

Resources for Parents

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Parenting troubled teens

[Helping Troubled Teens](#)

Is your teenager violent, depressed, abusing alcohol or drugs, or facing other problems? Here's how to ease the stress at home and help your teen transition into a happy, successful adult.

[Communicating with your Teen](#)

Good Communication between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

[8 Ways to Manage Acting Out Kids](#)

Parents may feel helpless and hopeless when it comes to the troubled teenager in their family, and it's unlikely that there's a quick fix or a cure. Still, we can provide you with some tips for helping a teen in crisis.

[Is your defiant child damaging or destroying your home?](#)

Punching holes in the wall. Breaking and throwing things. Smashing your car's windshield. Most of us never expect to face these behaviors from our children, but it happens all too often with defiant children and teens. Why do kids destroy property? And what should we do about it?

[Parenting Concerns](#)

Geared toward parents, educators and behavioral health specialists, the site covers common parenting concerns, such as sleep difficulties, drug and alcohol use, puberty and much more.

[Teenagers in Trouble](#)

Teenagers often behave in challenging ways, but sometimes this tips over into troubled behavior. If teenagers seem troubled, stepping in early can stop things getting worse. If you have serious concerns, look into professional help.

[Anger in Teens](#)

It's quite common for parents to experience shifts in temperament with their teens. One moment they may feel on top of the world and in a good mood, but then a simple question can throw your teen into an "attitude" or cause them to lash out in anger.

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Parenting kids with trauma

[Parenting After Trauma](#)

Early, hurtful experiences can cause children to see the world differently and react in different ways.

Understanding your child's needs and knowing what experts say about early trauma can help you work with your child.

[10 Tips for Disciplining a Traumatized Child](#)

Kids with trauma (and the more trauma, the more true this is) are very vulnerable when they are disciplined, so you want to discipline very carefully. Try to be as gentle as you can while still holding reasonable and safe guidelines.

[Understanding Trauma](#)

Trauma can affect children's brains, bodies, behavior, and ways of thinking. It can also be treated.

[Helping Children Cope After a Traumatic Event](#)

In the wake of a traumatic event, your comfort, support and reassurance can make children feel safe, help them manage their fears, guide them through their grief, and help them recover in a healthy way. This guide was assembled by psychiatrists, psychologists and mental health experts who specialize in crisis situations.

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Supporting your LGBTQ+ Teen

[PFLAG](#)

Family support and acceptance is critical to the health and wellbeing of people who are lesbian, gay, bisexual, transgender, and queer. Find out more about how we have been supporting thousands of families across the country and around the world, and the ways in which we can provide that support to your family.

[Child Welfare Information Gateway](#)

Resources intended to help families support their LGBTQ+ youth; understand what to expect; and learn how to talk about a number of issues that may be impacting their youth.

[HealthyChildren.org](#)

Coming out: information for parents of LGBTQ teens. It is important for parents of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) teens to remember each child is unique and will have their own experiences and feelings along the way.

[The Community Center](#)

Founded in December 1983, The Community Center is devoted to the lesbian, gay, bisexual, transgender (LGBT) and allied population. The Community Center (TCC) is committed to uniting the LGBT community through educational and developmental programs by providing resources to the LGBT community.

[Charlie health – LBGTQ+](#)

Coming out to parents takes courage. Here's how to support your child, while still allowing yourself time to process their truth.

[The Trevor Project](#)

The Coming Out Handbook – Explore what coming out means to you with tools and guiding questions.

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Parenting kids with drug and alcohol issues

[RADAR Center](#)

The Idaho RADAR Center provides substance misuse and substance use disorder resources to Idaho residents only.

[Be the Parents – Be aware – Be engaged](#)

Underage drinking is dangerous. You have the power to prevent it.

[DrugRehab](#)

Comprehensive guide for parents on education, prevention, warning signs and what to do.

[NIDA for Teens](#)

Facts, treatment information and prevention for parents of teens.

[The Medicine Abuse Project](#)

Information and education about prescription drug abuse, includes parent helpline.

[The Prevention Coalition](#)

General information how to talk to your kids about drugs, what to look out for, risk factors and resources.

[Drug Abuse – Family Checkup](#)

This publication presents evidence-based information developed by the Child and Family Center at the University of Oregon. It highlights parenting skills that are important in preventing the initiation and progression of drug use among youth. This publication also provides access to video clips that can help you practice positive parenting skills.

[Partnership to End Addiction](#)

It can be a jarring and frightening time if you suspect or find out your child is using drugs or alcohol. The most important thing you can do is to confront it. But how, exactly, is the best way to do this?

[Stigma Around Drug Use](#)

Overdose-related deaths and other harms are affecting our friends, families, and communities. Addiction is not a choice. It is a treatable medical condition, yet many people affected by addiction face stigma. Stigma is negative attitudes, beliefs, or behaviors about or towards a group of people because of their situation in life. It includes discrimination, prejudice, judgment, and stereotypes, which can isolate people who use drugs.

[Families Anonymous](#)

FA is a 12-step fellowship for the family and friends of those individuals with drug, alcohol, or related behavioral issues. We are here to help!

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Parenting kids with mental health issues

[Youth Empowerment Services \(YES\)](#)

Youth Empowerment Services (YES) is a mental health system of care designed with your child and family in mind. If your child is under 18, is a resident of Idaho, and has a mental health diagnosis that impacts their ability to participate in family, school or community activities, YES may be able to help.

[Idaho Parent Network for Children's Mental Health](#)

The Idaho Parent Network for Children's Mental Health is a volunteer organization created by parents for parents. Each member of the Parent Network has a child with mental health concerns and has struggled to find needed support and resources.

[Child Mind Institute](#)

Avoiding parent burnout requires real effort. Experts note it includes consistent self-care, establishing a strong support network for yourself, and having a trustworthy therapeutic team for your child. Another piece of the puzzle is learning to tap into one of the most powerful motivators on earth: your love for your child. Here are 12 ideas for how to do that.

[NAMI - Learning to Help your Child and Your Family](#)

Having a child with a mental health condition can be a challenge, but there are ways to help make things easier. Begin by taking notice of your children's moods, behaviors and emotions. Early intervention, especially with signs of psychosis, is critical because mental health conditions often get worse without treatment.

[United Brain Association](#)

Being a parent is one of the most rewarding, yet challenging roles an individual can have in life. For all the love, joy, and satisfaction that children can bring, there can be bumps in the road that prove difficult, especially when faced with raising a child with mental illness.

[Center for Change](#)

Center for Change offers a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP). Our Boise campus meets the needs of both adolescents and adults of all genders dealing with eating disorders, who don't require an inpatient setting but need more support and structure beyond traditional outpatient care.

[Charlie health](#)

Mental health resources for teens, young adults, & families.

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Adolescent Development

[ACT for Youth – Toolkit: For Parents and Teens](#)

Parents and teens need to know about adolescent development! Here are a few reliable, informative websites for parents and reliable, youth-friendly websites for teens.

[HealthyChildren.org](#)

HealthyChildren.org is the only parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

[The evolutionary advantage of the teenage brain](#)

What is a teenager? Our standard definition is arbitrary: If your age ends in “-teen,” you’re a teenager. The brain, however, follows a different set of rules.

[Why the teenage brain has an evolutionary advantage video](#)

Teens. OMG. What on earth is going on inside their brains to make them act so, well, like crazy teenagers?

[Five to Thrive Teenagers](#)

Building Blocks for Healthy Brains

Everyone wants the best for their teenager; neuroscience shows us that you can do five simple things, every day, to nourish their growing brain.

[The Adolescent Brain Video](#)

Dan Siegel and the Adolescent Brain. The Random Act of Kindness Foundation.

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Suicide prevention

[Speaking of Suicide](#)

A site for suicidal individuals and their loved ones, survivors, mental health professionals, and others who care.

[The Crisis Hotline](#) 208-788-3596 Bilingual support 208-578-4114

Suicide can almost always be avoided with early detection and proper intervention. Empowering people in times of crisis.

[Charlie health – Suicide Support Group](#)

Join Charlie Health's Clinical Director Ann Matino and a community of those affected by the loss of a loved one to suicide. This is a space to share stories, build community, and gain support across a virtual and healing space.

[NIH – National Institute of Mental Health](#)

Suicide is a major public health concern. In 2019, suicide was the 10th leading cause of death overall in the United States, claiming the lives of over 47,500 people. Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives.

[CDC – Centers for Disease Control and Prevention](#)

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

[Suicide Prevention Resource Center](#)

The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

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Miscellaneous Parenting Resources

[HealthyChildren.Org](https://www.healthychildren.org)

HealthyChildren.org is the only parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

[Adlerian Child Guidance Principles](#)

From "The ABC's of Guiding the Child," by Rudolf Dreikurs and Margaret Goldman.

[Alyson Schafer Podcasts](#) Parenting the Adlerian Way

Alyson puts the "sense" back into "common sense parenting" with her warm, inspiring, and informed Adlerian approach. Alyson is the author of three bestselling parenting books with HarperCollinsCanada including; "Breaking The Good Mom Myth" "Honey, I Wrecked The Kids" and Ain't Misbehavin'" and is the go-to expert for national media outlets.

[Talking to Children About Violence](#)

High profile acts of violence, particularly in schools, can confuse and frighten children who may feel in danger or worry that their friends or loved ones are at risk. They will look to adults for information and guidance on how to react. Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears.

raisingchildren.net.au

We provide free, reliable, up-to-date and independent information to help your family grow and thrive together. We're funded by the Australian Government, reviewed by experts and non-commercial, so you know you can trust us.

[Boys Town – Saving Children, Healing Families](#)

Every Parent Has Questions - Our experts have answers. And we've collected them in a series of guides on a variety of popular parenting topics. Each guide contains a range of useful materials, including tips, articles, Q&As and videos. Some guides even have downloadable tools you can print to help put your new parenting skills into action.

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Community Resources

[Self-Rescue Manual](#)

A guide to all community resources and supports in Ada County & Canyon County.

[Findhelp.org](#)

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

[Garden City Idaho Assistance Programs](#)

If you need help finding resources or have any questions, contact a Garden City Community Connector (Genesis Community Health) at 208-854-3937.

[Need Help Paying Bills](#)

Information, inspiration and resources for today's challenging economy.

[TheCLOSET](#)

The Closet, Inc is a non-profit organization that provides free clothing and shoes to teens in need. How does this work? Ada County teens in grades 6-12 hear about The Closet through their school counselors, juvenile corrections case managers, homeless shelters, other local agencies, or their own online search for help. They have the option to schedule a private, one-hour "shopping" spree with a personal stylist. Our stylists lead with empathy and compassion and provide guidance to the teens as they choose up to 12 high-quality items, including gently used clothing, brand new undergarments, socks, and toiletries.

[Idaho Youth Ranch](#)

Idaho Youth Ranch is here to help you navigate the challenges of parenting with programs, resources, and support every step of the way.

[Terry Reilly Health Services](#)

With deep roots in the Treasure Valley, Terry Reilly is a community health center dedicated to providing affordable, accessible care to meet the needs of our community.

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Support Groups

[Idaho Area 13 Alanon/Alateen](#)

This Web site is intended to help members, potential members, the public, and the professional community to locate Al-Anon and Alateen meetings locally and to learn of the services they provide. If you are new to Al-Anon there is hope and help.

[A.A. – Alcoholics Anonymous](#)

Sobriety in A.A.: When drinking is no longer a party. A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

[NA – Narcotics Anonymous](#)

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using

[Parents Helping Parents](#)

Parents Helping Parents (PHP) prevention philosophy is grounded in a self-help model based on the belief that parents are capable of developing their own solutions when given the space, encouragement, and community resources that they need. Thus, it is the parents themselves who decide the direction a conversation will take during a Parent Support Group meeting or Parent Stress Line.

[Families Anonymous](#)

FA is a 12-step fellowship for the family and friends of those individuals with drug, alcohol, or related behavioral issues. We are here to help!

[Charlie health – LBGTQ+ Caregiver Support Group](#)

Free online LGBTQIA+ Caregiver Support Group. For parents, grandparents, or guardians of LGBTQIA+ teens and young adults who struggle with mental health and substance use disorders.

[Charlie health – Suicide Support Group](#)

Join Charlie Health's Clinical Director Ann Matino and a community of those affected by the loss of a loved one to suicide. This is a space to share stories, build community, and gain support across a virtual and healing space.

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Hotlines

[National Parent Helpline](#) 1-855-427-2736

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent.

[The Crisis Hotline](#) 208-788-3596 Bilingual support 208-578-4114

Anyone can struggle with depression or have family members they are concerned about. Whether it's a personal, family, or work issue, a major trauma, personal loss or chronic physical or mental illness, we listen and offer resources to help and enable callers to take positive steps forward.

[Mobile Crisis Unit](#) 208-334-0808

The Region IV Mobile Crisis Unit provides a 24/7 crisis line and in-person crisis response from 8am to midnight 7 days a week. Please call 208-334-0808 if you or someone you know is experiencing a behavioral health crisis. We facilitate crisis intervention and safe placement, help coordinate behavioral health and substance use disorder services, and provide therapeutic support.

[Parent Stress Line](#) 1-800-632-8188

Confidential and Anonymous Available 24 hours a day, 7 days a week.

Parents or guardians with problems relating to their children do not hesitate to call us. Trained volunteer counselors offer a way to relieve stress in an environment which is non-judgmental along with being sympathetic. We offer support to anyone seeking it no matter how big or small. We offer a translation service so if you, or someone you know, needs a translator please don't hesitate to call us!

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Free Clinics

[Boise, ID Free Clinics](#)

Free & Income Based Clinics in Boise, ID

[Free Clinic Directory](#)

Listings of free and low-cost clinics in Ada County. These clinics can help low-income and uninsured people by offering free and discounted rates for medical and/or dental care.

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Medication Managers that take Medicaid

[Access Behavioral Health Services](#) – Boise and Nampa

[All Seasons Mental Health](#) – Boise

[Bridgeway Health Services](#) – Eagle

[Centerpointe](#) – Nampa

[Integrity Mental Health](#) – Boise

[Lifeways](#) – Nampa

[Meridian Advances Psychiatry](#) – Meridian

[Northwest Neurobehavioral Health](#) – Meridian

[Omega Health](#) – Boise

[Pathways of Idaho-Boise](#) – Boise

[Perma Mental Health](#) – Boise

[Sage Health Care](#) – Boise

[Stellar Mental Health and Medication](#) – Nampa

[Wellness Psychiatry](#) – Kuna

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Navigating the Juvenile Court System

[A Handbook for Families: Understanding How the Juvenile Justice System Works in Idaho](#)

This handbook includes information about the people and facilities involved in the juvenile justice system, court etiquette, the hearings that a youth may be a part of, and some of the evaluations that may be conducted by the court. This handbook is not meant to explain every detail of the process, but to give an overview to help families understand how the system works.

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