

May 27, 2020



Dear Christina Cernansky,

Empower Idaho is pleased to inform you that you have been selected by the Region 5 Behavioral Health Board as their 2020 Idaho Mental Health Month Advocate Awardee! The Behavioral Health Board was asked to identify an individual in their community who exemplifies community advocacy, resiliency, and dedication to the advancement of mental health in Idaho. All of these qualities were recognized in you and are deeply appreciated by your community.

The Board has selected you as their Mental Health Advocate because of your work with NAMI, your work to create supports groups and awareness campaigns like Blue Birds and Stop Stigma, and your advocacy work helping people with mental health conditions at the state and national level. You have shown your passion and commitment for helping others and the Board recognizes all of your hard work.

Your physical award will be mailed at a later date due to the impact of COVID-19 on local business operations. In the meantime, please accept this certificate in recognition of all of your hard work and commitment to helping others, which has not gone unnoticed. On behalf of the Region 5 Behavioral Health Board and Empower Idaho, we thank you for your community-mindedness and for your example of what it means to be an advocate. Congratulations on receiving this prestigious acknowledgement!

Sincerely,

Anna Guida, MPA  
Project Manager - Empower Idaho