

# Newsletter

September 2023



## WHAT'S HAPPENING THIS MONTH

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

## WHAT WE'VE BEEN UP TO

WE'RE LOOKING FORWARD TO FALL HERE AT NOBLE INTENT, WITH MANY EXCITING THINGS ON THE HORIZON: FROM EXCITING NEW HOLISTIC APPROACHES SUCH AS MASSAGE THERAPY, TO NEW STAFF AND FUN EVENTS.



# NOBLE CALENDAR

SEPTEMBER 2023



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

## BOISE PRIDE SEPTEMBER 9TH-10TH

We're happy to support Boise Pride again this year at their festival and parade! We're inviting all clients, friends, and family to join us in our walking group in the parade! Help us show our support for Boise's LGBTQIA+ community!



SAVE THE DATE

## TRUNK-OR-TREAT!

OCTOBER 21ST, 2-4 PM

Join us for some family friendly fun at our 3rd annual Trunk-or-treat! This year we're excited to offer fun games, live music, and food trucks. Grab your costumes and come join us. This event is open to the public, and all are welcome!

## 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!



# ART CORNER

September 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.



Noble Intent therapist, Krystin Newman, created a Gratitude Tree in her office. Clients are invited to share the things they are grateful for by writing them on a leaf and adding them to the tree. Did you know that expressing gratitude creates a physiological change in your brain functioning that improves your mood? The act of expressing gratitude boosts Dopamine and Serotonin, resulting in a happier you! Give it a try by creating your own gratitude tree, or simply expressing your gratitude for the people and things that make your life special!

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

# RESOURCES

SEPTEMBER 2023

## BLKBX PROJECT

[BLKBXPROJECT.ORG](http://BLKBXPROJECT.ORG)

CHECK OUT THE BLKBX PROJECT BY FOLLOWING THE URL ABOVE. "THE BLKBX PROJECT SEEKS TO UNLOCK THOSE "BLACK BOXES" MANY OF OUR TEENS KEEP DEEPLY HIDDEN. FINDING A PATH TOWARD HEALING REQUIRES US TO UNLOCK THOSE THOUGHTS, FEELINGS AND SECRETS IN A NON INTIMIDATING ENVIRONMENT." FOLLOW THE EASY TO NAVIGATE PROMPTS ON THEIR WEBSITE TO LEARN MORE ABOUT SOME OF THE PREVELENT PROBLEMS TEENS FACE.

A FRESH NEW RESOURCE PAGE IS MAKING IT'S WAY TO OUR WEBSITE. KEEP AN EYE ON [NOBLEINTENTPROGRAMS.COM](http://NOBLEINTENTPROGRAMS.COM) FOR MORE RESOURCES, COMING SOON.

## FREE PARENTING WORKSHOPS

BOISE SCHOOL DISTRICT

FAMILY STRENGTHENING EDUCATION PROGRAM

### Parenting Workshops



#### WORKSHOP TOPICS

- Child development
- Resiliency
- Strategies to reduce stress
- Strengthening family bonds
- Communication techniques
- Creating boundaries

EVERY WEDNESDAY  
OCTOBER 4TH-DECEMBER 13TH  
5:30PM-7:00PM

The workshop is FREE & includes

- Childcare
- Dinner
- Resources



#### LOCATION

Morley Nelson Elementary  
School  
7701 W Northview St  
Boise ID, 83704

INTERESTED?  
CLICK [HERE](#)



#### FOR MORE INFORMATION

Contact Sara Nord  
[sara.nord@boiseschools.org](mailto:sara.nord@boiseschools.org)  
208-559-3107

# NEW STAFF SPOTLIGHT

Kennedy graduated from Washington State University (Go Cougs!) with her Bachelor's Degree in Human Development with a double minor in Psychology and Addiction. Later got her Master's Degree in Social Work from University of Denver specializing in Mental Health and Trauma. Kennedy has prior experience working with kids and families, refugees, our unhoused neighbors, and recently in a therapy practice working with people from all ages, and walks of life.

Kennedy is passionate about helping her clients understand their full potential, by creating a safe space and validating feelings that are hard to handle by ourselves. Kennedy has worked with those from the LGBTQIA+ community, and creates a space to explore safely sexual identity. Kennedy works with all ages, but has a particular passion for teens.

She has worked considerably with those experiencing depression, anxiety, grief, suicidal ideations, survivors of domestic violence and trauma. Her previous work experience was at an early head start working with ages from zero-three as a parent educator helping new parents navigate their new role as parents. Kennedy worked very intimately with her families, providing resources, domestic violence help, housing resources, and weekly home visits to help the parents understand the development of their children.

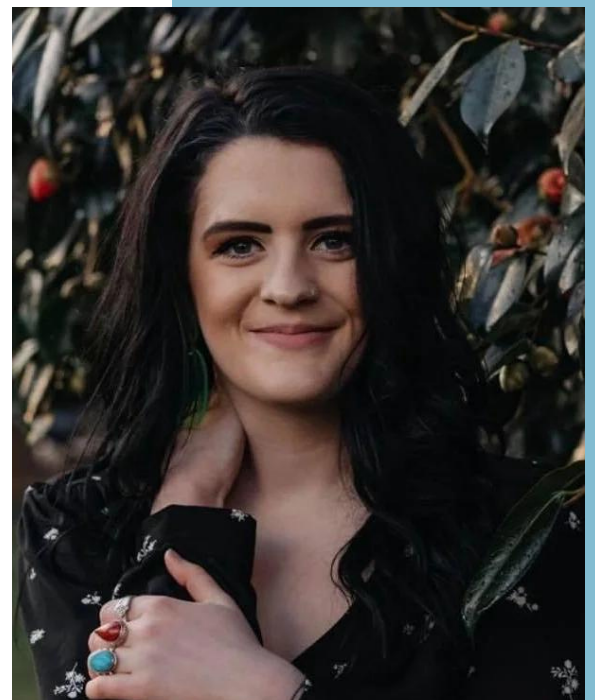
During her graduate education, she interned for CATCH where she worked as a Housing Services and Support coordinator. Her second year internship was at a counseling center. Both internships provided her with very diverse populations, facing a wide variety of life struggles, and has led her to love that about the field of Social Work.

Kennedy loves to use Art therapy modalities and techniques, Cognitive Behavior Therapy Techniques, Dialectical behavior therapy techniques, Somatic therapy techniques, and mindfulness based therapies to aid in her clients healing journey.

Kennedy likes to walk beside her clients in their therapy journey, and help navigate where they are and where they want to be with a variety of techniques. Kennedy is extremely passionate about the Mental Health field, and describes it as a passion that sets her soul on fire. In her free time, Kennedy practices self-care by cuddling her dog as much as possible, Yoga, meditation, being outdoors and spending as much time with her family as possible.

**KENNEDY MCGURKIN**

**LMSW**



# NEW STAFF SPOTLIGHT

Krystin (she/her) graduated with her Masters of Arts degree in Counseling from Boise State University. Her many years specializing in early childhood education fueled a passion for working with children and adolescents. This led to the desire to pursue a career in counseling. Krystin has experience working with K-12 youth in schools, LGBTQ+ youth, and young adults, but is interested in working with all ages. She firmly believes in a person-centered therapy experience while using techniques from other theories such as mindfulness, art, and play. Krystin is dedicated to creating a safer space for people of all ages to express true authenticity, grow in self-awareness, and become more of who they are while knowing they are loved and supported.

In her free time, Krystin enjoys hanging out with friends, working on creative projects, paddle boarding, and napping. She is also a professional singer! Krystin has a deep love for music, koalas, and her clients!

**KRYSTIN NEWMAN**  
LPC



# NEW STAFF SPOTLIGHT

Alec's educational journey began at Boise State University, where he earned his bachelor's degree in Communication. Through his studies, he honed his ability to connect with people, effectively convey ideas, and truly understand people's stories. He strives to create an environment where individuals can explore their potential, overcome challenges, and set out on a path that aligns with their authentic selves.

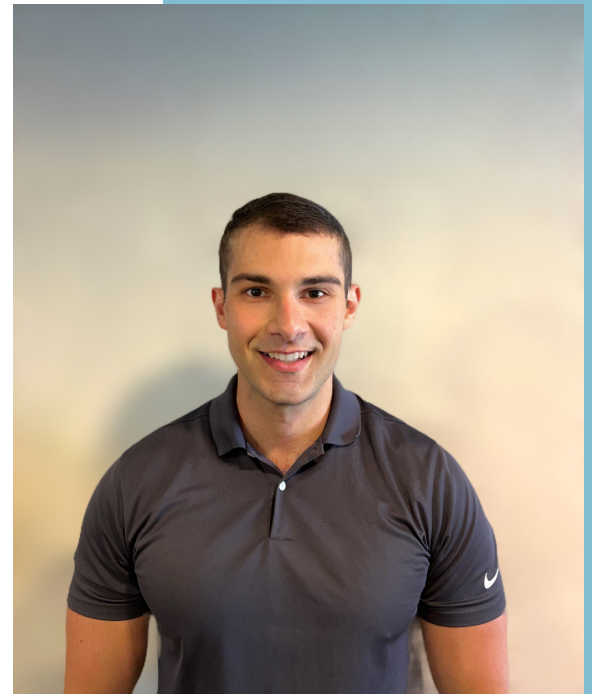
His background in substance abuse treatment has equipped him with a unique perspective on the interconnectedness of mental health and addiction. Through academic pursuits and hands-on experiences, he has gained profound insights into the intricate connections between psychological well-being, social support systems, and accessible resources.

Currently pursuing his Master of Social Work at Western New Mexico University, Alec is committed to advocating for marginalized communities and foster positive change.

Beyond academics, Alec loves to golf and is training for his first half marathon.

**ALEC GEDWILL**

**CBRS**



# EMPLOYEE OF THE MONTH

SEPTEMBER 2023

**JESSICA FOSTER**



CONGRATULATIONS TO JESSICA FOR WINNING EMPLOYEE OF THE MONTH FOR THE MONTH OF SEPTEMBER. THE NOBLE INTENT TEAM RECOGNIZED JESSICA FOR HER HARD WORK AND DEDICATION TO CLIENTS, AS WELL AS HER FRIENDLINESS AROUND THE OFFICE. JESSICA HAS BECOME AN INTEGRAL PART OF THE NOBLE TEAM IN ADDITION TO THE HARD WORK SHE IS DOING IN THE SCHOOLS.

IT IS ALSO JESSICA'S ONE YEAR ANNIVERSARY AT NOBLE INTENT THIS YEAR! CONGRATULATIONS, JESSICA! THANKS FOR BEING A PART OF OUR TEAM!