



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



Dear Jamie Shelamer,

Empower Idaho, in partnership with the Region 5 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 5 Behavioral Health Board: Jamie is a Junior in high school, and for her personal project this past year (which was after last year's award), she designed beautiful weatherproof stickers, utilizing art as an outlet to cope with her very own mental health triumphs. These stickers were not only beautiful but came straight from the heart with a design for everyone, some featured positive phrases on them, and others were beautiful Idaho scenery or the night sky lit up with twinkling stars. These designer stickers were sold all over the Wood River Valley as well as online, selling out multiple times! She raised several thousand dollars and donated all of the money to the two causes that had the most meaning to her, NAMI-WRV as our youth program helped her through her largest hurdles while battling depression and anxiety. The other organization she donated the other half of the proceeds to was Hiatus Ranch, as her mother is retired from the Army, and furthermore as the daughter of two law enforcement professionals, with her father still actively working for the Bellevue Marshal's Office. It was a phenomenal transformation to witness throughout the years, and at a time when her peers were using their personal projects to learn how to do acrylic nails or design costumes, she not only spoke openly about mental health in front of her whole community as a teenager, but raised money to help others!

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 your hard work and commitment to helping others!

Sincerely,

Alejandra Del Toro  
*Empower Idaho Program Manager*