

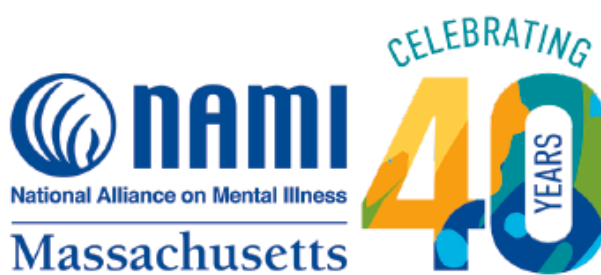


Saturday, November 5th

8:00 AM – 4:00 PM

The Westin Waltham





Welcome to the 40th Annual NAMI Massachusetts Convention

Celebrating 40 Years of NAMI Massachusetts

Changing Tomorrow Together

We would like to thank our incredible
convention sponsors!

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Special Needs Trusts

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Agenda at a Glance

8:00 AM – 9:00 AM	Registration and Breakfast
9:00 AM – 10:30 AM	Keynote
10:45 AM – 12:15 PM	Morning Workshops
12:30 PM – 2:00 PM	Luncheon, Awards, and Book Signing
2:15 PM – 3:45 PM	Afternoon Workshops
3:45 PM	Close of Convention



**If you or your loved
one is overwhelmed by
mental health
challenges, we can help**

You Are Not Alone

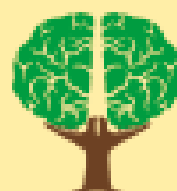
**Dorchester, Mattapan,
Roxbury Communities**



**Nothing
About Us
Without Us**

Peer Communities

Latinx Communities



**info@namigreaterboston.org
(781) 819-3282**

Venue Map



Convention Quiet Room

Our Quiet Room will be open from 9:00 AM to 3:00 PM.

Stop by for a place to take a break.

Check in with the registration table for location information.

In-Depth Convention Agenda

8:00 AM – 9:00 AM **Registration and Breakfast**

Eden Valle Ballroom

8:30 AM **Exhibits & Art Marketplace Opens**

Eden Valle Ballroom Foyer

9:00 AM – 10:30 AM **Morning Plenary**

Eden Valle Ballroom

Welcome Remarks

Annabel Lane, President, NAMI Mass Board of Directors

Keynote Address

Dr. Ken Duckworth and Panelists

*Introduced by: Eliza T. Williamson, Deputy Director,
Programs*

10:45 AM – 12:00 PM **Morning Workshops**

Recovery Education and Learning (REAL)
Program: A Training & Internship Program
for People with Lived Experience

Christopher Laureano

Crisis Response in Massachusetts and
Where We Are Heading

Jacqueline Hubbard, Beth Lucas

Cultivating Self-Compassion for Mental
Health Condition Recovery

Lindsay Farnum

Building Community in Group Homes:
Lessons Learned during the Pandemic

*Kelly Irwin, Jane Martin, Stephen Scully, Robert
Cadigan, Amie Sica*

The Peace of Mind a Special Needs Trust
Provides

Kathy Vitello, Mark Coletta, Joan McGrath

In-Depth Convention Agenda

Continued

12:15 PM – 2:00 PM

Luncheon

Eden Valle Ballroom

Awards & Recognitions

*Presented by: Eliza T. Williamson, Deputy Director,
Programs*

Book Signing with Dr. Ken Duckworth

Eden Valle Ballroom Foyer

2:15 PM – 3:45 PM

Afternoon Workshops

Changing the Course of Young Adult
Career Trajectories: The HYPE Course in
Massachusetts

Debbie Nicolellis, Samantha Hersh, Tatianna Bates

Envisioning the Future of Crisis Response:

Brenda Vezina

The Value of the Peer Respite Model

Jasmine Quinones, Faith Sousa, Vesper Moore

Creative Curiosities: The Healing Power
of Art

Heidi Lee, Meg Wiechnik

Beat the Stigma: From Awareness to
Action

Anna Rittenburg, Johanna Chao Kreilick, Amy Rose

Settling the Mind into Stillness: The Role
of Yoga and Mindfulness in Mental
Health Recovery

Wendy R. Arena, Mark Arena

3:45 PM

Close of Convention

Convention Exhibitors

We would like to thank all Convention exhibitors for their participation.
Please visit with exhibitors in the Eden Valle Ballroom Foyer.



Janssen is proud to partner with NAMI Massachusetts on issues related to healthcare access for the citizens of the Commonwealth.

Congratulations to NAMI Mass for their tireless dedication to behavioral health in Massachusetts.



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health services for
better lives and
stronger communities.**

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Art Marketplace

Be sure to check out the Art Marketplace in the Eden Valle Ballroom Foyer.
We are grateful to these talented artisans for their work with us.

Diane Joe
Quilted and Handwoven Items

Adrian Fink
Framed Drawings and Bookmarks

David Grey
Paintings and Cards

Richard Weber
Stained Glass

Michele Urgo
Pottery

Sandra Whitney Sarles
Greeting Cards

Sindhu George
Paintings on Canvas

Ryan Markley
Paintings and Prints

Debra Smith
Written Work

Congratulations to
NAMI Massachusetts
and the volunteers across the state
on **40** years of providing
support, education, and advocacy!



Central Middlesex



"By spreading awareness and understanding, perhaps we can diagnose more people and save lives."

Katie says that deciding to get help for both her eating and bipolar disorders was the hardest thing she's ever done. However, it was the thing that literally saved her life.

See more of Katie's story and many more at an art exhibit at Logan Airport in the gallery between Terminals B and C.

Share your story at DeconstructingStigma.org.

Deconstructing
Stigma

Presented by



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

Keynote Biographies

Ken Duckworth, MD
Chief Medical Officer, NAMI



Ken Duckworth, MD, is the Chief Medical Officer of the National Alliance on Mental Illness (NAMI) and has worked with NAMI since 2003. Ken is board certified in adult psychiatry and child and adolescent psychiatry, and is an assistant professor of psychiatry at Harvard Medical School. He was previously Acting Commissioner and Medical Director at the Massachusetts Department of Mental Health. Ken has worked on an assertive community treatment team, at an early psychosis program, at an elementary school, at a health plan, and with people who are unhoused. His passion for this work comes from his loving dad who had bipolar disorder. Ken lives with his family in Boston.

Cathy Guild



Cathy Guild has a personality which matches her energy. She has stayed positive even in her worst situations. This positive attitude has helped her move forward in life. It started when she was a youth growing up in public housing and continued as she navigated her way through life's situations. Cathy went to Bunker Hill Community College as an adult learner, majoring in Executive Office Business Administration. Cathy has always had a passion for Business Administration. She sees it as being the Executive Liaison to the people she has assist and partner with. Cathy is the proud mother of five children. Three naturally and two from her previous marriage where she proudly states, "I can leave the marriage, but I will never leave the children."

Josh Santana



Josh Santana thrives as a real estate agent throughout Boston and Northeast MA. He is also a musician and plays violin with the Me2/Orchestra. He enjoys the companionship of his dog especially for activities like hiking, camping, and frolicking in the snow. Whether it's helping clients to buy or sell their homes or playing beautiful music in an ensemble, the strongest driving factor behind all of his endeavors is to share love, joy and positivity with the world.

Keynote Biographies

Nancy-Lee Maugar



Nancy-Lee Maugar is a gifted visual artist who began her career as a musician. She was an accomplished French Hornist in the Boston area for 32 years. Despite her love of music, her chosen path was not always smooth; she coped with mental health issues for many years. Along the way, she discovered art therapy and began painting. In 2010, Nancy-Lee was diagnosed with Dissociative Identity Disorder.

Nancy-Lee has pursued art in a number of arenas, including creating public works of art around Boston and creating works for solo exhibitions locally.

She is starting her first book illustration and planning to write about her experiences with art and disability to provide support for others with similar aspirations and experiences. Nancy-Lee also hopes to use her art as a way to promote Mental Health awareness. In addition to being a musician and painter, Nancy-Lee is the mother of two children, now young adults. She lives in Needham, Massachusetts.

Sukhmani Bal, MPH



Sukhmani Bal, MPH, is a recent graduate of the Boston University School of Public Health where she focused on Community Health, Mental Health and Substance Use. She did her undergraduate work in Biopsychology, Cognition, and Neuroscience. Through community engagement and cross cultural education she hopes to empower individuals to actively participate in their own treatment. By sharing her lived experience to educate both the public and medical community she hopes to ameliorate the stigma attached to seeking treatment and make quality care accessible to all.

Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marion, Marshfield, Pembroke, Plymouth, Plympton, Rockland, Wareham, Whitman



NAMI
National Alliance on Mental Illness

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AREA**





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<https://hbtrc.mclean.harvard.edu/>



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HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



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Since our founding in 1781 in a market stall in Osaka, Japan, our values endure by putting patient needs first, building trust with society, strengthening our reputation, and developing the business - in that order.

WE ARE ALL ABOUT MUTUAL SUPPORT.....

NAMI GREATER BOSTON PSAN PEER SUPPORT AND ADVOCACY NETWORK

Opportunities for people with lived experience of mental health struggles

For more information on how to join one of the groups, contact
Ewa Pytowska, CAGS, CPS at ewa.pytowska@gmail.com

- **On Zoom:** Weekly Peer Support Group on **Tuesdays, from 11 to 1pm**, also one Thursday evening each month.
- **On Zoom:** Peer Support Group for Young Adults on Wednesdays, **Biweekly from 7:30 to 9pm**.
- **In person:** Weekly walks in downtown Boston and optional shared meal **Fridays 12 - 2pm** weather permitting. Co-sponsored by the Metro Boston Recovery Learning Community (MBRLC)

FOR ALL OTHER OPPORTUNITIES AVAILABLE THROUGH NAMI GREATER BOSTON PSAN,
Please contact **Howard Trachtman, BS, CPS, CPRP, COAPS** at
hdt@namiboston.org or 781.642.0368

- **Opening Doors to the Arts (ODA)** program offers free and reduced price tickets to concerts, theatrical productions and movies. It is an opportunity to go out with peers and occasionally to join others for a performance-related meal. For more information, go to <https://openingdoorstothearts.org/> and subscribe.
- **Social events** such as sailing together, bowling, harbor cruises, etc. typically take place during the summer/fall. You need to be a member of the PSAN community to participate.
- **Recovery Speakers** is a monthly speakers program where peers share their recovery stories, their work experiences and programs/initiatives they are involved with. It takes place **every third Thursday from 6:30 to 7:30pm**. For more information, go to: <https://www.mbrlc.org>. If you would like to become a zooming speaker, or get the link to the meeting, please contact Howard.

NAMI Massachusetts in Forty Years

NAMI Massachusetts

is incorporated,
and they hold their
first state-wide
convention.

Family-to-Family
launches in MA.

1982

1995

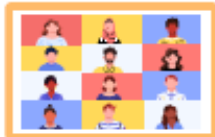
1996

2000

Family Support
Groups launch
in MA.

1st annual NAMI Mass Advocacy Day.**

An **Act relative to Mental Health Benefits**, a mental health parity bill requiring health insurance plans to provide parity of coverage for mental illnesses, passes. NAMI Mass was a champion of this bill.



Ending the Silence launches in MA.

In response to the COVID-19 pandemic, NAMI Mass transitions to offering virtual programming for the first time. **Virtual programming** continues today to increase accessibility to our programs.

NAMI Mass develops and launches **Allies for Student Mental Health**, based on work with NAMI NJ on Educating the Educators.

2020

2019

2016

2015

Sharing Your Story with Law Enforcement launches in MA as one of two National pilot sites.

NAMI Mass develops and launches **Compass Helpline**.

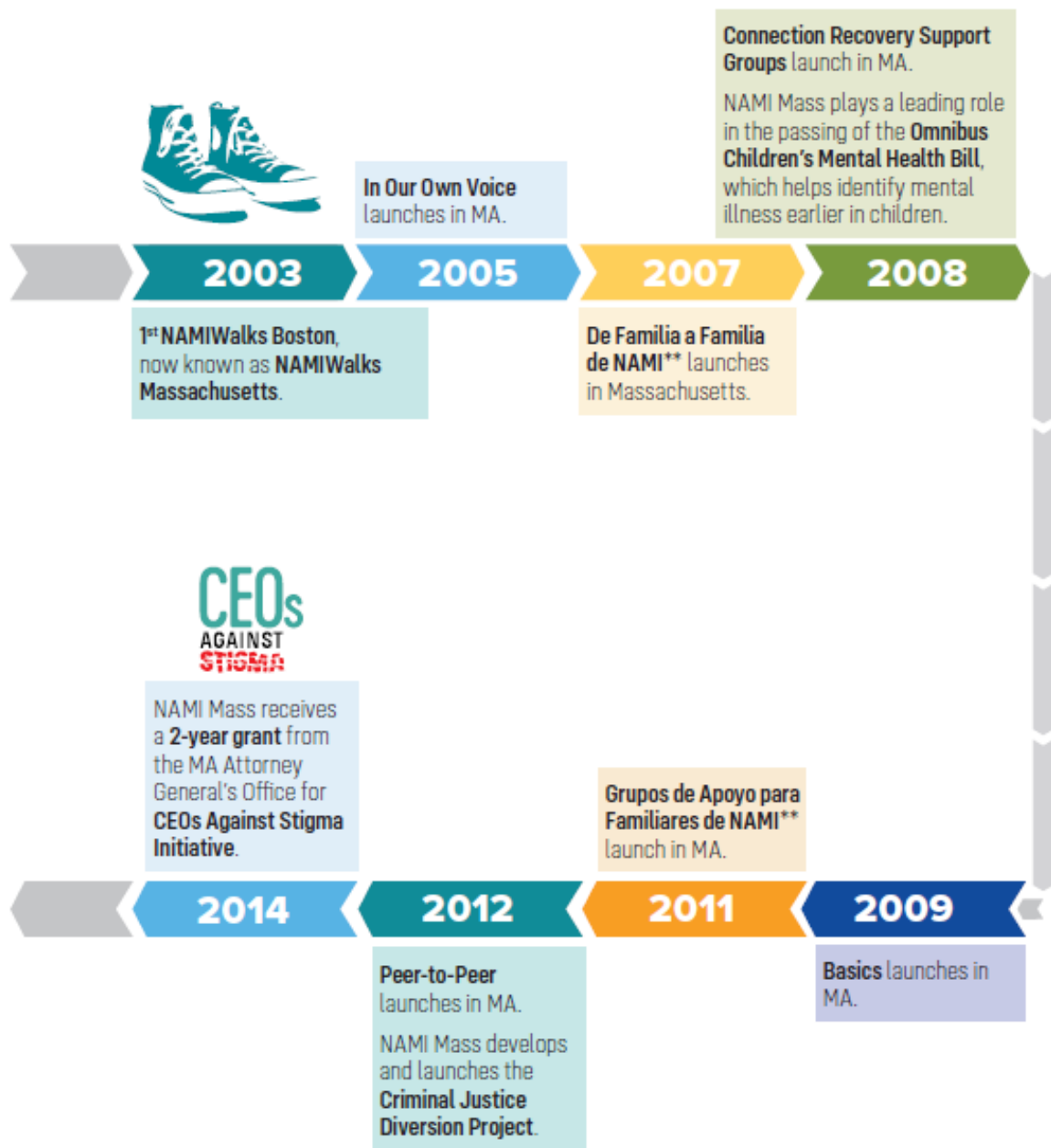


2021

2022

NAMI Smarts for Advocacy launches in MA.

NAMI Mass develops and launches **Sharing Our Stories**.
NAMI Mass hires a Spanish speaking **Compass Navigator**.
Mental Health ABC Act 2.0: Addressing Barriers to Care (ABC) passes.



- * NAMI Mass chose to focus on programs that have continued to grow throughout our 40 years and still exist today. This is not an exhaustive list of all the programming that has happened over the last 40 years.
- ** This is the first full record of our programmatic history that NAMI Mass has undertaken. We are grateful for the help of our wonderful networks and community in piecing it together. Some of these dates are estimated, as we were unable to verify exact dates.

Workshop Descriptions:

Morning Session

Recovery Education and Learning (REAL) Program: A Training & Internship Program for People with Lived Experience

The Recovery Education and Learning (REAL) Program is an innovative entry-level training and internship program for people with lived experience receiving services in the mental health system. The REAL Program provides an opportunity for individuals with lived experience to learn about Peer Support and Mental Health Provider work and gives them choices of which professional path they would like to take. The unique part of the REAL Program is that it is a low-barrier program where there is no interview screening or application process, so everyone who identifies as someone with lived experience and expresses interest in the REAL Program Training is eligible for the program. This workshop will provide information to attendees about the REAL Program and how it can be a valuable resource for anyone with lived experience who is interested in human service work as a Peer Specialist or a Mental Health Provider.

Facilitator: *Christopher Laureano, Recovery Education and Learning (REAL) Program Director, Bay Cove Human Services, Inc. (he/him)*

Crisis Response in Massachusetts and Where We Are Heading

Crisis response has become a key topic across the country after the implementation of 9-8-8, but there is still a lot of work to be done. It is crucial to have frequent conversations within our community as well as with members of the state legislature and other government officials on how the state can best support people and families impacted by mental health conditions during a crisis. This workshop will focus on the state's current crisis response efforts, specifically the upcoming launch of the Behavioral Health Helpline, and will provide an opportunity for group discussion about specific areas of crisis response.

Facilitator: *Jacqueline Hubbard, Esq., Policy Director, NAMI Massachusetts (she/her)*

Facilitator: *Beth Lucas, Deputy Commissioner for Mental Health Services, Department of Mental Health (she/her)*

Cultivating Self-Compassion for Mental Health Condition Recovery

Shame is a common symptom associated with mental health conditions and self-compassion can be challenging. Providing tools and starting steps to cultivate self-compassion is an imperative part of recovery. This workshop aims to plant the seeds of self-compassion through personal stories, writing exercises, group discussion and actions and tools to cultivate self-compassion in the future. Everyone can benefit from self-compassion!

Facilitator: *Lindsay Farnum, Applied Compassion Facilitator, Stanford University Center for Compassion and Altruism Research and Education (she/her)*

Workshop Descriptions:

Morning Session

Building Community in Group Homes: Lessons Learned during the Pandemic

The goal of this workshop is to share experiences and lessons learned during the COVID-19 pandemic from people and families impacted by mental health conditions, clinicians, and providers, and to generate creative ideas together to build community and connection in group living environments. This will be an important opportunity to reflect together at this stage in the pandemic to identify current challenges, highlight gaps in policy recommendations, and generate creative ideas about how to decrease isolation and come together to build community across the continuum of care. The facilitators will share their personal experiences and invite audience members to explore ideas for how group homes can feel more like homes.

Facilitator: *Kelly Irwin, Director of Collaborative Care and Community Engagement Program, Massachusetts General Hospital (she/her)*

Facilitator: *Jane Martin, President, NAMI Cambridge/Middlesex (she/her)*

Facilitator: *Stephen Scully, Professor of Classical Studies, Boston University (he/him)*

Facilitator: *Robert Cadigan, Associate Professor, Boston University (he/him)*

Facilitator: *Amie Sica, Director of Recovery and Peer Services, Riverside Community Care (she/her)*

The Peace of Mind a Special Needs Trust Provides

The goal of this workshop is to provide information about what a special needs trust is, why professional trustee services are important, ways to fund a trust, and strategies to preserve benefits and increase quality of life. Facilitators will share case studies and best practices based on their experiences working with people living with mental health conditions. This workshop is designed for families, advocates, and support professionals who provide support and guidance to people diagnosed with mental health conditions.

Facilitator: *Kathy Vitello, Licensed Social Worker and Director of Operations, PLAN of MA & RI (she/her)*

Facilitator: *Mark Coletta, Community Relationship Manager, PLAN of MA & RI (he/him)*

Facilitator: *Joan McGrath, Executive Director, PLAN of MA & RI (she/her)*

Together we do more.

PLAN of MA & RI is a nonprofit organization offering special needs trust administration and social services for people of all ages with mental health, developmental and physical disabilities.

Our knowledgeable and compassionate licensed social workers, attorneys, and investment experts look forward to learning more about how we can help you and the people who are important to you.



Preserve Assets

Protect benefits

Live well

To discuss your options with a specialist, contact us today!



Special Needs Trusts

WHY CHOOSE PLAN:

- **We take a holistic approach:** From managing disbursements to staying up to date on changes in laws, we make sure individuals can continue to live well while protecting their benefits and preserving their assets.
- **We provide peace of mind:** Our licensed social workers are knowledgeable and experienced, providing guidance and efficacy to each beneficiary.
- **We help preserve family relationships:** We take care of the regular and often complex financial transactions so you can focus on what matters most.
- **We understand specific needs for those over the age of 65:** 70% of our beneficiaries are 65 and up - we are well-versed in the unique challenges this group faces.

WHAT MAKES PLAN UNIQUE:

- **Oldest and largest special needs trust in New England:** We were founded by parents of children with disabilities in the late 1960's and incorporated in 1971. We currently serve over 700 beneficiaries and have over \$65 million in assets under management.
- **Dedicated social support service:** Our compassionate social workers help our beneficiaries find ways to live well while staying informed on the ever-changing rules of special needs trusts and public benefits.
- **No minimum required:** Beneficiaries can join the trust with any amount of money.

OUR SERVICES:

Our all-inclusive model includes:

- ✓ Review and payment of disbursement requests
- ✓ Professional fund investment
- ✓ Annual accounting
- ✓ Tax statement preparation
- ✓ Service coordination via veteran team of Licensed Social Workers, who are trained experts

Trusts that we administer:

First Party Trust (your own money)

- First Party (d)(4)(A)
- Pooled Trust (d)(4)(C)

Third Party Trust (someone else's money)

- Third Party Standalone
- Pooled Trust (d)(4)(C)
- Future Funded



OUR MISSION:

We proudly serve people with disabilities – lifelong or related to illness, injury, or age – helping to preserve assets, to protect access to public benefits, and to live well.

SOCIAL

@PLANofMAandRI



Workshop Descriptions:

Afternoon Session

Changing the Course of Young Adult Career Trajectories: The HYPE Course in Massachusetts

The HYPE Course is an offering of Helping Youth on the Path to Employment. The HYPE Course supports young adults with mental health conditions (ages 18–30) to advance their careers through employment and education. The HYPE team is working to enact real change in the career trajectories of young adults in Massachusetts by bringing career preparation opportunities to agencies looking to offer the information, tools, and real-life strategies young adults need in order to make informed career decisions. In this workshop, Young Adult Facilitators/Coaches with lived experience will detail how the innovative HYPE Course advances career development and how they are creating sustainability for the HYPE Course in Massachusetts by training agency staff across the Commonwealth. This interactive workshop is ideal for young adults living with mental health conditions, family members, and providers working with young adults.

Facilitator: *Debbie Nicolellis, Training Director, Transitions to Adulthood Center for Research, UMass Chan Medical School (she/her)*

Facilitator: *Samantha Hersh, Research Coordinator, Transitions to Adulthood Center for Research, UMass Chan Medical School (she/her)*

Facilitator: *Tatianna Bates, Summer Intern, Madison Park Development Corporation (she/her)*

Envisioning the Future of Crisis Response: The Value of the Peer Respite Model

In this workshop, participants will learn about Karaya Peer Respite, mobile peer support, and the value of the peer-run respite model. The peer respite model is unique and is an important resource to different communities, particularly communities who have experienced issues with traditional crisis services. Through this workshop, participants will explore the importance of non-carceral mental health and self-determination.

Facilitator: *Jasmine Quinones, Director of South County & Peer Respite Services, Kiva Centers (she/her)*

Facilitator: *Faith Sousa, Peer Respite House Manager, Kiva Centers (she/her)*

Facilitator: *Vesper Moore, Chief Operating Officer, Kiva Centers (they/them)*

Facilitator: *Brenda Vezina, Chief Executive Officer, Kiva Centers (she/her)*

Workshop Descriptions:

Afternoon Session

Creative Curiosities: The Healing Power of Art

Art is a language we can learn to enhance our healing. The facilitators are both Peer Specialists and artists, and this workshop will use their lived experience to demonstrate how art can be a healing tool. They will share stories and artwork, discuss strategies for accessing art, and invite workshop members to create art with them. This workshop hopes to foster connection and hope through artwork and stories, and attendees will leave with strategies for incorporating art into their everyday lives.

Facilitator: Heidi Lee, M.Ed., CPS, Harm Reduction Specialist, Boston Health Care for the Homeless Program (she/her)

Facilitator: Meg Wiechnik, Certified Peer Specialist, Ellenhorn, LLC & McLean Hospital (she/her)

Beat the Stigma: From Awareness to Action

The purpose of this workshop is to provide a safe and collaborative space to have conversations, and to explore ideas and kick-off initiatives focused on early intervention and eliminating the stigma around mental health conditions. The facilitators will share their personal mental health journeys and their experience developing a mental health awareness program at Rockport Public High School. Audience members will learn about a comprehensive framework for driving change and will have the opportunity to participate in a collective brainstorming session to develop mental health initiatives. We look forward to Changing Tomorrow Together!

Facilitator: Anna Rittenburg, Consulting Manager, Ernst and Young (she/her)

Facilitator: Johanna Chao Kreilick, President, The Union for Concerned Scientists (she/her)

Facilitator: Amy Rose, Principal, Rockport High School (she/her)

Settling the Mind into Stillness: The Role of Yoga and Mindfulness in Mental Health Recovery

Yoga is a practice that allows the mind to rest and reset by focusing attention on the breath and on the physical body. It's a myth that you need physical flexibility to do yoga; mental flexibility is the true goal. This flexibility allows us to reframe events in a way that enables a recovery-oriented mindset. This goal of this workshop is to demonstrate through practical application and the sharing of a first-person lived experience case study, the effectiveness of yoga as an adjunctive healing modality. This interactive workshop is intended for people impacted by trauma and other mental health conditions, as well as mental health care providers.

Facilitator: Wendy R. Arena, MS, RN, RYT-200, Instructor, Fitchburg State University (she/her)

Facilitator: Mark Arena, MS, RN, U.S. Army (ret.) (he/him)



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Board of Directors: Candidate Biographies

Annabel Lane (candidate for re-election)

Annabel is the current NAMI Mass President of the Board of Directors and, if elected, will continue to serve in this role.

As the current president of the NAMI Mass Board of Directors, I am committed to continuing to support NAMI Mass' mission of improving the lives of those impacted by mental health challenges. I am running to remain on the board in order to provide stability of leadership during the upcoming transition from interim executive leadership to a long-term executive director. I hope to build on the work we've done over the past few years to forge healthier collaboration and communication between board, staff, and affiliates, and continue to strengthen NAMI Mass' advocacy voice across Massachusetts.

I have been involved with NAMI Mass for over 10 years, ever since interning at the state office in 2012. I am a Licensed Independent Clinical Social Worker and I now work at the Brookline Police Department, where I support community members in crisis and coordinate trainings for first responders on behavioral health response. My work has brought me face-to-face with the immense challenges that face people and families impacted by mental health challenges. I rely on NAMI programs as a vital resource and place where people can build connection and healing despite the barriers of our service systems. I also serve as a clinician on the Greater Boston Critical Incident Stress Management Team, which supports police officers with their own mental health following traumatic incidents.

Evan Rockefeller (candidate for re-election)

Evan is the current Vice President of the NAMI Mass Board of Directors and, if elected, will continue to serve in this role.

I am approaching the conclusion of my first term on the NAMI Mass Board and am running for re-election. I was elected Vice President of the Board in August 2021. In my 3 years on the board, I have served on a variety of committees, including at least 2 years each on the Executive Committee, the Nominating and Governance Committee, and the Inclusion, Diversity, Equity, and Awareness Committee, where I share my perspective as a gay trans man with over 20 years of lived experience with a mental health condition. I also have co-chaired and currently serve on the Strategic Direction Committee. I was a member of the ad hoc committee that hired our current Interim Executive Director, and I am currently chairing the Executive Search Committee as we move toward hiring our next permanent ED.

Over the last year serving as Vice President with Annabel Lane as Board President, we have been working hard to establish a clear vision for the organization, improve board and organizational culture, increase board diversity, and focus on DEI, and enhance transparency of board processes. As Vice President, I have been in ongoing close consultation with the interim ED, Board President, and key staff who make up the transition team, and I have been intimately involved in many aspects of the leadership transition the organization is undergoing. As such, I have a good deal of organizational knowledge that will be important to communicate to the next ED. I think it will be critical for there to be stability in board leadership as we hire and onboard a new Executive Director. I am committed to being there to provide strong support for the new ED, as well as stability for the staff and the organization as a whole, so that we have the best chances of success and growth in the next few years. I would be honored to continue to serve on the NAMI Mass Board of Directors.

Karen Wolfson (candidate for re-election)

Karen is the current Treasurer of the NAMI Mass Board of Directors and, if elected, will continue to serve in this role.

NAMI saves lives. NAMI changes lives. Mental Health is Health, and I am committed to making a difference for those that live with mental health issues, the families who support family members living with mental health issues and to eliminating the stigma.

When my children were little, I recognized the signs of anxiety...I too had struggled with anxiety at different times in my life. I had seen many in my extended family struggle with their mental health as well. When my children became teenagers, I saw them struggling with anxiety and depression. The challenges often dominated our family's ability to communicate and function. We sought out supports for each of us individually and as a family unit. As I spoke to friends and shared our family challenges, I found that they either had their own personal struggles or that their

Board of Directors: Candidate Biographies

children were grappling with similar issues or both. I also found that people were often uncomfortable sharing, were afraid of others' reactions and judgment.

While we struggled, we first heard of NAMI and my husband, and I enrolled in Family-to-Family. The course was tremendously educational and helpful, and our group quickly became a very supportive community. We found NAMI at a vulnerable time in our lives.

For the past five years I've had the honor of serving on the NAMI Massachusetts Board and as Treasurer. During that time, I've also chaired the Finance Committee and served on the Executive Committee. I also served on the Ad Hoc Interim Executive Director Search Committee, and I am currently serving on the Executive Director Search Committee.

Professionally, I have advised non-profit institutions on tax matters for more than twenty-five years. I am currently the Assistant Vice President, Taxation for Beth Israel Lahey Health (BILH). In this role I am responsible for network-wide tax strategy, tax issues and tax compliance. I work with both internal and external stakeholders, including but not limited to senior management at BILH and senior leadership teams throughout the network, internal and external legal counsel, compliance, human resources, finance and reimbursement, payroll, development, and community benefits. I am an attorney and have an undergraduate degree in economics.

I am asking for your support so that I can continue in my roles as Treasurer and Trustee and so that I can continue to further the important work of NAMI Massachusetts.

Thank you in advance for your consideration.

Betsy Post

I would like to serve on the NAMI Mass Board because I am passionate about NAMI's mission to improve the lives of those impacted by mental health challenges.

I joined NAMI in 2016. While my family and I continue to face significant challenges, being part of this extraordinary community where wisdom and support are freely shared has changed our lives for the better. I am an active Board member of the NAMI Cambridge-Middlesex affiliate. In addition to being a family support group facilitator, I manage the publicity, technical, and administrative support for all of our virtual events and programs. I also play a leadership role on our amazing WALK team.

As a member of the statewide team that organized the last two virtual Advocacy Days, I had the opportunity to get to know NAMI volunteers and staff outside of my affiliate, both peers and family members. My role on the Advocacy Day team included creating graphics, working with NAMI's grassroots advocacy software, and scheduling the legislative meetings. In addition to Advocacy Day, I have learned so much from taking Family-to-Family and attending IOOV, SOS, and NAMI webinars.

Before I retired, I was an academic librarian, so disseminating information and educational resources has been my life's work. Thus, I have a special interest in NAMI's educational and information sharing endeavors. My interests with respect to mental health advocacy are broad. Presently, I am most concerned about decriminalizing mental illness, housing, and the appropriate allocation of resources in the state budget.

My experience on other non-profit boards includes serving on the NAMI Cambridge-Middlesex affiliate's board. At Boston College, I served for many years on the Library Management Council.

What skills and experience would I bring to the Board? I have profound lived experience as a family member and strong leadership and information technology skills. As a leader and decision maker in my professional life, I was committed to ensuring that the contributions and wisdom of all team members were routinely respected and considered as part of decision making and planning processes. Everyone brings a distinct set of experiences and expertise to the table. Acknowledging and valuing a broad range of experience inevitably led to better outcomes. I have found the same is true when facing mental health challenges as a family and working together to improve mental health outcomes for all.

Board of Directors: Candidate Biographies

Mary Cockroft

NAMI has been a tremendous resource for me through my mental health journey with my son, and I feel it is time for me to take my skills, knowledge, and experience and give back to an organization that helps so many.

My leadership and management skills along with my task orientated nature and follow through will help to advance the vision and direction set by the board members. I recently completed the State Training for Family to Family and look forward to training new leaders to carry on this incredibly important mission for which there is an immense need.

Currently, I am a co-facilitator in my company's Women Rising DE&I program that promotes well-being, community service, and health awareness including suicide prevention, mental illness, and heart healthy month.

Please consider me for a position on the board, I will work hard toward creating a world where all people affected by mental illness live healthy and fulfilling lives.

Sherron Colgrum, MD

2:30 AM. Most of the hospital, outside of the emergency room and ICU, was quiet for the night, but on Labor and Delivery, I was called to manage a patient in active labor. Though being her third delivery, the COVID-19 pandemic created a new birthing experience. Delivering alone without support weighed on her mind in between the waves of contraction pain which only amplified her ongoing anxiety and PTSD. Substance abuse had denied her adequate prenatal care and likely the custody of another child. This would be the first of many patient experiences sparking my pursuit to identify alternative ways to providing mental health wellness outside of the formal health system.

The COVID-19 pandemic has only exacerbated the high percentage of undertreated mental health disorders and healthcare disparities. Having grown up in the poverty of Springfield Massachusetts, I show empathy towards those challenged with mental health disorders who are also subject to the discrimination and limited healthcare I experienced. I hope to change the large distrust of the medicine community and bring preventative health back to the forefront of medicine.

With my master's in business administration degree, I plan to provide my own preventative wellness center that incorporates the art of whole person care in the management of every patient. Through volunteer experiences in my lifetime, I have served in several community service positions, including coordination of a healthy living program for overweight Job Corp teenagers which included developing coping skills to societal stigmatization. My first board member experience with NAMI Western Massachusetts has allowed me to use my medical network in advertising the start of a new Friends and Family support group for the African American community. The NAMI support groups I have participated in move their members through collaborative education, learning from and supporting each other's experiences and healings. I hope to use these skills to represent Western Massachusetts, using my voice to invoke policy changes that improve access to mental health services.

At this time more than ever, organizations such as NAMI are needed at the forefront to lead the charge for mental health reform and break mental health stigmatization. I believe the future work of NAMI can cross boundaries of healthcare in understanding the compliance of patients with other chronic medical conditions. As a state representative of Western Massachusetts, I will bring a unique clinical perspective that emphasizes the importance of NAMI's mission in improving the disparities affecting the social determinants of mental health. My alma mater motto "To Make Man Whole" is the future of medicine. It describes my personal commitment to unify the treatment of physical health and mental health while providing transformational patient care. My life of service and passionate patient care has prepared me for this NAMI state board position. I am optimistic that a leadership role in this capacity will provide me with the training and experience needed to effectively lead, direct, and provide quality medical care as a future preventative health and wellness pioneer in Western Massachusetts.

Board of Directors: Candidate Biographies

Erin McLaughlin

Please accept my application for the NAMI Massachusetts Board of Directors. Given my experience as a trans woman, law graduate, and longtime advocate, I believe I have both the unique skills and dedicated passion the NAMI Mass Board needs.

Prior to law school I organized with my university's local identity groups, such as our Queer Student Union, to ensure that local policy makers would hear the diverse voices of Greensboro, North Carolina. I also worked as a Resident Advisor, gaining hands-on experience working directly with people of all backgrounds and counseling them on university rules and procedures. Throughout this time I saw the innumerable ways both my university and local government failed to hear those with mental illnesses, as I became the front line of defense to help my residents find needed mental health support.

During law school I took that experience and used it to help represent and advocate for those who need it most. I worked to overturn wrongful convictions my first year, gaining a deeper understanding of the injustices of the criminal justice system and how to fight them. I represented prisoners charged with disciplinary infractions during my second year, learning how to effectively guide marginalized clients through adjudicative proceedings. In my last year I worked on groundbreaking new civil rights litigation for my law school's Civil Rights Clinic, as well as directly representing low-income tenants facing evictions in court.

That last year I also branched out and found my own ways to fight for those marginalized by our systems of governance. I took my experience to my University's Graduate Employees Union, advocating for workers whose voices often go unheard by the administration. I also sought out and developed my own internship with the City of Boston based on my experience in tenant advocacy, performed in addition to a full academic load. While there I was tasked with developing recommendations surrounding the Housing Stability Notification Act and worked with those within the city and state government on improving our legislation. This taught me how to integrate my skills directly within systems of power, not as a third-party advocate but as a member of the government itself.

Since my graduation from Boston College Law School, I have been working as the Alexia Norena House Coordinator for Black and Pink Massachusetts. Every day I provide my unique experience and advocacy for our trans family, creating and managing unique programs tailored to our experiences to help them on their journey home from incarceration. The trans struggle is itself a mental health struggle, in a society that would shame and reject us, and so part and parcel of my advocacy must always be a recognition of the ways those with mental illnesses are treated. Having gone through my own fight to achieve adequate recognition and support for my own mental health conditions, I know I must always bring that same energy and passion for others.

Tracy Ottina

I was a therapist for many years, licensed in treating individuals with substance use disorders. I worked in community-based treatment centers with the underinsured and, later in my career, worked at Butler Hospital in both the inpatient and partial hospital. A majority of my clients over the years suffered from co-occurring mental health and substance use disorders. I also have a family history of depression, which included the suicide of my maternal grandfather. On my paternal side, my aunt has bi-polar disorder for over 60 years. I currently serve as President of the Board of Lawyers Concerned for Lawyers, an organization that is dedicated to assisting attorneys in Massachusetts get the help they need for mental health and/or substance use issues. Lastly, I am an attorney with the Department of Public Health, Board of Registration in Medicine (BORIM). I have primarily handle matters wherein a physician's mental health impacted their ability to practice medicine. Throughout my careers, and within my family, I have witnessed the damage that stigma causes. I have also witnessed the freedom and relief compassion and empathy healing provides. I would be honored to serve as a NAMI Board member as I want to be part of the solution to end stigma and make treatment affordable. Thank you for your consideration.

Board of Directors: Candidate Biographies

John "Jack" Ross, III

I joined the board of directors of NAMI Central Mass in 2014 at the urging of a friend. At the time, my interest in serving NAMI was to give back in the area of mental illness, having survived bipolar depression that nearly took my life. I consider myself extremely fortunate to have lived for over twelve years free from any symptoms of this pernicious illness, and to now have a productive and meaningful life. Along the way, I also managed to give up alcohol, which completed my recovery.

Little did I know that my son, Hale, would ultimately encounter mental illness. After a courageous recovery from an incident which forced him to take a leave of absence from Yale, the demons struck again his junior year. Before any of us knew the depths of his travails, he took his life in October 2016. Hale was a remarkable individual who probably touched more lives in his twenty years than many do in a lifetime.

So, my commitment to battling mental illness is now twofold. I have written articles about Hale in Yale publications (see links below) and spoke about him at my Yale reunion. Based on the responses I received, my first article probably saved lives. But I feel like I can never do enough to spread the message about mental illness and to keep Hale's spirit alive. I became president of NAMI Central Mass in 2018 and will step down from that position (but remain on the board) in October. Serving as president has been a privilege. I have had the opportunity to lead a very committed group of individuals as we endeavor to fulfill our core mission of improving the lives of persons struggling with mental illness and their families. One of the things I have most enjoyed is making connections with other mental health organizations in our area, such as Open Sky, Genesis Club, UMass Memorial, and DMH.

In addition to my responsibilities as president, I have taught a Family-to-Family class and recently became involved with the In Our Own Voice program. I enjoy public speaking, and IOOV provides me with an opportunity to share my story of recovery and give hope to others.

For the past three years, I have served as vice-president of the board of trustees for the Worcester Recovery Center and Hospital. Currently I am interim president, and possibly will continue as president pending an election this fall. Being involved with WRCH is particularly meaningful for me given that I spent time in several psychiatric hospitals.

I have a diverse background in law, mediation, teaching, and journalism. I believe that the skills I have developed in these fields would enhance my contributions to the board of NAMI Mass. It would be a privilege to serve an organization for which I have tremendous respect.

Convention Awards

Lifetime Achievement Award

This award is given to an individual who has demonstrated years of leadership at all levels of our organization. An advocate, educator, and program leader, a person whose passion sets an example for all to follow.

Awardee: Larry DeAngelo

Program Leader of the Year

This award recognizes someone who has shown dedication and commitment in service to a NAMI Massachusetts program.

Awardee: Steve Hadden

Excellence in Crisis Response Award

This award goes to a justice system champion who works to divert people with mental health conditions from unnecessary arrest and incarceration.

Awardee: Chief David Scott

Champion of Youth Mental Health Award

This award honors an individual who is a leader in raising awareness about mental health issues for students, reducing prejudice, and encouraging a culture of health, resiliency, and well-being in schools.

Awardee: Tanya Trevett

Karl Ackerman Award

This award goes to a dedicated person who has spent many years as an advocate, educator, supporter, and leader working in support of the peer community.

Awardee: Heidi Lee

A Special Thank You

We would like to express our deep gratitude to the many volunteers who make NAMI Massachusetts programs and events a continued success!

To our program leaders, affiliate leaders, office volunteers, Board of Directors, and people who give their time at our Walk, Advocacy Day, and Convention – the most valuable contribution you can make is your time and we very much appreciate it.



VINFEN IS PROUD TO SUPPORT NAMI MASSACHUSETTS AND THEIR MISSION

of improving the quality of life for people with mental health conditions and their families. Thank you for the important educational and advocacy work you do. As an affiliate, we join you in working to change *tomorrow together*.

Established in 1977, Vinfen is a nonprofit, health and human services organization and a leading provider of community-based services to individuals with mental health conditions, intellectual and developmental disabilities, brain injuries, and behavioral health challenges. Our services and advocacy promote the recovery, resiliency, habilitation, and self-determination of the people we serve.



Advocates

Caring Partners. Creative Solutions. Better Lives.

*Advocates proudly supports
NAMI Massachusetts.
Congratulations on your
40th Anniversary!*

Advocates offers a range of behavioral health services to help people and families recover and thrive.

- Addiction and Dual Diagnosis Counseling
- Community Justice Services
- Elder Services
- Open Dialogue Services
- Outpatient Counseling and Psychiatry
- Psychiatric Emergency Services
- Recovery and Peer Supports
- Residential Supports
- Respite and Crisis Stabilization
- The Living Room: Peer-Staffed Crisis Program
- Youth and Family Services