



Idaho Health & Social Services Ombudsman: “Guiding Idaho’s Children & Families — With Heart, Clarity & Change.”



Who We Are

We’re a special team in Idaho that listens when kids and teens in foster care or treatment centers need help. If something doesn’t feel right or you have questions about your care, we’re here to help make things better.



What Do We Do?

We make sure kids are cared for safely and kindly

We help when kids have problems with where they live, or the treatment they get

We work to fix things when something goes wrong



Want to talk to us?

We’re here for you. Just ask a trusted adult, caseworker, or caregiver to help you reach out to the Idaho Ombudsman.

We’ll listen. We’ll help. You’re not alone.



Your Rights Matter

You deserve to be treated with care and respect. That means:

- Feeling safe, respected, and treated kindly
- Having choices and control over your own stuff
- Keeping your private thoughts and medical info safe
- Knowing what’s happening and saying “no” when something doesn’t feel right
- Getting help from someone who listens and speaks up for you

Contact Us: 208-985-5051

Email: contact@hssso.idaho.gov

Website: hssso.idaho.gov

Office Hours: Mon—Fri 8AM—4PM