

Discovery Ranch South: 2025 Data & Outcomes Review

Student Profile & Treatment Outcomes

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



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DISCOVERY RANCH
SOUTH

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

When your daughter is struggling with her 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 daughter regain balance often requires a total environmental shift that goes far beyond the typical scope of household conversations or disciplinary consequences.

At Discovery Ranch South, your daughter steps away from constant digital stimulation and reconnects with relationships, responsibility, physical activity, and meaningful challenge. In this setting, many girls 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 daughter has access to things she once enjoyed.



A Reason to Feel Hopeful

When your daughter is struggling, it's natural to wonder whether a program will lead to lasting change. Many families arrive at Discovery Ranch South 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 South 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 change 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 South becomes a turning point where a struggling teen begins rebuilding emotional stability, responsibility, and trust within the family.

91%

Parent Safety Rating 91% of parents reported that their child felt physically and emotionally safe throughout their stay

1.44 TIMES GREATER THAN

Depression Recovery Velocity DRS students achieve 1.44 times the progress of the national 5-point gold standard for depression relief.

+5.6 pts

Healthy Buffer vs. National Average Our graduates transition home with a wellness score 5.6 points healthier than the NATSAP national average.

90%

Family Impact 90% of students credit the program with providing the essential tools and support needed to heal their family relationships.

2.6 TIMES GREATER THAN

Total Clinical Growth Discovery Ranch South delivers 2.6 times the impact of the industry's 13-point gold standard for overall behavioral improvement.

“

DRG saved my life. ... It felt impossible every step of the way, but in the end I still did it. I still graduated and am still alive to this day.

Student Alumni

Student Profile & Treatment Outcomes

Parents Report A Safe and Supportive Environment

91% 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 girls 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

90% of Students

Reported That Discovery Ranch South Helped Them and Their Families.

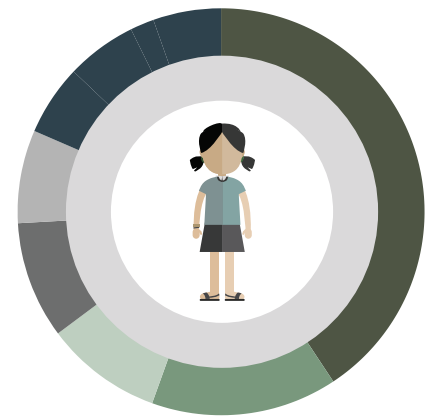
For many families, this reflects an important shift. As students gain insight and new skills, they often begin to recognize how their actions affect the people around them and feel more hopeful about rebuilding trust and strengthening family relationships.



Discovery Ranch is life changing and life saving! ... we are thrilled to say that our bright, talented, capable daughter is back!

Parent Alumni

Understanding Our Students' Needs



- 41% - Depressive Mood Disorder
- 15% - Trauma/Stress Disorder
- 9% - Attachment Disorder
- 9% - Anxiety Disorder
- 7% - Bipolar
- 19% - Other

Our students present with a range of primary diagnoses upon admission, reflecting the diverse needs we are equipped to support. Regardless of their primary diagnosis, each student at Discovery Ranch South receives a comprehensive and unique treatment plan, tailored specifically to their personal strengths, challenges, and goals, this ensures a path to healing that is truly their own.

Reduced Depression and Withdrawal

7.2
POINT

1.44 Times Greater Than
the Gold Standard

5
POINT

Gold Standard

In daily life, this often means girls 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 South **dropped from an average of moderately severe depression (16) at admission to mild depression (8.8) 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

4.4
POINT

1.1 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 South **dropped from moderate anxiety (10.8) at admission to mild anxiety (6.4) 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

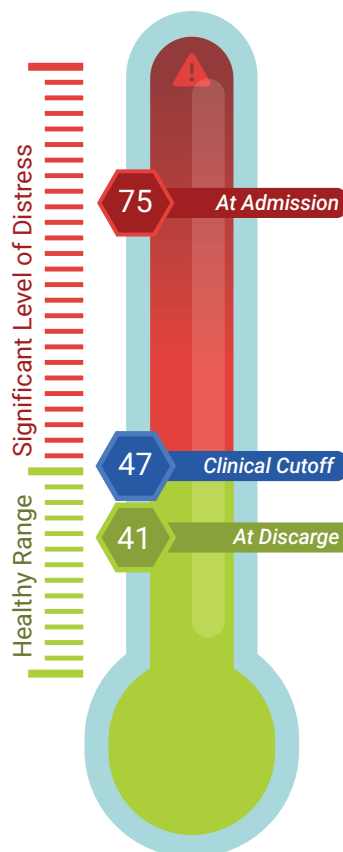
Students at Discovery Ranch South showed a significant improvement on the YOQ-SR, moving from **an average score of 75 at admission to 41 at discharge.**

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 girls 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 75, 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 daughter has learned how to “say the right things” in talk therapy without real change showing up in daily life. At Discovery Ranch South, 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 work, 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 their 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, she 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 girl who might normally react with anger or withdrawal may discover that slowing down, regulating her 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.



I was prepared to come home. I was ready to face whatever this next chapter of my life was. I had all the coping skills I needed, I was so regulated, and I had everything I needed to the point where I was so ready.

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 South, 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 daughter is not being treated in isolation. Her progress is closely connected to the relationships and patterns within her immediate family.

For change to last, the growth happening at Discovery Ranch South 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 daughter'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 South 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.

86% 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 South.