



Empower Idaho, a Program of Jannus, Inc.
1607 W Jefferson Street
Boise, ID 83702

REGION II
Behavioral Health Board

Dear Cindy Harris-Lindauer,

Empower Idaho, in partnership with the Region 2 Behavioral Health Board, is pleased to inform you that you have been chosen to receive the 2023 Mental Health Advocate Award in celebration of Idaho Mental Health Month. Each of Idaho's seven Behavioral Health Boards selected an individual in their respective communities who exemplifies community advocacy, resiliency, and passion for mental health. Your work embodies these qualities and deserves recognition and celebration.

A few words from the Region 2 Behavioral Health Board and Megan Comstock who nominated Cindy: I first met Cindy several years ago on my journey with my son and she has always been kind and patient as well as incredibly understanding. She has since become MJ's case manager and that change has opened doors and possibilities I didn't know existed. Her dedication to my son and to my family has been evident in her willingness to answer any question and advocate for my family. There have been so many times where I felt like I was running into brick walls and I didn't feel that I was being heard. I know Cindy hears my concerns and advocates for my son. We are in the process of transitioning my son home in early August from yet another residential treatment center. Every other time we have started this journey I have felt I was alone, fighting for what he needed and what we needed to make sure discharge was successful. I felt it was being forced on me whether my son was ready, whether I was ready or not. For the first time in over 6 years I feel confident that this transition will lead to my son being able to be successful at home. On Tuesday, Cindy came to my home for over an hour to just listen, I was able to share my biggest fears about my son coming home without judgement and reassured me again that we are not alone in this journey. Because of my faith in Cindy, I have shared with other families who are struggling with Children's Mental Health concerns that there is help and Cindy has followed up and been a lifesaver for them as well.

Congratulations on receiving this meaningful recognition. The Empower Idaho team is grateful for the opportunity to honor you in this way. We are in the process of creating a physical award to commemorate what you mean to the Idaho Mental Health Community, which will be mailed to you. In the meantime, please accept this certificate in recognition of all of your hard work and commitment to helping others!

Sincerely,

Alejandra Del Toro
Empower Idaho Program Manager