

Newsletter

MAY 2022



WHAT'S HAPPENING THIS MONTH

- TEEN GROUP
- PARENT GROUP
- IDAHO MENTAL HEALTH MONTH
- H.O.P.E WEEK
- KIDS BOWL FREE
- TEAM DAY
- SWAG GIVE AWAY
- NEW EMPLOYEES

MAY GROUP SCHEDULE

TEEN GROUP

The Teen Mental Health Support Group runs from May 6th to July 21st. The group takes place every Thursday at the Noble office from 5:30-6:30pm



PARENT GROUP

Noble's new parent group will teach trauma informed parenting strategies using the Love and Logic Curriculum. This group runs from May 10th to June 14th and takes place every Tuesday from 5:30-6:30pm



STRENGTHENING COMPASSION THROUGH COMMUNITY

WWW.EMPOWERIDAHO.ORG

MAY IS MENTAL HEALTH MONTH IN IDAHO

"This year's theme for 2022 Idaho Mental Health Month celebrates the incredible possibilities when communities come together with compassion. We are better together because we each have a unique story and valuable perspective. Let's take a moment to hear and be heard, to cheer on our neighbors while also cheering on ourselves, and to appreciate the value of every person. Let's bring compassion to the forefront of the conversation about mental health in Idaho and beyond." - Empower Idaho

MAY 16 - 20

GET INVOLVED

SHARE YOUR STORY

Share your personal story with mental health with your social network and tag @EmpowerIdaho

ART EXHIBITION

Artists will have the opportunity to speak about their pieces and share their experience and relationship with mental health. More information on EmpowerIdaho.org

BIKES, HIKES, & KITES - H.O.P.E. WEEK

When we talk about H.O.P.E., we are focusing on building Healthy Outcomes from Positive Experiences. Optum Idaho, in partnership with Idaho Resilience Project (IRP), invites you to participate in Mental Health Awareness Month by bringing H.O.P.E. Week activities to your community. Engaging in fun activities is a great way to help reduce stress, build resilience and can be an easy way to initiate conversations on mental health. During H.O.P.E. Week, May 16-20, 2022, we invite you to host, participate and provide positive experiences such as:

- decorate community in H.O.P.E. chalk art
- arrange a walk or hike
- organize a donation drive
- paint a H.O.P.E. mural
- volunteer with friends
- celebrate successes at the dinner table
- arrange a walk or hike
- fly a #hopeliveshere kite (provided by Optum and IRP)
- organize a bike rally



RESOURCE ALERT!

KIDS BOWL FREE
JUNE 2ND - AUGUST 31ST

All summer long, registered kids can bowl two free games a day! Visit Kidsbowlfree.com to register your children and find participating locations throughout the nation. Treasure Valley locations include Emerald Lanes, Westy's Garden Center, Meridian Bowling Lanes, Pinz Bowling Center, and Caldwell Bowl. Hours vary by location.

TEAM NOBLE GOES BOWLING

#NOBLNIGHTOUT

Team Noble took to the Bowling Alley last month for some friendly competition and team building. Thank you to Westy's Garden Lanes for hosting our team event!



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



Noble Intent

NEW STAFF SPOTLIGHT

Liz graduated from Portland State University with a B.S. in Social Science where she focused on both psychology and sociology. She has experience working in early childhood education where she was fortunate to have worked with children and families from a wide variety of backgrounds. Through this work, she gained knowledge of behavioral observations and interventions, working with families as part of a larger team, and a true passion for the positive impact that community can have in our lives.

Liz is also extremely passionate about helping both children and adults heal from trauma and believes that every person is equipped with their own unique strengths and abilities that can help facilitate this healing. She is a firm believer that every individual is deserving of individualized and compassionate care and feels truly privileged to have the opportunity to assist in the process.

She is a lover of the mountains of Idaho, and in her spare time, you can find her hiking to hot springs, paddle boarding, and snowshoeing. You might also find her spending time with her family, at her beloved Basque block, or at a local thrift store searching for vintage treasures.

LIZ JAYO



**Community-Based Rehabilitation
Service Worker**

MADIE ORDAZ



Madie graduated from Brigham Young University Idaho with a B.S. in Sociology. She interned at a family crisis center for victims of sexual assault and domestic violence.

She was also a dispatcher during her time in school.

Madie served an 18 month church service mission to a Hispanic population and learned Spanish during this time. Helping others is a priority to her. She is enthusiastic in situations to bond or interact with someone in need.

Madie enjoys time with friends and family. She loves to cook and make her home feel warm and welcome. She attended a ballet academy for 15 years and loves music and dance. Madie plays the piano and the flute as well. She also loves swimming and all things summer!

**Community-Based Rehabilitation
Service Worker**