

Newsletter

JUNE 2022



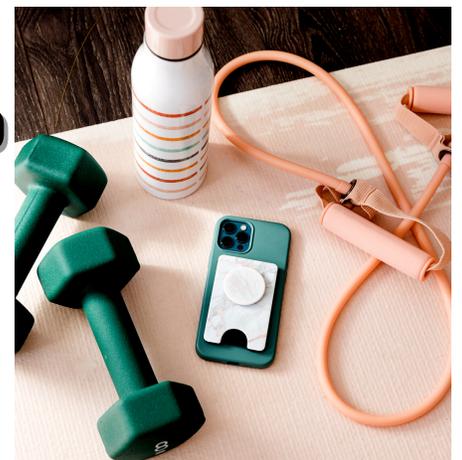
WHAT'S HAPPENING THIS MONTH

- RESOURCES
 - TEEN GYM MEMBERSHIP
 - EMDR GROUP
- EVENTS
- SWAG GIVE AWAY
- NEW EMPLOYEES

COMMUNITY RESOURCES

TEEN GYM MEMBERSHIP

Teens 14-19 can work out for free all summer at Planet Fitness. Visit www.planetfitness.com/summerpass for more information or to register.



EMDR GROUP

FACES of Hope is beginning an EMDR group on Thursdays from 5:30-7:00pm, beginning June 9th. This group is for clients who have experienced sexual or domestic violence, child abuse, stalking or harassment. For more information, reach out to FACES of Hope at (208) 577-4400

NOBLE CALENDAR

JUNE 2022

WORLD VILLAGE FESTIVAL

JUNE 24th - JUNE 26th

Noble will be attending the World Village Festival this month. "World Village Festival is a fantastic 3-day celebration in beautiful Downtown Boise at the Cecil D. Andrus Park (formerly Capitol Park). It includes participants representing our Mexican, Basque, Native American, Portugese, Chinese, Japenese, Filipino, Indonesian Lao, North and South American, Middle Easter, Indian and Greek communities." Stop by the Noble booth and say hello if you find yourself enjoying the festival!

BOISE MUSIC FESTIVAL

JUNE 25th

For the music lovers attending the Boise Music Festival this year, make sure to find our booth! We will be staying cool inside the Expo Idaho building (AIR CONDITIONER!!!). Stop by, say hi, and toss some corn hole!



GIVE AWAY ALERT!

WE WANT YOUR FEEDBACK!



Noble Intent is seeking your honest feedback on how we're doing as an agency. Please leave us a review on Google this month for the chance to win some free Noble swag! A winner will be chosen at the end of the month.

ARE YOU FOLLOWING US ON SOCIAL MEDIA?



@nobleintentprograms



@nobleintentprograms



Noble Intent

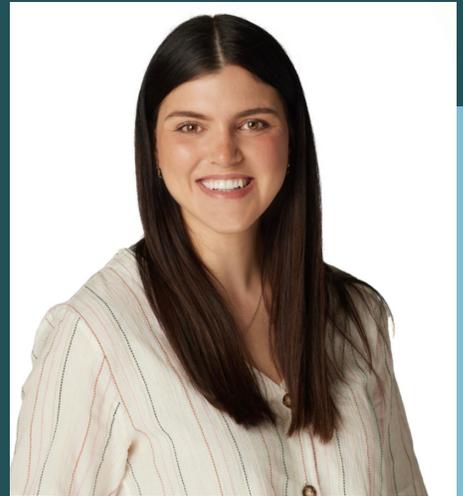
NEW STAFF SPOTLIGHT

ANNIE NUGENT Mental Health Therapist

Annie graduated from Eastern Washington University with a B.A. in Psychology and then from Northwest Nazarene University with a M.S. in Clinical Counseling.

Annie spent 4 years as a Behavior Interventionist working with kids and adolescents with developmental disabilities. She also interned at two non-profits during her counseling schooling working with both teens and adults. Annie has been trained in and uses the frameworks of Acceptance Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT). She is passionate about helping people experience the present moment and increase their psychological flexibility. She desires to create a safe and comfortable space for her clients' where they can feel both seen and heard. She has worked with many individuals experiencing grief and loss, anxiety, depression, life transitions, relational conflict and she uses a trauma informed lens when working with all clients.

When not working you can find Annie hiking with her aussiedoodle puppy, practicing yoga, traveling and spending time with friends and family.



AMELIA MESSENGER

Mental Health Therapist



Amelia Messenger is a Licensed Professional Counselor in the state of Idaho. Amelia obtained her bachelor's degree in public health from Westminster College in Salt Lake City, Utah and her master's degree in counseling from Boise State University.

Amelia has been working in the mental health field for nearly seven years. She has worked at the YWCA in Salt Lake City with

women and their families fleeing domestic violence situations, with children and adolescents in both inpatient and outpatient mental health treatment settings in the Treasure Valley, and with adults with substance use and mental health struggles in inpatient hospital settings as a psychiatric technician and an intern. Amelia completed her internship for her graduate studies at Allumbaugh House in Boise, Idaho where she worked with adults wishing to detox from substances and maintain sobriety. There, she learned a great deal about addiction and brings this experience to her work with her clients every day. Amelia is passionate about working with community members of all ages and backgrounds.

Amelia's utmost priority is establishing trust with clients to create a foundation on which they can build and thrive moving forward. Amelia's approach to therapy is rooted in both internal family systems and relational-cultural theories. These theories incorporate both internal functioning within individuals and environmental considerations such as oppression and marginalization that adversely impact clients' mental health.

Amelia enjoys hiking with her partner and her dog, snuggling with her cat, exploring Idaho's many mountain ranges, cooking delicious meals for her family, traveling, and gardening in her backyard. She is passionate about movement and is often on her yoga mat or on a walk with her dog after a busy day.

DELANEY VESCIANO

Mental Health Therapist

Delaney, LMSW, graduated from Boise State University with her Bachelor's Degree in Psychology and a Master's degree in Social Work.

Delaney is passionate about instilling hope to youth who have experienced trauma by implementing conversations about finding one's own resilience within the therapeutic relationship. She has worked considerably with those experiencing depression, anxiety, and trauma. Her vocational background includes after-school care where she created and implemented programming for emotional and social well-being, residential care for youth in foster care or families facing crises, and community-based rehabilitative services.

During her graduate education, she interned in foster care licensing for the Idaho Department of Health and Welfare and as a counseling intern at the Nampa Family Justice Center. Here, she counseled children and teens who were victims of physical, mental, emotional, and sexual abuse using various modalities. Primarily, Delaney utilizes Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy, with a focus on trauma, mindfulness, and attachment theories.

In her free time, Delaney practices self care by reading a book, doing something creative, or spending time with friends.

