidivism as "any time a youth is found guilty by a judge of a misdemeanor or felony after completion of an Idaho Youth Ranch residential program."*

At one year after discharge, for youth who completed a program, **19%** did recidivate.



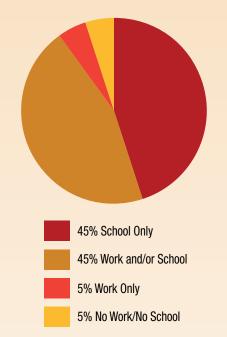
The **success** rate for youth completing residential programs in FY 09 was **81%**. These youth returned to their communities and did not get into trouble within the 12 months following their discharge.

*Includes youth receiving residential services. Excludes youth receiving shelter services. The Idaho Youth Ranch rate of recidivism is considerably lower than the national average.

Long-Term Outcomes

WORK AND SCHOOL

Of all youth served in residential programs who discharged into the community, 95% continued their education and/or had jobs during the 12 months following discharge.



The Idaho Youth Ranch looks at several ways to measure the success of our programs and services. They are listed below by category.

Residential Services

END OF SERVICE MEASURES

Individual Progress

A large percentage of youth (80%) completing residential programs progressed academically.

Satisfaction

As displayed on the graph on page 15, most clients and stakeholders were highly satisfied with the services they received.

Average Length of Stay

The amount of time a youth lives outside of their home and community should only be as long as needed. The average time that a youth resided in an Idaho Youth Ranch home was within acceptable time-frames.

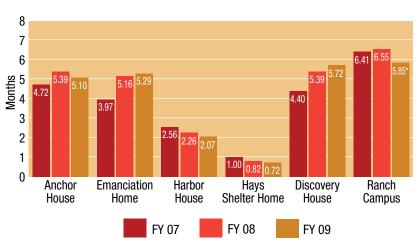
LONG TERM OUTCOMES

Living Environment

At twelve months following discharge from a residential program, 87% of all youth were living in the same or a less restrictive setting.

Academic Progress

Of all the youth served in residential programs, at twelve months following discharge 95% had either graduated, completed their GED or HSE, were currently enrolled in school or were actively working on their GED or HSE.



AVERAGE LENGTH OF CLIENT STAY

*# represents the avg LOS for Ranch youth since opening of the new program in 9/08; some youth have not discharged yet.

Family Services

END OF SERVICE MEASURES

Service Plan Completion

Of the youth and families using services, 77% completed their service plans. Those who did not complete their plans included those requiring a higher level of service, those who moved during service, or discontinued services for an unknown reason.

Consumer Satisfaction

Most consumers were highly satisfied with the services they received. (See graph depicting both Residential and Family Service satisfaction results at the right).

LONG TERM OUTCOMES

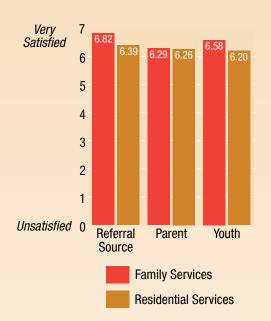
Children/Youth Still in the Home

Twelve months following discharge, 74% of youth served were still living in their home and had not been placed in a more restrictive environment.



Effectiveness

SATISFACTION RATING



The Idaho Youth Ranch is highly rated by its community partners and the youth and families who benefit from its programs.

Clients are given a satisfaction survey to complete and are asked to rate Idaho Youth Ranch on a scale of 1 (unsatisfied) to 7 (very satisfied).

Number of satisfaction surveys received from clients = 227

Number of satisfaction surveys received from referral sources = 66

What Clients Like Best About The Idaho Youth Ranch

We routinely ask youth, families, and those making referrals to our programs about their experiences. Here are some of the responses...

"My sons grades have improved tremendously." Parent whose son lived in an IYR home

"Being able to find solutions to our problems."

Youth whose family received counseling

"IYR staff maintained a strong line of communication between the treatment teams and did a great job with this boy!"

State of Idaho employee

"They were there when my family needed it the most."

Parent of child who lived in an IYR home

"The Clinician was very helpful in keeping me up to date with the family's progression through the course of counseling. The counselor asked for my input and I wasn't left in the dark."

County Probation Employee

"Finally having people who listened to me and understood the situation."

Parent of child who lived in an IYR home

"Having a reliable resource to count on in a time of need."

Youth whose family received counseling

"The counselor was great. He was able to speak to the families in a very effective way that assists in family growth. He was very strengths based. The family benefited greatly from this service."

State of Idaho Employee



"Helping us to learn to communicate with one another in a more loving tolerant way."

Parent who received family counseling

"I was able to get off drugs and focus."

Youth who lived in an IYR home

BE A PART OF

Jur Mission

The Idaho Youth Ranch depends on the support of others to achieve our mission. When children and families need us, we do everything possible to help.

You can help by giving

- Cash Donations
- Memorial and Honorary Gifts
- ♦ Matching Gifts
- In-kind Donations
- Stock
- ♦ Bequests
- Gently Used Items to our Thrift Stores

Please send your donations to Idaho Youth Ranch, 5465 W. Irving St., Boise, ID 83706, or donate on-line at www.youthranch.org.

Gifts of used clothing and other items should be directed to the Idaho Youth Ranch thrift store or distribution center nearest you.

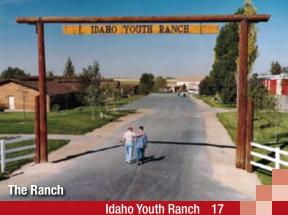
For more information, call 877-817-8141, visit our website at www.youthranch.org or send a message to info@youthranch.org.













www.youthranch.org



Turning Troubles Into Triumphs

TO REFER SOMEONE FOR HELP:

Residential Admissions Anchor House (208) 667-3340 The Ranch (208) 532-4117

Shelter Admissions Hays Shelter Home (208) 322-6687 Or call the Help Line Toll Free (877) 805-2308

Family Counseling, Service Coordination, Adoptions

Southwest Idaho (208) 375-6923 Northern Idaho (208) 667-1898

FOR MORE INFORMATION:

Administration and Fundraising 5465 W. Irving St. Boise, ID 83706 (208) 377-2613

(877) 817-8141 For additional copies of this report, please call (877) 817-8141 or e-mail info@youthranch.org or visit our website at **www.youthranch.org**.





ACCREDITED COUNCIL ON ACCREDITATION OF SERVICES FOR FAMILIES AND CHILDREN, INC.

