



South Central
Public Health District

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HEALTH HEROES

2026

Celebrating local excellence in Public Health



WHO IS A HEALTH HERO?

Every year, South Central Public Health District asks local residents to nominate neighbors that go above and beyond to improve the health of people in their community.

Past winners include students, doctors, emergency responders, educators, and everyday citizens who responded to needs they found in their neighborhoods.

We are grateful for the opportunity to honor the hard work, dedication, and self-sacrifice these residents show as they find ways to improve their communities, and are proud to present the 2026 Health Heroes winners in the following pages.



TogetherWe

FORMERLY
Mental Well-Being
Initiative (MWBI)

*Health Heroes 2026 Winner:
Organization*

TogetherWe is a community-driven organization improving mental well-being in Blaine County. Through collaboration with more than 60 local partners, TogetherWe strengthens prevention, crisis response, and access to care while building a more connected system of support for people of all ages.

The organization has played a key role in expanding compassionate mental health services, including helping develop a clinician-led Co-Response Crisis Team with the Blaine County Sheriff's Office and healthcare partners. TogetherWe also works proactively to prevent crises through community connection, education, and outreach.

By reducing stigma, aligning community resources, and empowering residents through programs like the Well-Being Ambassador initiative, TogetherWe is helping create a healthier, more resilient Blaine County where people feel supported, connected, and cared for.



**KYLI
GOUGH**

Health Heroes 2026 Winner: Adult Professional

Kyli Gough is a driving force for community health in Southern Idaho. As Community Engagement Director for St. Luke's, she helped align healthcare providers, nonprofits, and public agencies around shared health priorities, ensuring resources and funding reach the communities that need them most.

Kyli played a key role in establishing the Center for Community Health and strengthening collaborative, data-driven approaches to community wellness. She also oversees the Community Health Grant program, helping direct millions of dollars toward local organizations addressing mental health, access to care, food security, and preventive health initiatives across the region.

Through her vision, persistence, and commitment to partnership, Kyli has created lasting impact. Her ability to connect people, build trust, and turn ambitious ideas into meaningful action has improved the well-being of countless individuals and families.



Health Heroes 2026 Winner: Adult Volunteer

Cathy Wilson has spent more than 20 years helping seniors in the Magic Valley stay active, connected, and healthy through her free Tai Chi and Qigong classes. Cathy combines movement, stretching, and breathing techniques that improve balance, reduce stress, and encourage healthy aging.

Beyond physical wellness, Cathy creates a strong sense of community and belonging for older adults who may otherwise feel isolated. Her classes bring people together from across the region to socialize, support one another, and build friendships, while her compassion and encouragement inspire participants to live healthier, more active lives.

At 79, Cathy continues to lead by example with energy, creativity, and kindness. Whether through wellness classes, community gatherings, or her award-winning photography, she is a source of joy, connection, and inspiration for countless people in her community.



Ashlynn Holler demonstrated remarkable compassion and leadership through her senior project benefiting Valley House. She organized a community bake sale, secured donated ingredients through additional fundraising efforts, and personally baked and prepared every item herself to raise money for individuals and families experiencing homelessness.

Ashlynn's project not only provided direct financial support for shelter services, food, and basic necessities, but also raised awareness and inspired others in the community to give back. Her efforts helped bring people together around a meaningful cause while promoting kindness, compassion, and community involvement.

Her dedication and work ethic were evident in every detail of the project, including staying up until 4:00 AM baking to ensure its success. Through her generosity, perseverance, and genuine care for others, Ashlynn has made a lasting impact.



HONORABLE MENTIONS

Every year, South Central Public Health District receives nominations for Health Heroes all over our health district.

Thank you to all of the members of the community that took the time to nominate their Health Heroes, and thank you to these Heroes that go above and beyond to improve public health in their communities:

Angela Brady (St. Luke's)

Nominated for an unwavering commitment to ensuring compassionate, high quality care for survivors of sexual abuse across the district through a partnership with Penn State University's SAFE-T program.

ARES/RACES - Amateur Radio Emergency Services

Nominated for outstanding volunteer emergency communications services. Their work is a crucial support system for community leaders, first responders, and citizens during incidents.



HONORABLE MENTIONS

Jill Skeem

Nominated for her volunteer work in the Rotary Club and the Pickeball Association of Twin Falls, including large fundraising efforts.

Dr. Keith Davis

Nominated for excellence in advancing healthcare access in Lincoln County, including working to help establish a Family Health Services office in Shoshone.

Lynn Rice, LCSW (Be Inspired Therapy)

Nominated for providing outstanding care through mental health counseling, being an advocate for decreasing stigma, and assisting LMSWs with attaining their clinical certifications.

Monique Middlekauff, PhD

Nominated for extensive efforts to prevent chronic disease through education, both in her work in lifestyle medicine and at Boise State University's Department of Kinesiology.



HONORABLE MENTIONS

Rae Jensen

Nominated for being a strong leader in breast cancer awareness and being a phenomenal patient advocate, going above and beyond in her role as Director of Medical Imaging at Minidoka Memorial Hospital.

Sabrina Roblin

Nominated for her chaplain work with St. Luke's and her volunteer leadership work with the Community Loss Team, ensuring timely, compassionate, and coordinated support following sudden loss.

Susan Baca

Nominated for more than 35 years of supporting teens who have experienced abuse and neglect, teaching them life skills to help them transcend adversity.

The Walker Center

Nominated for 50 years of service, working to prevent the disease of addiction and promote healthy lifestyles through recovery.



**THANK
YOU!**

*Thank you for joining us as we
celebrate the good work of great people
in our community. It is so important to
honor the heroes around us.*

*SCPHD is grateful for the opportunity
to do so with you.*



ABOUT SCPHD

Prevent. Promote. Protect.

South Central Public Health District is a leader in the multi-county concept of providing public health services.

We have offices in Bellevue, Gooding, Heyburn, Jerome, and Twin Falls. With part-time clinics in Shoshone and Fairfield as well, we serve all eight counties of South Central Idaho and are part of a statewide system of seven public health districts.

SCPHD's mission is to prevent disease, promote healthy lifestyles, and to protect and prepare the public against health threats.

SEE YOU NEXT YEAR!

For more information, visit:



phd5.idaho.gov/health-heroes