

Newsletter

JULY 2023



WHAT'S HAPPENING THIS MONTH

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WHAT WE'VE BEEN UP TO

IT'S BEEN A QUIET MONTH HERE AT NOBLE INTENT. WE'VE BEEN HARD AT WORK SERVING THE COMMUNITY WITH OUR MENTAL HEALTH SERVICES, AND PLANNING EXCITING THINGS FOR OUR FUTURE! STAY TUNED TO LEARN MORE ABOUT A **NEW SERVICE** WE WILL BE OFFERING THIS YEAR!

WE'D ALSO LIKE TO CONGRATULATE OUR INCREDIBLE CBRS PROVIDER, **MADIE AND HER PARTNER** FOR WELCOMING THEIR SWEET BABY **JET TO THE WORLD!**



NOBLE CALENDAR

JULY 2023

Here's what we have going on this month at Noble Intent.



MY PLACES SUPERHERO FUNDRAISER

JULY 29TH, 10AM-4PM, SETTLERS PARK

Join My Places Community Events on July 29th for their Super Hero FUNdraiser! Make sure to look for the Noble Intent booth while you're there!

PRESENTATION BY FYIDAHO

This month we are excited to welcome our partners at The Idaho Federation of Families for Children's Mental Health for a presentation this month! We are looking forward to learning more about the organization and their abundance of resources and services. We are excited to be able to share this information with our clients and the community!



JULY TEAM DAY

We'll be having fun with the whole family this July for our Team Day! The Noble Team is going to be soaking in the sunshine and going for swim and a picnic! Stay tuned for pictures!

NEW SERVICE!

MASSAGE THERAPY: COMING THIS YEAR!

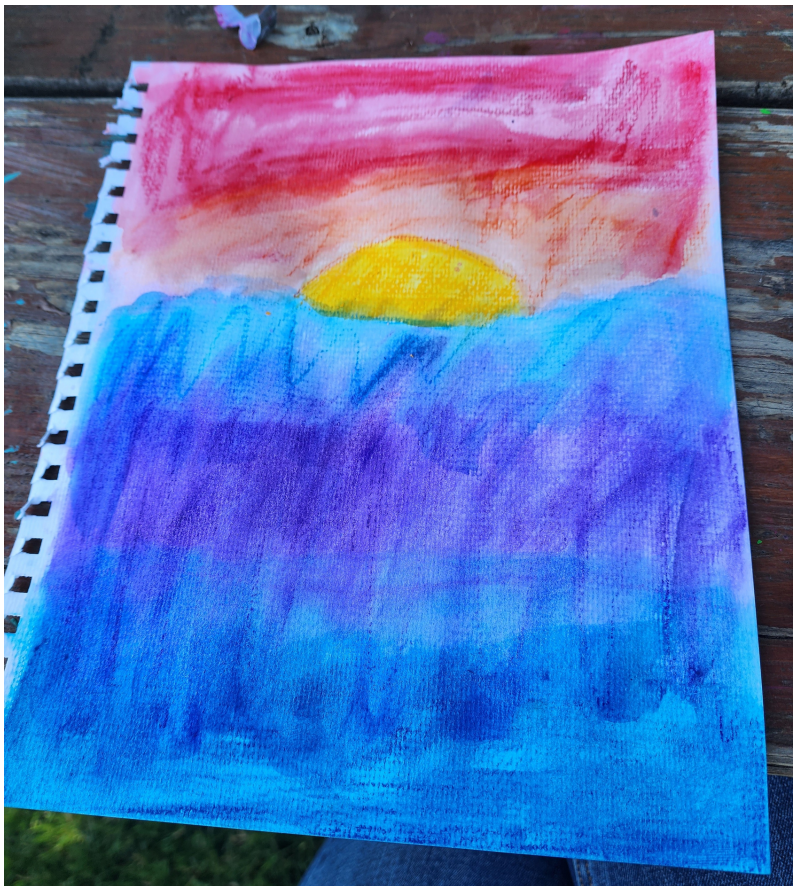
Noble Intent is dedicated to providing a holistic approach to mental health and wellness, which is why we're excited to announce that we will soon be offering massage therapy! We're looking forward to sharing the endless health and wellness benefits of this modality with clients and the community. Stay tuned for more information!





HEALING THROUGH ART

Art has a special place in the field of mental health and wellness. The healing process can be accompanied by art that is therapeutic for its creator. We will now be featuring some of the work created by our Noble community that highlights this mode of wellness in our newsletter each month.



This month, we've featured some pictures a client took on an art walk with her CBRS provider, and a piece she painted when asked to represent what joy felt like to her. This client shared her love for the ocean and the peace she finds while watching the waves, and also shared how spending time in nature is a wonderful stress reliever.

If you'd like to submit art for our monthly art feature, please email cora@nobleintellc.com

RESOURCES

JULY 2023

Upcoming Virtual Training

QUESTION. PERSUADE. REFER.

3 Simple Steps to Save a Life

QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

QPR can be learned in our Gatekeeper course in as little as one hour.

Monday, July 24th
5:30 pm PT / 6:30 pm MT

Register at:

<https://lp.constantcontactpages.com/sv/Q0sWI3b/QPR>

Come and join us!



QPR TRAINING:

**3 SIMPLE STEPS ANYONE CAN TAKE
TO SAVE A LIFE FROM SUICIDE**

"DON'T MISS THE OPPORTUNITY TO PARTICIPATE IN THIS FREE TRAINING. IF YOU WORK WITH OR HAVE CHILDREN WHO EXPERIENCE SUICIDAL IDEATION, THIS TRAINING IS FOR YOU. LEARN HOW TO RECOGNIZE THE WARNING SIGNS OF A SUICIDE CRISIS AND HOW TO QUESTION, PERSUADE, AND REFER SOMEONE TO HELP."

FREE SUMMER LUNCH PROGRAMS

DID YOU KNOW THAT KIDS IN THE TREASURE VALLEY CAN ACCESS FREE MEALS THIS SUMMER? WEST ADA, BOISE, NAMPA, KUNA, AND CALDWELL SCHOOL DISTRICTS ALL PROVIDE FREE MEALS TO KIDS THROUGHOUT THE SUMMER AT VARIOUS SITES. CHECK OUT THIS KTVB ARTICLE TO GET A LIST OF MEAL SITES, DAYS, AND TIMES ALL THROUGHOUT THE TREASURE VALLEY!

[HTTPS://WWW.KTVB.COM/ARTICLE/NEWS/LOCAL/FIND-DATES-LOCATIONS-TIMES-FREE-SUMMER-MEALS-TREASURE-VALLEY-CHILDREN/277-FA840007-B535-48A8-8209-4B4B84C3F2D5](https://www.ktvb.com/article/news/local/find-dates-locations-times-free-summer-meals-treasure-valley-children/277-FA840007-B535-48A8-8209-4B4B84C3F2D5)

NEW STAFF SPOTLIGHT

PARIS MATTOX

CBRS/ CASE MANAGEMENT

My Name is Paris Mattox I was born and raised in Nampa, Idaho. I graduated from Northwest Nazarene University with a BA in Social Work. I have interned at a Case Management agency working one on one with individuals of various populations. I have also worked closely with Ada county treatment courts and clients. My biggest goal and priority in my life is always being able to help others and lending a helping hand in any situation. I always strive to learn more ways to help myself and others. I find joy in seeing people achieve their goals and being able to celebrate those successes. I enjoy weightlifting, running and spending quality time with my family and friends. I love traveling and my favorite places to always visit are Hawaii and Texas. I always look forward to being out in the sun and exploring.



NEW STAFF SPOTLIGHT

Sandie is an Idaho native who grew up in a small town just east of the Oregon border. Growing up in a small town allowed her the opportunity to explore the natural world and gain an appreciation for the simple things in life.

She graduated from Boise State University with a bachelor's degree in Elementary Education, but life decided to take her on a different path. She loves watching people of all ages learn and grow through their journey. She believes that we are all active participants in our lives, and that by giving ourselves some space, and a little compassion, we can start to become our true selves.

She loves experiencing different cultures and bringing people together to learn about one another. She is passionate about helping refugees and recently worked as a CBRS provider, helping refugee kids learn coping skills to improve their communication and socialization skills. She also provided case management for clients, by linking them to resources that would help them become more self-reliant. She loves helping people learn about unique opportunities in the community that can help them feel more joy in their lives.

She has two beautiful, spirited little girls who are her world. Every day, her daughters teach her something new about herself and challenge her to be a better person. Sandie loves watching her daughters' curiosity blossom as they discover new things about their world. She also has a Golden Retriever named Karma who loves people, especially those who give her treats.

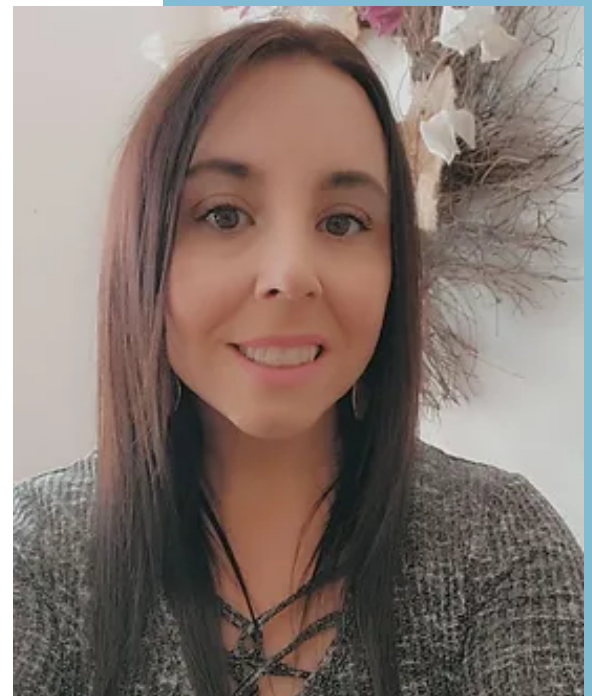
In her free time, she loves to read. She is endlessly curious about human behavior and never gets bored learning about it. In the future, she would like to pursue a graduate degree in counseling. She also enjoys spending time in nature, hiking, camping, or simply sitting by a river and watching the water flow. Recently, she discovered that music is her soul language. She loves singing karaoke, especially in the car. Sandie is passionate about working as part of a team to promote the importance of mental health in the community. She believes that it's important for people to be able to be their true selves, and she's grateful that she gets to help people learn skills to navigate their journey.

She really appreciates the opportunity to get to know your families and looks forward to working with you throughout this process.

Have a beautiful day.

SANDIE RUEB

CBRS/ CASE MANAGEMENT



EMPLOYEES OF THE MONTH

jUNE 2023

KRISTIN HEUER



KRISTIN WAS VOTED AS THE OFFICE-BASED EMPLOYEE OF THE MONTH AGAIN FOR THE MONTH OF JULY. THE STAFF SAYS KRISTIN HAS BEEN DOING A GREAT JOB CONNECTING WITH CLIENTS AND THEY FEEL COMFORTABLE GOING TO HER FOR QUESTIONS. THE STAFF ALSO REPORTS HER STRAIGHTFORWARD AND FIRENLDY DEMEANOR MAKE HER A PLEASURE TO WORK WITH.

MARIA AYALA



MARIA WAS VOTED COMMUNITY-BASED EMPLOYEE OF THE MONTH FOR JULY BY THE TEAM! THEY RECOGNIZED MARIA FOR THE FUN AND ENGAGING OPPORTUNITIES SHE PROVIDES FOR HER CBRS CLIENTS. HER CREATIVITY IS LOVED BY CLIENTS AND STAFF ALIKE, AND THE TEAM IS ALWAYS GETTING POSITIVE FEEDBACK FROM CLINETS AND FAMILIES ABOUT MARIA'S WORK.