


2016 Annual Report

A silhouette of a person's hand gently touching the forehead of a horse. The horse's head is on the left, and the person's arm extends from the right. The background is a warm, golden sunset sky with soft clouds.

In order
to succeed,
I must first
believe that...
I can!

IDAHO
YOUTH
RANCH[™]

Going further together since 1953





Friends and supporters
of the Idaho Youth Ranch
have made 2016 a year
of becoming more.



A message from our Chief Executive Officer

I can honestly say a day doesn't go by we are not thinking about how our organization can do a better job for young people and their families in the Idaho communities in which we live and work. There is clearly more need than we can meet alone, and we strive to stretch and leverage our resources as far as possible. This is evident in the stories of three graduates you'll read in the following pages. Each of their experiences has been different. We matched our services to their individual needs, and we didn't just cut them loose when their initial service ended. Our promise to them is that they are part of our Idaho Youth Ranch family. We'll be by their side whenever they need us.

During the past year we continued to improvise and develop new ways to increase our positive impact on the youth in our communities. Our employees have been very creative in optimizing our resources to achieve multiple objectives. Their efforts are visible in the growth of our Ranch Readers child literacy support program, our support to schools through our clothing huts, tremendous growth in Functional Family Therapy and Equine Therapy offered by Anchor House, and the collaborations we are developing with other youth organizations at the new Hands of Promise Campus in the Treasure Valley.

I hope you will thoroughly enjoy reading this report. The stories of success and the positive activities of last year couldn't have happened without your support and generosity. We are very thankful for your trust and for helping us provide the types and quality of services that make promising futures possible for all Idaho young people.

With deepest gratitude,
Steve Woodworth

...in her own words

Meet

Danielle

Hi. My name is Danielle, and I was part of the first YouthWorks! graduating class.

When I was 21, I was between jobs and unsure what to do next. I had dropped out of college the year before, and was struggling to find my direction. Technically, I come from a “broken home.” My parents are divorced and at the time I found YouthWorks! they were both between jobs and struggling with depression and finances. I also have struggled with depression off and on since I was 17. Although my parents have always been supportive, they couldn’t help me figure out my future as they were so overwhelmed with their own problems.

When I first attended the Youthworks! program, I was unsure if it was for me. I felt lumped with a lot of kids I didn’t have much in common with. The IYR staff was super friendly, but I wasn’t sure I was in the right place.

I don’t know exactly when, but at some point I really opened up to the *Thought Patterns* curriculum. I realized it made a lot of sense, I was in control of my life because I controlled my thoughts and how I responded to life events. This was incredibly liberating. In Youthworks! I learned how to keep a positive attitude. I became very optimistic. I felt empowered to try new opportunities, things that would have been too scary before.

Each of the three stories were written by Idaho Youth Ranch Graduates and told in their own words.

hope

My connection to the Youth Ranch has taught me how to ask for and receive support. I've learned to open up a lot and embrace love. I can let my guard down, because I don't feel judged for my past decisions and circumstances or where I'm at now in my life. I feel taken care of.

“ I can let my guard down, because I don't feel judged for my past decisions and circumstances or where I'm at now in my life. ”

My journey through the program changed my life. I've taken risks I would never have taken otherwise. Since graduation from YouthWorks! I've been a live-in therapist at a group home for adult men with developmental disabilities, a child-care provider, and a college English teacher in China!

Before, I would've been too intimidated to try any of these positions. Because I have faith the Youth Ranch is there to catch me if I fall and that “failing” is not the end of the world, I no longer feel so weighed down by problems. I realize the problems are normal and part of life and I get to decide how to react to them. Letting negative emotions control life decisions is no way to live. I focus on my development and stop worrying about what everyone else is doing so much.

Now I have come full-circle and am back at college. I am in my fourth and final year at BSU. I have an expected graduation date of December 2017.

I can accept my past. I made those decisions for a reason and the decisions don't need to be seen as good or bad; they were the best I could do at the time. Where I am now is A-okay. I don't have to compare to others. I can create my own version of success, and live according to my values.

I just want to say thank you, thank you, thank you for making my scholarship and the YouthWorks! program possible.

The financial freedom the Idaho Youth Ranch scholarship provides ensures I will finish my Bachelor's degree. Without the Youth Ranch's support I might be tempted to give up when the going gets rough. Having the support system of the Youth Ranch means the world to me. It would not be possible without the support and backing of donors and volunteers.

I know that no matter where my journey takes me, I will always carry the Youth Ranch with me. 🌈

Sincerely,
Danielle



...in her own words

The becoming of

Hannah

When I was 10 my parents separated. The divorce was one of the biggest things in my life. I was always angry and very sad. My parents' split led me to acting out. I was extremely disrespectful to everyone: my teachers, my parents, my sister, my grandma and basically everyone. My parents dealt with the divorce by drinking. Their drinking always made me so angry. They never came home and they always fought when they were intoxicated.

My disrespect and negativity worsened over the years. My family tried everything. They tried antidepressants and counselors. When I was 13, I went to a local mental health hospital. My disrespect towards adults got to the point where my parents' friends wouldn't invite my parents anywhere because of me.



In November of 2015, my parents sent me to a house out in Middleton called The Idaho Youth Ranch. Who would have ever thought that was a real place!

In the beginning at the Ranch, I thought disobeying the rules and not ever listening was going to help me get out sooner.

A few months into being at the Ranch, I wanted nothing but to say, "I'm done, I'm not going to try any more." I was so disrespectful to all the staff. I would say very cruel and hurtful things to them.

care and support

4,174

days of residential treatment at IYR facilities in FY2016

When I didn't get my way, I had no filter and I took my anger of being somewhere other than home out on the people who were trying to help.

It was about 3 months into the program when I decided I wanted to go home. Me and my friend at the Ranch decided, "NO, we are going to do this successfully-our parents didn't send us here for nothing!"

I finally started biting my tongue, staying out of drama where I went to school, stopped disrespecting staff and just went with this thing called my Service Plan, which was basically all the goals I needed to achieve before I graduated the program.

As the date of me leaving came closer, I started to get super excited but also very depressed and upset. It was crazy to think nine months ago I was dropped off at this house with all this anger and negativity towards everything, and now I'm sad that I'm leaving all the people I grew close to.

They surprised me with the very first coin ceremony at the Hands of Promise Campus. A coin ceremony is where an alumni coin is passed around to everyone in the room and they all put good and positive thoughts into it. It just felt so unreal to be the first person to finish this program.

On July 9th, one of my favorite staff members got the call saying, "Hannah's parents are here." I really couldn't believe today was my last day of all of this. Saying my goodbyes was the hardest thing I ever had to do. I had been with all these people who saw me at my worst and my best. I got so close to them and now I had to say goodbye.

The Ranch helped me in more ways than one. If I had never gone I'd more than likely still be on the same dead end road I was on before.

Now I know when to separate myself from a situation. Where before I'd fight to get my way, now I know when I need to stop and take a moment to pause and keep my thoughts to myself.

If it wasn't for the staff that NEVER failed to hold me accountable for things (as much as it made me mad) or my clinician or my reintegration specialist, I don't know where I'd be.

Ever since I left, school is going way better. Family communication is going way better, too.

"I don't know how to even say thank you for the Ranch being in my life.."

If it wasn't for the Ranch not just working with me but working with my parents, life would be so much different. Knowing my parents and I were getting the same treatment helped because I knew things would actually change because it would be all of us working as a team.

I never thought I would appreciate the Ranch and everything they did for me, but now that I think about it my life would be 100 percent different if I had never gone.

I don't know how to even say thank you for the Ranch being in my life. I now call myself an alumni and the very first graduate of the new Hands of Promise Campus. I'm thankful for everything they did to help me grow in the right direction and never let me give up or fail. 🌈



...in her own words

A reflection from

Chelsi

I am writing this story 15 years after graduating the Idaho Youth Ranch program. I am not sure where to pinpoint the anger, shame, rebellion and distrust I had inside, but it sure did get me into a lot of trouble.

Both my parents were physically, mentally and emotionally unstable and abusive to each other. Both had several addictions. When I was 5, my mother's addiction was so bad she left my dad, me, my little brother and my little sister so she could party her life away until she was put in prison on drug charges.

After the divorce, my dad was a very angry person. He physically and emotionally abused us.

My mom was released from prison shortly after I turned 10. My dad finally agreed to let my little sister and me move in with my mom, but made my little brother stay with him and my stepmom and 3 stepsisters.

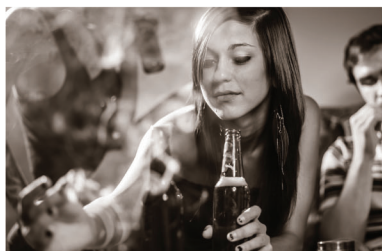
Moving in with my mom was a huge transition! There was discipline at first but my mom started getting back into her party ways. We were running the neighborhoods and stealing from stores. I started drinking and smoking cigarettes by age 11. I started huffing inhalants at around 12. I got my first "arrest" when my mom came home from partying one night to find us kids reeking of gasoline and called the cops.



recovery

I spent a lot of time in juvenile detention. I landed myself a burglary charge at 13 years old. The judge finally decided the probation and juvie was not getting through my thick skull and committed me to the state. The state decided the Idaho Youth Ranch was my best option for recovery.

When I arrived angry, scared and confused it was not what I expected at all. I was greeted by other kids like me. I had a room with



only one other roommate. I was allowed to have my own clothes. I was allowed to wear my makeup and do my hair-- it was nothing like juvie. As much as I missed my family, the longer I was at the Ranch the more I realized it was better than being at home.

I don't know how to explain it, but the Ranch became my family. I got to participate in the 4-H program and had a horse named Rocket that I loved so much! Equestrian training was also part of the schooling and therapy. It helped me work on my patience, my listening, my anger, and my trust issues. You'd think I lived at the Ranch for almost 2 years because I loved it so much, but it was actually because it took me that long to work through my issues with authority and my service plan.

Being at the Idaho Youth Ranch taught me so much about life I would not have been able to learn or grasp in the living situation I was in before. It taught me how to build healthy relationships with adults and my peers; to be honest with others and myself. They taught me that there are people who really do care and unselfishly put their own lives aside to help another person discover their self-worth, no matter how long it may take. One other

thing that I really am so thankful to the IYR for is the year-round schooling. I was able to graduate high school because of all the credits I received while living at the Ranch.

Life has definitely not been perfect since graduating the program, because life isn't always perfect. Yet here I am, a 30-year-old single mom of a beautiful little girl with whom I got pregnant at 17 years old and life is good! Tough times still happen in life and things don't always go as planned, but I am stronger each day.

I know that being at the Ranch helped to shape my character and integrity. I know I am the woman I am today because of the struggles I have been through in my past and the Idaho Youth Ranch program is a very large part of shaping that!

When I moved to Boise and saw all the IYR stores around town I wanted to reach out and see about volunteering to pay back the good I got from the program.

I was able to connect with the alumni coordinator and have gotten to see the IYR from a whole new light! What they have done in the last 15 years with all the different programs and the plans they have for the future just blows my mind!

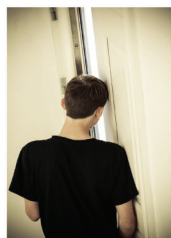
This organization is truly changing lives and I can't wait until Hands of Promise Campus is complete out in Middleton so they can continue to bless families in so many ways!

Thank you for saving my life! 🌈

Chelsi




Trauma Informed Care



Do you know what the greatest danger to public health is, according to the Centers for Disease Control? Would you be surprised to learn the answer is trauma?

Early trauma is directly connected to drug abuse, criminal behavior, and mental illness. In fact, studies show that up to 84 percent of prison inmates report childhood trauma.



When it comes to trauma, there is no “one size fits all” approach. In the three stories we shared, each child came to us with different struggles and different needs. If we tried one approach for each child, all three would likely have failed. That is why trauma informed care is so important.

While care for each child is specific, trauma informed care happens in three stages.

Stage 1

We first provide a safe and stable environment. Trauma often results in a “fight or flight” response. Kids suffering from trauma are in a constant state of anxiety, stress, and defensiveness. Providing a safe and stable environment is the first essential step to allowing kids to relax and let down their guard.

Stage 2

Once a traumatized child feels secure, he or she can start to process their experiences. Therapies like Equine Therapy allow children to process complex emotions one at a time so that they can understand them. Until kids understand why they react, they cannot learn to change their behavior.

Stage 3

Finally, kids begin reconnecting with and reintegrating with other people. The third phase is vitally important because one of the most common side effects of trauma is difficulty forming relationships. Learning how to form healthy, trusting relationships is the final step to healing from trauma and moving toward a bright, promising future.



Functional Family Therapy®

Hannah, whose story you just read a few pages back said something very important. “Knowing my parents and I were getting the same treatment helped because I knew things would actually change because it would be all of us working as a team.” In Hannah’s case, as is the case for many families, the walls of mistrust and resentment have built up for so long that communication is nearly impossible. It’s easy to see the connection between poor family communication and outwardly defiant kids.



Life Changing Therapies

Going further together...

How does your support help struggling young people heal and find a better path to a promising future?

Equine Therapy

Chelsi talked in her story about how her horse Rocket helped her “...work on my patience, my listening, my anger, and my trust issues.” Often kids don’t know where to begin dealing with their pain. In Chelsi’s case, she mistrusted adults but couldn’t pinpoint an exact experience that made her feel all that anger. Horses are uniquely equipped to help kids who no longer trust adults or whose emotions are too much to handle. Horses reflect emotions back onto people—if you are agitated, so too will be your horse. With the help of specially trained clinicians and horses, kids learn how to control their emotions and face them one at a time.

Dialectical Behavioral Therapy (DBT)

Danielle talked about *Thought Patterns* curriculum and Hannah talked about “taking a moment to pause.” These are both examples of a skill based approach we use in almost every program. Most adults understand when things are getting heated and when to walk away. How often do you take a few deep breaths when you feel frustrated? Most young people come to us with “fight or flight” reactions to stress or confrontation. The slightest failure can send them spiraling. This behavior makes it difficult to make good decisions, keep a job, or get an education. Our behavior therapy teaches kids how to “retrain their brain” to recognize the situation and choose their reaction.



A study in Washington State found that **for every \$1 they invested in Functional Family Therapy®, they saved \$18.98** by breaking cycles of crime

How thrift stores build promising futures



YouthWorks!

YouthWorks! is a career readiness program within the Idaho Youth Ranch thrift stores. High school students and recent graduates work in our stores and with our leadership teams to learn working job skills like merchandising, customer service, and inventory management. With the help of volunteer community leadership as mentors, kids also receive training on building a resume, applying for a job, and completing a job interview.

Literacy

Our thrift stores joined the fight for early literacy. Since February 2013, IYR thrift stores have given more than 245,000 free books to Idaho children because early literacy is vitally important to building a promising future.



Donation Huts

Our partnerships with area schools for donation huts has provided more than \$60,000 to Idaho schools since 2013.



*Your donations go further
with the Idaho Youth Ranch*

100%

Idaho Youth Ranch thrift stores provide vital funding needed to help kids. The revenue from the thrift stores *pays 100 percent* of our general administrative costs. What does that mean? *It means when you give, your gifts goes further.*

Strengthening the safety net

There are many wonderful organizations helping Idahoans that are supported by community donations. Often times, those organizations receive donations they can't use. IYR takes those excess donations and sells them in our stores. In return, we give those organizations gift cards to use in our stores. This partnership helps other nonprofits who use those gift cards to purchase shoes, clothing, home goods and other items their clients need at our thrift stores.

Imagine a battered woman who escapes an abusive relationship to find shelter at one of the amazing community organizations that battle domestic violence. *She has no money and only the clothes on*



her back and the backs of her children. Rather than choosing from an assortment of items that may or may not fit, she is able to go shopping with her children at an IYR thrift store and find items they need to help them get on their feet.

In 2016, more than \$14,500 in gift cards went back into nonprofits who fight homelessness, stop domestic violence, provide jobs, and feed the hungry using donations they couldn't otherwise have used.



Plus, IYR provided...

200 coats
for kids in need

Over 8 tons
of food for the Idaho, Oregon
and Meridian Foodbanks



Helping Idaho kids



How big is the problem?

- Can you think of a child you saw slip through the cracks? Most people can because **1 in 3 Idaho kids** will face drugs, abuse, assault, teen pregnancy, suicide, divorce or trauma before their 18th birthday.
- More than **12,000** children in Idaho are homeless.
- Suicide is the second leading cause of death for Idaho teens.
- **1 in 5 Idaho** teens attending public or charter schools seriously considered suicide last year.
- **1 in 4 Idaho** kids are bullied.
- **Over 29%** of high school students reported feeling so sad or hopeless every day that they stopped doing usual activities.
- Nearly **1 in 5 teens used** marijuana this month.
- There are an average of **45 reports of child abuse** every day in Idaho.
- Of Idaho children, **1 in 4 girls and 1 in 6 boys** will be sexually abused before their 18th birthday. Victims are likely to become depressed, suicidal, or addicted to drugs.
- Every day in Idaho, **593 victims** of domestic violence seek help. Children from violent homes have a higher risk of alcohol/drug abuse, post-traumatic stress disorder, and juvenile delinquency. It is also the number 1 reason children run away from home.



It is no surprise that at the end of our 2016 fiscal year, Idaho Youth Ranch programs had dozens of families on waiting lists.

There is nothing harder than telling a parent, “I’m sorry, but we will have to put you on a waiting list”.



We need your continued support to say...

“Yes, we can help your child.”



We see kids from every background. Some come to us from healthy homes that had every advantage. Others grew up dealing with domestic violence, while still others are coping with homelessness and abuse.

Trauma can happen in many ways-the loss of a family member, divorce, mental illness, abuse, neglect.

The long term costs of untreated trauma are enormous. Without help these young people are likely to abuse drugs, go to jail, commit suicide, or experience early death. Few will ever have healthy relationships and most are likely to pass their pain onto their children in a generational cycle.

Treating trauma does more than prevent these things. Treating trauma transforms angry, scared young people into resilient and capable adults.

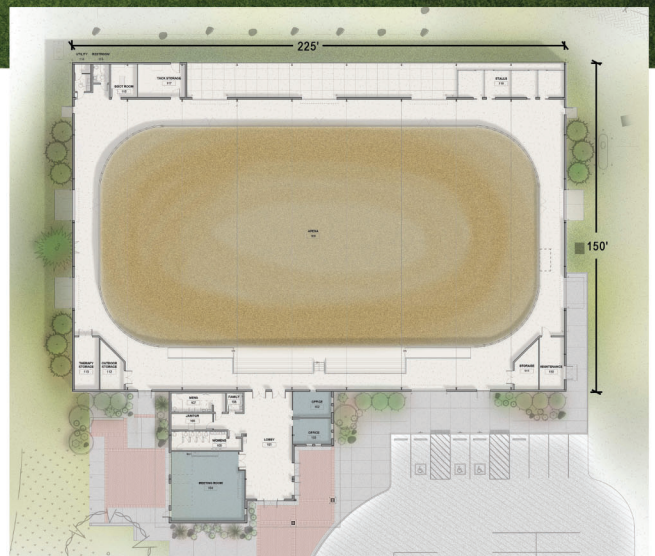
Hands of Promise Campus



Hands of Promise Campus riding arena construction underway spring 2017

Imagine a place where lives are transformed. A place that teaches children behaviors that would help them succeed, build relationship skills to heal their families, or gives them experiences that will help them understand their own feelings.

It is for those thousands of kids who need a helping hand that Hands of Promise Campus is so important because every child deserves a promising future.



When complete, the arena will be able to accommodate multiple activities at once.

Looking to the future...

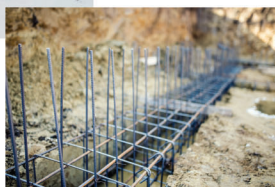
Clenera, a Boise company, installed a solar array to offset the electrical power costs for Hands of Promise, making it the largest solar-powered campus of its kind in the northwestern United States. This donation means more of our donations goes into changing lives.



First phase is under construction...



Piping the irrigation canals will be completed by spring 2017 making the property safer for residents.



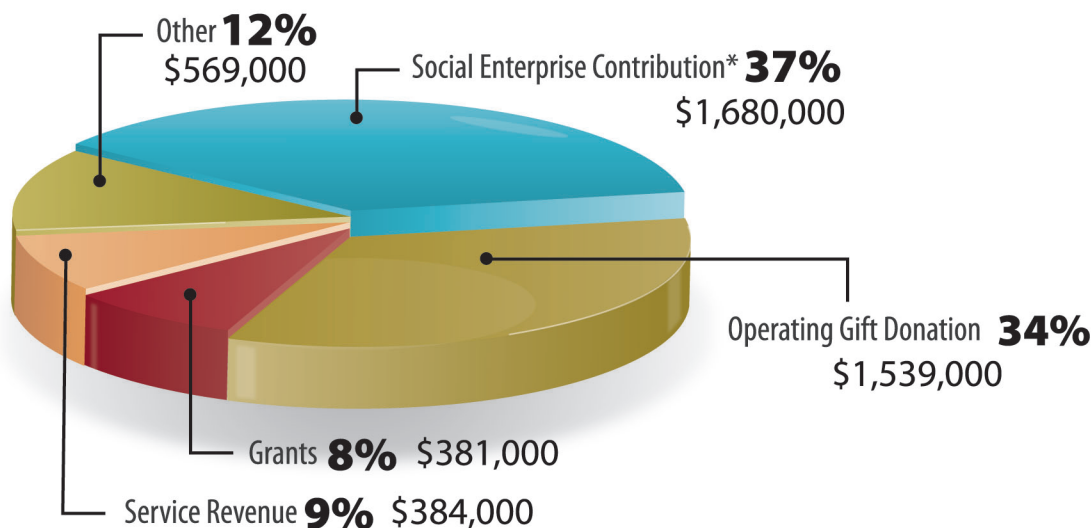
This spring, we began construction on the indoor riding arena where kids and families will use Equine Therapy to break down walls, understand their emotions, and reconnect to society.

A new entryway to welcome kids and visitors to the Hands of Promise Campus will soon be underway. We are currently raising funds for the next phase at Hands of Promise Campus.

Statements we can be proud of

Idaho Youth Ranch's financial strategy is twofold: 1) develop and maintain a diversified set of funding sources that provide consistent funding for our programs and services over time; and 2) direct funding to support high-quality programs and services while maintaining a competent and committed workforce, strong management and careful stewardship of our financial and other resources.

Idaho Youth Ranch Funding Sources

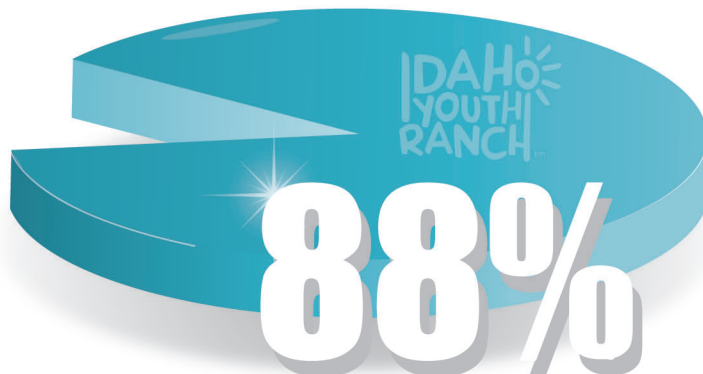


Visit our *Quicklink Financial Statement*
www.youthranch.org/financials



Idaho Youth Ranch is proud to be a Charity Navigator 4-Star Charity, the highest rating among nonprofits

Revenue Directly Back to Services



*Idaho Youth Ranch uses accrual accounting for our financials. The social enterprise contribution represents our best estimate at cash flow provided to the organization.

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Insignia Systems, Inc



*From all of us, since the beginning....
Thank you!*



answers from the heart
in their words

How is your life
different now?

I know how to use my skills when I get mad sometimes.

I've known or recognized the issues I have way better. I have a better relationship with my family, and am doing better in school.

My life with family has improved and my life is better.

I can talk and interact with my family.

What does the
Idaho Youth Ranch
mean to you?

It makes me have faith in my future.

It means success to me.

It means hope and change for the better for teens who struggle .

It gives me hope.

How does it feel to know
there are people who give
to the Idaho Youth Ranch
because they want
you to succeed?

I'm so grateful to see that people actually care about us.

Makes me feel good, it lets me know people care for us.

It makes me feel wanted and special.

If you could thank
all the people who
make it possible for us
to help kids, what
would you say?

Thank you for all the support you give kids.

Thank you for everything you've done.

Thanks for everything you do and help with changing our lives.

Thank you for working with me to make my life better.



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