

Discovery Ranch: 2025 Data & Outcomes Review

Student Profile & Treatment Outcomes

Partnering with your family to guide your son toward a healthier, more hopeful future.



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DISCOVERY
RANCH

Your Son Is Growing Up in a Different World Than You Did

When your son is struggling with his behavioral and mental health, for many families today, the struggle is less about parenting and more about the environment teens are growing up in.

Teens today have grown up in what has been described as a “phone-based childhood”, where constant digital stimulation replaces real-world experience. While technology offers some positive things like connection and entertainment, it can also make it harder for teens’ developing brains to regulate mood, motivation, and impulse control.



Creating the Conditions for Reset

Helping your teenage son regain balance often requires a total environmental shift that goes far beyond the typical scope of household conversations or disciplinary consequences.

At Discovery Ranch, your son steps away from constant digital stimulation and reconnects with relationships, responsibility, physical activity, and meaningful challenges. In this setting, many boys begin to stabilize, re-engage, and rediscover their capacity for growth.

When Stimulation Outpaces Balance

The teenage brain is highly sensitive to reward and stimulation. When much of a teen’s time is spent in fast-paced digital environments, everyday responsibilities and relationships can start to feel frustrating or overwhelming by comparison.

As a parent, you likely have seen the result of this in your teen as irritability, low motivation, anxiety, or intense mood swings, even while your son has access to things he once enjoyed.



A Reason to Feel Hopeful

When your son is struggling, it's natural to wonder whether a program will lead to lasting change. Many families arrive at Discovery Ranch feeling cautious and emotionally exhausted after trying other approaches that provided only temporary improvement

Our goal is not to promise a miracle. Instead, we focus on providing a highly structured clinical environment where meaningful change becomes possible.

Discovery Ranch is designed for adolescents who need more than occasional therapy or short-term intervention. The combination of clinical treatment, experiential learning, structure, and family involvement creates the conditions where deeper emotional and behavioral changes can occur.

The 2025 Clinical Snapshot

These outcomes reflect the combined efforts of students, families, and our clinical team working together throughout treatment. Because we track progress throughout the program, our therapists are able to monitor each student's response to treatment and make adjustments when needed.

While every student's journey is different, these outcomes provide encouraging evidence that meaningful progress is possible.

For many families, Discovery Ranch becomes a turning point where a struggling teen begins rebuilding emotional stability, responsibility, and trust within the family.

97%

Parent Safety Rating 97% of parents reported their child felt both physically and emotionally safe throughout their stay.

1.9 TIMES GREATER THAN

Clinical Depression Recovery Our students achieve 1.9 times more symptom relief than the national 5-point gold standard for the PHQ-9.

+14.3 pts

Superiority vs. National Average Our graduates transition home with a wellness score 14.3 points healthier than the NATSAP national average.

95%

Family Success Rate 95% of students reported that the program provided tangible, lasting help for themselves and their families.

2.8 TIMES GREATER THAN

Overall Behavioral Growth Discovery Ranch delivers 2.8 times the clinical impact of the industry's 13-point gold standard for the YOQ.

“

My parents, family, and even myself would say that **Discovery Ranch was and is the most important event in my life**, and I would NOT be where I am without them.

Student Alumni

Student Profile & Treatment Outcomes

Parents Report A Safe and Supportive Environment

97% of Parents

Reported Feeling Their Child Was Physically and Emotionally Safe

A strong sense of safety allows students to engage more fully in the therapeutic process. When boys feel supported and protected, they are more capable of opening up, taking healthy risks, and beginning the work of meaningful change.

Students Recognize the Impact

95% of Students

Reported That Discovery Ranch Helped Them and Their Families.

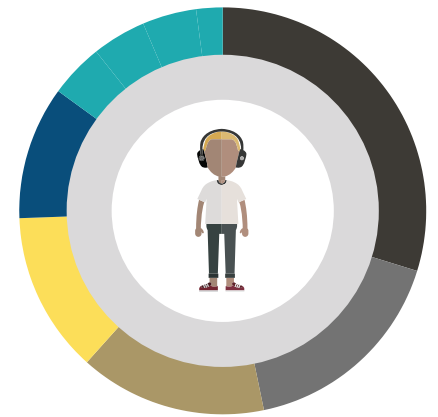
For many families, this reflects an important shift. As students gain insight and new skills, they often begin to recognize how their actions affect the people around them and feel more hopeful about rebuilding trust and strengthening family relationships.



*Put simply, **Discovery Ranch saved my son and saved our family.** The staff are fantastic, the atmosphere is warm and open, and the program is exceptional.*

Parent Alumni

Understanding Our Students' Needs



30% - Depressive Mood Disorder
17% - Behavioral Disorder
15% - Anxiety Disorder
13% - ADHD
10% - Trauma/Stress Disorder
15% - Other

Did you know?

*Over 50% of our students are **Neurodivergent.** Our program is uniquely designed to support the **Autistic profile** across all primary diagnoses.*

While the chart above shows the 'acute' challenges that brought your child to our door, it doesn't define who they are. **More than half of our students navigate the world with a Neurodivergent or Autistic profile,** a unique perspective we embrace as a strength. By tailoring our care to your child's specific way of thinking, we unlock the clinical momentum needed to move them from 'stuck' to 2.8x more growth than the gold standard. This is their journey; we simply provide the map.

Reduced Depression and Withdrawal

9.5
POINT

1.9 Times Greater Than
the Gold Standard

5
POINT

Gold Standard

In daily life, this often means boys begin to re-engage with family, school, and activities they had previously withdrawn from. As mood improves, many regain the motivation and energy needed to participate more fully in their lives.

Depression scores of students at Discovery Ranch **dropped from an average of moderately severe depression (16.6) at admission to mild depression (7.1) at discharge.**

The Patient Health Questionnaire (PHQ-9) is a widely used clinical screening tool that measures the severity of depressive symptoms

Reduced Anxiety and Reactivity

6.6
POINT

1.6 Times Greater Than
the Gold Standard

4
POINT

Gold Standard

As anxiety decreases, many students become less reactive and better able to think through situations before responding. This growing ability to pause, reflect, and problem-solve is an important step toward long-term stability.

Average anxiety scores in students at Discovery Ranch **dropped from moderate anxiety (10) at admission to minimal anxiety (3.4) at discharge.**

The Generalized Anxiety Disorder assessment (GAD-7) is a widely used clinical screening tool that measures the severity of anxiety symptoms.

Improved Emotional and Behavioral Regulation

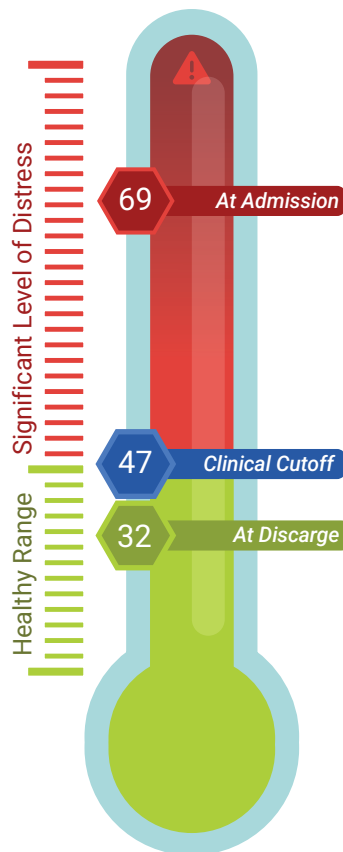
Students at Discovery Ranch showed a significant improvement on the YOQ-SR, moving from an average score of 69 at admission to 32 at discharge.

For families, this often looks like a shift from constant escalation to greater emotional control. Instead of reacting immediately with anger or shutting down, many boys begin to tolerate frustration, accept limits, and navigate conflict with greater stability.

The Youth Outcome Questionnaire Self Report (YOQ-SR) is a widely used clinical assessment that measures emotional and behavioral distress in adolescents. **Higher scores indicate greater distress, while lower scores indicate improvement** in emotional and behavioral functioning.

Beyond the Score: Interpreting Your Child's Mental Health Score (YOQ)

Think of the YOQ like a temperature reading for mental health. A **high temperature signals a problem**, and a **lower temperature indicates improvement**. Our goal is to help your child's 'mental health temperature' reach a healthy range.



The Experience of Overwhelm

For a teen entering our program with a YOQ score around 69, this signifies considerable internal struggle. Everyday tasks and relationships can feel overwhelming. They are likely experiencing considerable internal turmoil that impacts their daily functioning and relationships

Understanding Levels of Distress

A YOQ score above 47 indicates a level of distress that typically benefits from clinical support. This suggests a young person is facing significant challenges that can impact their daily life and ability to navigate typical adolescent experiences.

Moving Towards a Brighter Future

Our program aims to help teens move from higher YOQ scores into the healthy range (below 47). Achieving this lower score signifies meaningful progress, equipping them with improved coping skills for a more positive future.

Experiential Therapy: Learning Through Real Experience

Many parents worry their son has learned how to “say the right things” in talk therapy without real change showing up in daily life. At Discovery Ranch, growth doesn’t happen only in conversations; it happens through daily lived experiences as well.

While traditional talk therapy focuses primarily on discussion and reflection, the Ranch environment adds another powerful element: **hands-on responsibility and real-world feedback**. Through daily life, relationships, and experiential therapies, students practice new skills in real time rather than only talking about them.



Learning Through Honest Feedback

Animals and ranch responsibilities play an important role in this process. Working with horses and livestock provides immediate feedback that students cannot avoid or talk their way around.

For example, **horses are highly sensitive to tension and body language**. If a student approaches with frustration or agitation, the horse often becomes resistant or disengaged. When the student slows down and regulates his energy, the horse responds differently. These moments help students see how their internal state affects the world around them.

Responsibility That Matters

Students also participate in meaningful daily responsibilities that require follow-through and engagement. **Caring for animals and contributing to the community create natural opportunities to practice accountability.**

When a student feeds a calf or contributes to the ranch, he sees the direct impact of his effort. Over time, these experiences help build resilience, responsibility, and a stronger sense of personal ownership.

Moments That Build Lasting Change

For many students, meaningful breakthroughs happen during these real experiences. A boy who might normally react with anger or withdrawal may discover that slowing down, regulating his emotions, and approaching a challenge differently leads to success.

These moments of practice, repeated day after day, help students build the emotional regulation and problem-solving skills they will need when they return home.



Everything used to feel so incredibly out of reach and now it's all right in front of me at my fingertips. All the skills I have and the emotional maturity and strength all started at the ranch and I carried it with me and was the stepping stone to becoming the man I am today.

Student Alumni

Why Family Involvement Matters

When your teen is struggling, it is normal to feel like you are carrying the weight of this situation alone. At Discovery Ranch, families are not expected to navigate this process by themselves. Lasting progress happens when students and families work together with the support of a clinical team.



Change Happens Within the Family System

Your son is not being treated in isolation. His progress is closely connected to the relationships and patterns within his immediate family.

For change to last, the growth happening at Discovery Ranch needs to be supported at home as well. **As students learn new ways to regulate emotions, communicate, and take responsibility, families are also supported in strengthening the structure, communication, and expectations** that help those changes continue after treatment.

Guidance and Support for Parents

Throughout treatment, parents receive guidance and practical tools to support their son's progress. This includes opportunities to better understand the challenges teens face today, strengthen boundaries, and develop healthier patterns of communication and accountability.

Rather than leaving families to figure things out on their own, Discovery Ranch provides ongoing clinical support and education designed to help parents feel more confident navigating life after treatment.

Preparing Families for Life After Treatment

Preparing the entire family for the transition home is an important part of the therapeutic process.

92% of parents reported that the program effectively prepared their family for life after discharge. This preparation helps families move forward with clearer expectations, stronger communication, and a shared understanding of how to support continued growth.

When students and families make these changes together, the progress made during treatment is far more likely to continue long after a student leaves Discovery Ranch.