

# Newsletter

MARCH 2023



## WHAT'S HAPPENING THIS MONTH

- WHAT WE'VE BEEN UP TO
- NOBLE CALENDAR
- ART CORNER
- RESOURCE SPOTLIGHT
- EMPLOYEES OF THE MONTH
- NEW STAFF SPOTLIGHT

## WHAT WE'VE BEEN UP TO

IT'S BEEN BUSY AT THE NOBLE INTENT OFFICE THIS PAST MONTH! WE'VE STAYED BUSY LEARNING, ADVOCATING, AND HAVING FUN. WE WELCOMED DR. MISTY WALL FOR A PRESENTATION ON CREATING AN AFFIRMING SPACE AND PRACTICE, WE CHEERED ON OUR IDAHO STEELHEADS FOR A TEAM DAY, AND HAD A TEAM POTLUCK.

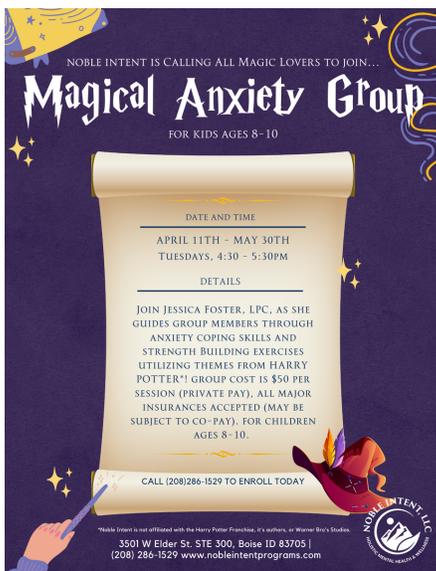
# NOBLE CALENDAR

MARCH 2023

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

## NEW GROUP, COMING SOON!

Calling all you fans of Harry Potter and the Wizarding World! Noble Intent is starting a magic themed Anxiety Coping Group for kids ages 8-10. This class is sure to fill up fast, so make sure to reserve your spot or join the waitlist! See flyer at the end of the newsletter for more details. (Noble Intent is not affiliated with Harry Potter, the authors of Harry Potter, or Warner Bro's Entertainment).



## PRESENTATION BY MOBILE CRISIS

We're continuing our pursuit of learning and expanding our professional knowledge, this month with the help of Kelsey Pierce with Mobile Crisis at Department of Health and Welfare. Kelsey will guide our staff through the best-practice responses to crisis and de-escalation.

## MAY COMMUNITY WELLNESS EVENT

Join us at JUMP Boise on May 13th from 9am-12pm for our first ever community wellness event! This event will include free group wellness classes, and resources on addressing your personal needs in the 8 dimensions of wellness: emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual. Mark your calendars, more information to come.



## MENTAL HEALTH AWARENESS MONTH- SPIRIT WEEK

To recognize Mental Health Awareness Month and to celebrate our Community Wellness Fair on May 13th, Noble Intent will be hosting Spirit Week from May 8th - 13th. See flyer at the end of the Newsletter to find out more about how you can participate !

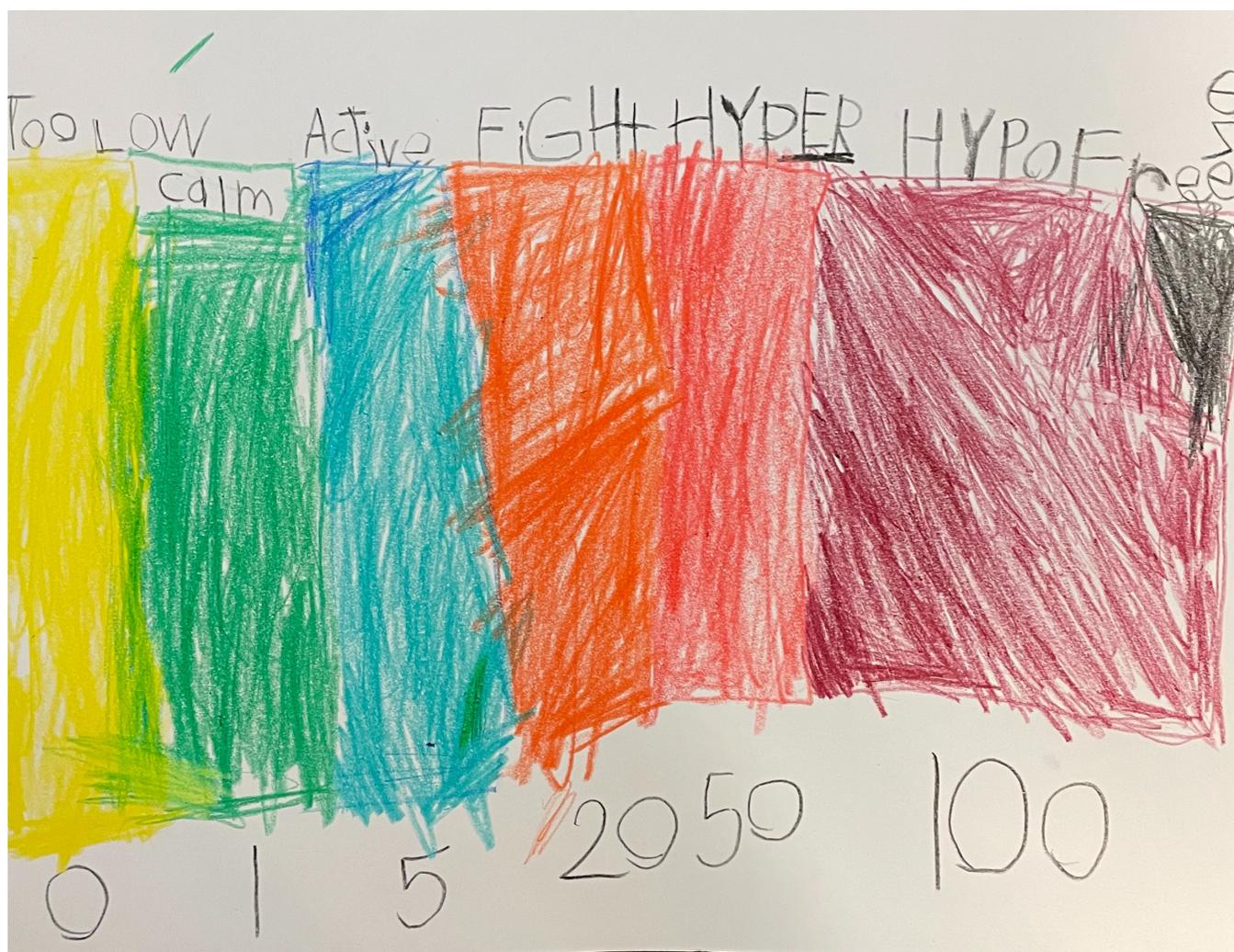


# ART CORNER

MARCH 2023

## 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're featuring a Nervous System Regulation Chart that was created by one of our clients!



If you'd like to submit art for our monthly art feature, please email [cora@nobleintentllc.com](mailto:cora@nobleintentllc.com)

# RESOURCES

MARCH 2023

## MY PLACES- COMMUNITY EVENTS

MY PLACES IS A LOCAL NON-PROFIT ORGANIZATION THAT'S COMMITTED TO PROVIDING ENGAGING, AFFORDABLE, CONSISTENT, AND INCLUSIVE SOCIAL EVENTS FOR ALL ABILITY AND FUNCTIONALITY LEVELS! DO YOU LIKE BOWLING, ICE CREAM, SWIMMING, BINGO, MUSIC, POJOS, PAINTING, LEGOS, MOVIES, CRAFTS, OR KARATE? MY PLACES HAS ALL OF THESE EVENTS AND MORE. CHECK OUT THEIR EVENT SCHEDULE AT [MYPLACESCE.ORG](https://myplacesce.org) TO LEARN MORE AND SIGN UP!



## PARENT SUPPORT NETWORK:

### THE YOUTH MENTAL HEALTH PROJECT

THE YOUTH MENTAL HEALTH PROJECT OFFERS FREE PARENT SUPPORT NETWORK MEETINGS MONTHLY. THESE MEETINGS ARE FOR PARENTS OF CHILDREN WHO STRUGGLE WITH ANXIETY, DEPRESSION, AND OTHER MENTAL HEALTH CHALLENGES.

The Parent Support Network logo features the text "THE Parent Support NETWORK" with a green leaf icon above the "P". To the right is a green circular seal with the text "Peer to Peer Community Based Confidential". Below the logo is the text: "For parents whose kids struggle with anxiety, depression, or other mental health challenges." A grey box contains the meeting schedule: "VIRTUAL MEETINGS - WEEK OF MARCH 12, 2023" followed by "Wednesday 3/15: 4:30pm" and "Thursday 3/16: 12:00pm". At the bottom, it states "All meetings are 90 minutes long and in ET". The logo for "THE YOUTH MENTAL HEALTH PROJECT" is at the bottom left, and "A PROGRAM OF THE YOUTH MENTAL HEALTH PROJECT" with the website "ymhp.org" is at the bottom right.

VIRTUAL MEETINGS - WEEK OF MARCH 12, 2023		
Wednesday	3/15:	4:30pm
Thursday	3/16:	12:00pm

All meetings are 90 minutes long and in ET

## FOOD ASSISTANCE: LIVING WORD CHURCH FOOD PANTRY

- 1717 N CRESTMONT DR. MERIDIAN, IDAHO 82646
- FRIDAY'S AND SUNDAY'S, 3:00PM TO 5:00PM
- NO ID NEEDED
- NO QUESTIONS FOR PATRONS



# EMPLOYEES OF THE MONTH

MARCH 2023

EMILY MAUPIN



EMILY WAS VOTED FOR THE MARCH OFFICE-BASED EMPLOYEE OF THE MONTH BY HER PEERS. THE TEAM RECOGNIZED EMILY FOR HER HELP WITH VARIOUS TASKS BEYOND THE EXCELLENT CLINICAL WORK SHE'S DOING. EMILY WAS ALSO RECOGNIZED FOR HER EXCEPTIONAL ABILITY TO BUILD RAPPORT WITH CLIENTS AND BEING FLEXIBLE IN THE APPROACHES SHE USES! TEAM MEMBERS ADMIRE HER ABILITY TO BE BOTH AN OUTSTANDING CLINICIAN AND MOTHER TO HER TWO LITTLE ONES!

ZACK BRYANT



ZACK WON MARCH EMPLOYEE OF THE MONTH FOR THE COMMUNITY BASED TEAM! ZACK HAS EXEMPLIFIED CARE AND COMPASSION FOR THE CLIENTS HE WORKS WITH. HE IS A KIND PRESENCE AROUND THE OFFICE AND IS ALWAYS GREETING THE TEAM WITH A FRIENDLY FACE AND POSITIVE ATTITUDE.

NOBLE INTENT IS CALLING ALL MAGIC LOVERS TO JOIN...

# Magical Anxiety Group

FOR KIDS AGES 8-10

## DATE AND TIME

APRIL 11TH - MAY  
30TH TUESDAYS, 4:30 -  
5:30PM

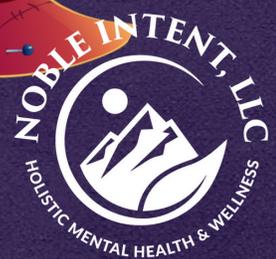
## DETAILS

JOIN JESSICA FOSTER, LPC, AS SHE GUIDES GROUP MEMBERS THROUGH ANXIETY COPING SKILLS AND STRENGTH BUILDING EXERCISES UTILIZING THEMES FROM HARRY POTTER\*! GROUP COST IS \$50 PER SESSION (PRIVATE PAY), ALL MAJOR INSURANCES ACCEPTED (MAY BE SUBJECT TO CO-PAY). FOR CHILDREN AGES 8-10.

CALL (208)286-1529 TO ENROLL TODAY

\*Noble Intent is not affiliated with the Harry Potter Franchise, it's authors, or Warner Bro's Studios.

3501 W Elder St. STE 300, Boise ID 83705 |  
(208) 286-1529 [www.nobleintentprograms.com](http://www.nobleintentprograms.com)



# MENTAL HEALTH AWARENESS SPIRIT WEEK

WITH NOBLE INTENT

MAY  
8

## MENTAL HEALTH AWARENESS MONDAY

The green ribbon is the international symbol for mental health awareness. **Wear your green** to show your support.



MAY  
9

## TIE-DYE TUESDAY

All feelings are valid! **Wear your tie-dye or colorful clothes** to represent the natural range of emotions humans feel!



MAY  
10

## WELLNESS WEDNESDAY

Your mind and body are connected! Keeping healthy and staying active can positively impact your mental health. **Wear your athletic clothes or your favorite sports team gear!**



MAY  
11

## THINKING CAP THURSDAY

Are you leaving room for your thoughts in your daily life? **Wear your favorite hat** today as a reminder to take time for mindfulness.



MAY  
12

## FUN SOCKS FRIDAY

Dr. Seuss once said "There's no one alive that's youer than you." YOU are enough. YOU are worthy. YOU are doing the best you can. **Wear your fun socks** today to express your individuality!



AND JOIN US FOR THE GRAND FINALE...

**SATURDAY, MAY 13TH**  
**COMMUNITY WELLNESS FAIR**  
**@JUMP BOISE 9AM-12PM**



NOBLE INTENT, HOLISTIC MENTAL HEALTH AND WELLNESS  
(208) 286-1529





JOIN US FOR A

# COMMUNITY WELLNESS FAIR

## WHEN:

**13 MAY 2023**

9 am - 12 pm

## WHERE:

**JACKS URBAN MEETING PLACE (JUMP) 1000 W Myrtle St.**

## COST:

This event is **FREE** to attend!



## DETAILS:

Group exercise classes are for ages 13+. Waiver required. Get your Wellness passport stamped by our interactive educational vendors and enter our raffle!

Learn about wellness through crafts, games, and more! All ages welcome!



Enter our raffle by completing fun activities!



**9am: High Fitness**

Paigh Jones



pure barre®  
*boise*

**10am: Barre**

Pure Barre Boise

**YOGASIX**

**11am: Yoga**

YogaSix Studio



## Noble Intent LLC

3501 W Elder St., STE 300 Boise, ID 83705 (208) 286-1529



# JOIN OUR TEAM

WE'RE SEARCHING FOR A

# CLINICAL DIRECTOR

## QUALIFICATIONS:

- Clinical License (LCPC, LCSW)
- 4 years minimum experience in mental health field
- Experience providing supervision
- Leadership/managerial experience
- Experience in crisis settings
- Experience in social service programs and system administration

## BENEFITS:

- SALARIED POSITION
- PAID BI-MONTHLY
- HEALTHINSURANCE
- UNLIMITED PTO
- FLEXIBLE SCHEDULE

## LEARN MORE:

Learn more and apply on indeed by searching Noble Intent