

Newsletter

APRIL 2023



WHAT'S HAPPENING THIS MONTH

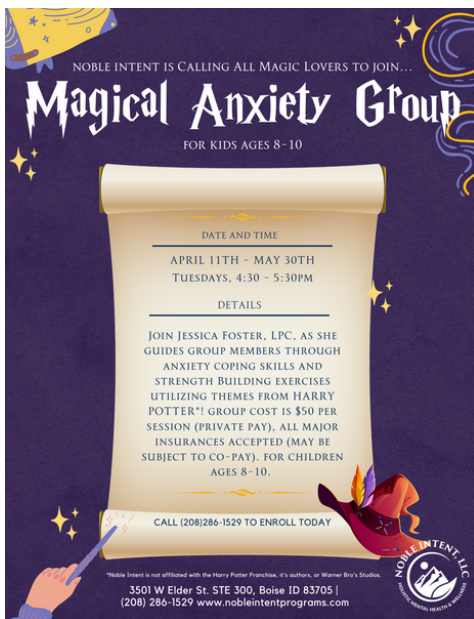
- WHAT WE'VE BEEN UP TO
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- EMPLOYEES OF THE MONTH
- A MESSAGE TO OUR COMMUNITY
- FLYERS

WHAT WE'VE BEEN UP TO

IT'S BEEN BUSY AT THE NOBLE INTENT OFFICE, WITH MANY EXCITING CHANGES COMING! WE WILL BE LAUNCHING OUR NEW RECORDS SYSTEM AND PATIENT PORTAL THIS MONTH! CURRENT CLIENTS, KEEP AN EYE OUT FOR OUR CHECK-IN KIOSK COMING THIS MONTH, AS WELL AS AN EMAIL INVITATION TO YOUR PATIENT PORTAL! STAY TUNED FOR SOME EXCITING STAFFING ANNOUNCEMENTS, INCLUDING AN INTRODUCTION TO OUR NEW CLINICAL DIRECTOR!

NOBLE CALENDAR

APRIL 2023



PRESENTATION BY NORTHPOINT & IMAGINE

Danielle Fanoplous will be presenting to the Noble Intent staff about the services and programs offered by Imagine, Northpoint, and Ashwood Recovery! Do you have questions on substance use recovery clinics or adolescent PHP and IOP programs? We'll be able to answer those questions and more after our presentation by Danielle this month!

MAY COMMUNITY WELLNESS EVENT

Join us at JUMP Boise on May 13th from 9am-1pm 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, and see the flyer at the end of this newsletter!

MAGICAL ANXIETY GROUP

Jessica Foster, LPC, will be facilitating a magic themed anxiety group for kids ages 8-10 beginning on April 11th. This group will take place on Tuesdays from 4:30-5:30pm. It's not too late to reserve a spot! Call today.

BOISE RIVER MARATHON

Find us at Payette Brewing on April 22nd as we cheer on the finishers of the Boise River Marathon and the Sole Kids 5k!

DIA DE LOS NINOS

April 30th, 12-4pm. The Idaho Commission for Libraries (ICfL) is partnering with libraries and organizations to bring its first Día de los Niños event to the Treasure Valley. El Día de los Niños (Children's Day/Book Day), often known as Día, is a celebration of children, families, and reading. The event will feature exhibitors, storytelling, food, entertainment, prize drawings, and more. Find Noble Intent at this celebration!



APRIL TEAM DAY

This month the Noble Intent Team will be getting creative with our team building! We will be painting Picaso style self portraits with some refreshments at Wine and Design! Check in next month to see the final products created by your favorite Noble Intent staff!



ART CORNER

APRIL 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. Check out this month's art work submitted by a talented Noble Intent client. This client is offering community art classes, see flyer in resources.



A Noble Intent clinician shared this work by a client and said the following:

" This was drawn by a young client as they taught me step by step instructions on how to draw a face. The client loves art and is proud of their skills. Not only did this activity show their artistic strength, but they were patient and encouraging while providing instruction!"

Great work to this talented, patient, and encouraging client of ours. Thank you for sharing your love for art with us!

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

RESOURCES

APRIL 2023

BECAUSE KIDS GRIEVE

BECAUSE KIDS GRIEVE IS A SUPPORT ORGANIZATION FOR CHILDREN, TEENS, AND THEIR FAMILIES WHO GRIEVE THE LOSS OF SOMEONE THEY LOVE BECAUSE OF DEATH. BECAUSE KIDS GRIEVE OFFERS A NUMBER OF FREE EVENTS AND RESOURCES FOR CHILDREN AND FAMILIES INCLUDING KIDS2KIDS MEETINGS AND A GRIEF SUPPORT CAMP IN CASCADE, IDAHO.



CAMP ERIN
BECAUSE KIDS GRIEVE
PART OF THE ELUNA NETWORK
because kids grieve.

FREE TO ALL CAMPERS THANKS TO THE GENEROUS SUPPORT FROM ELUNA, GRANTS, SPONSORSHIPS, AND INDIVIDUAL DONATIONS. TRANSPORTATION PROVIDED.

JUNE 9 — 11
2023 BECAUSEKIDSGRIEVE.ORG

CAMP ERIN TRINITY PINES
CASCADE, ID

A GRIEF SUPPORT CAMP FOR CHILDREN & TEENS (6-17) WHO HAVE EXPERIENCED A DEATH OF SOMEONE CLOSE TO THEM

PHOTOVOICE ART



Children's Mental Health Acceptance Week
May 8th-12th
VISUALIZING A NEW EXPERIENCE

PhotoVoice Art Exhibition

Idaho teens and young adults (ages 13-25) are invited to participate in a PhotoVoice art research project. Prompts were developed by teens and focus on youth mental health topics.

Participants will have the option to display their work in in-person/virtual galleries statewide!
Contact support@fyidaho.org with questions

Prompts include:

- How does social media impact our mental health?
- Are mental health resources accessible in the community/schools?
- How do we internalize stigmas that are projected onto us by society?



SUBMISSIONS ACCEPTED THROUGH SUN. APR. 30TH AT MIDNIGHT!



THE COLLEGE OF IDAHO

fyidaho
supporting youth mental health

TINYURL.COM/Y
XKNH2NV

TIDWELL SOCIAL WORK AND GLOBAL LOUNGE: MULTICULTURAL DINNER

"TIDWELL SOCIAL WORK MULTICULTURAL COMMUNITY DINNER IS THE THIRD TUESDAY OF EVERY MONTH AT THE GLOBAL LOUNGE COMMONS. WE WOULD LOVE TO HAVE YOU JOIN US FOR THE WONDERFUL EVENING, CELEBRATING THE FOOD OF DIFFERENT CULTURES EACH MONTH. THIS EVENT IS ALWAYS FREE AND CHILD-FRIENDLY AND ALWAYS STARTS AT 6PM. PLEASE FEEL FREE TO BRING A SIDE DISH OR DESSERT TO SHARE. EACH MONTH WILL BRING NEW CULTURAL EXPERIENCES WITH FOOD, POSSIBLY MUSIC AND ALWAYS LAUGHTER!"

NEXT DINNER: APRIL 18TH, 2023

EMPLOYEES OF THE MONTH

APRIL 2023

SARAH DEFOREST



SARAH WAS VOTED AS THE OFFICE-BASED EMPLOYEE OF THE MONTH FOR APRIL BY THE NOBLE TEAM! TEAM MEMBERS RECOGNIZED SARAH'S WORK ETHIC AND DEDICATION, AS WELL AS HER FRIENDLY ATTITUDE. SARAH IS A THOUGHTFUL FRIEND AND COWORKER WHO WILL GO OUT OF HER WAY TO BE SURE HER FELLOW TEAM MEMBERS FEEL APPRECIATED!

ZACK BRYANT



ZACK WAS VOTED COMMUNITY-BASED EMPLOYEE OF THE MONTH BY THE TEAM FOR THE SECOND MONTH IN A ROW!! WAY TO GO, ZACK! TEAM MEMBERS RECOGNIZED ZACK'S ABILITY TO WORK EFFECTIVELY WITH HIS CLIENTS AND HIS POSITIVE ATTITUDE! ONE TEAM MEMBER SAID ZACK IS A NATURAL AT WHAT HE DOES, AND WAS MEANT FOR THIS TYPE OF WORK!

**TRANS RIGHTS ARE
HUMAN RIGHTS** ❤️



This month, Governor Little signed House Bill 71 into law, banning gender affirming medical treatment to youth in Idaho. As mental health professionals, we uphold science, evidence based practice, professional ethics, and most importantly, human rights and autonomy. As an agency, we stand by statements made by the American Counseling Association and the National Association of Social Workers in opposition of banning gender affirming care to transgender youth.

We stand by our clients and community impacted by this new legislation and will continue to work to create an affirming space for our trans youth. You are not alone. Trans youth belong here, and we will not be silenced by this harmful and oppressive law.

Noble Intent will continue to provide gender affirming mental health care to our clients and seek ways to uplift trans youth and adult voices.

If you are in crisis, please call or text 988. If you are seeking gender affirming mental health resources, reach out to Noble Intent.

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





JOIN US FOR A FAMILY WELLNESS FAIR

WHEN:

13 MAY 2023
9 am - 1 pm

WHERE:

1000 W Myrtle St.
Boise, ID 83702



Jack's Urban Meeting Place

SLIDES WILL BE

OPEN

COST:

This event is  to attend!

DETAILS:

Join Noble Intent for a family friendly wellness fair! Visit our community partners for fun and educational wellness activities while earning stamps on your Wellness Passport. Turn in your completed passport for a chance to win exciting raffle items! Group exercise classes are for ages 13+. Waiver is required and will be available at the event. No sign up is required. Bring a mat or towel if participating in Barre or Yoga! JUMP slides will be OPEN!!!

COMMUNITY PARTNERS:

- University of Idaho, Family and Consumer Sciences
- Center for Change
- Sole Kids
- My Places Community Events
- Intra Life Healing Arts
- Idaho Department of Health and Welfare, Children's Mental Health
- Imagine by NorthPoint
- Horizon Credit Union
- Global Lounge
- Off the Bench
- And MORE!

To learn more, visit:
nobleintentprograms.com/events



HIGH
fitness

9am: High Fitness
Paigh Jones

*bring a mat!



pure barre

boise

10am: Barre
Pure Barre Boise

*bring a mat!

YOGASIX

11am: Yoga
YogaSix Studio



12pm: Sound Bath
Intra Life Healing Arts