

Dream Big **Act Now**

Annual NAMI Mass Convention

Saturday, October 20th
8 am - 4 pm

Four Points by Sheraton, Norwood



National Alliance on Mental Illness

Massachusetts



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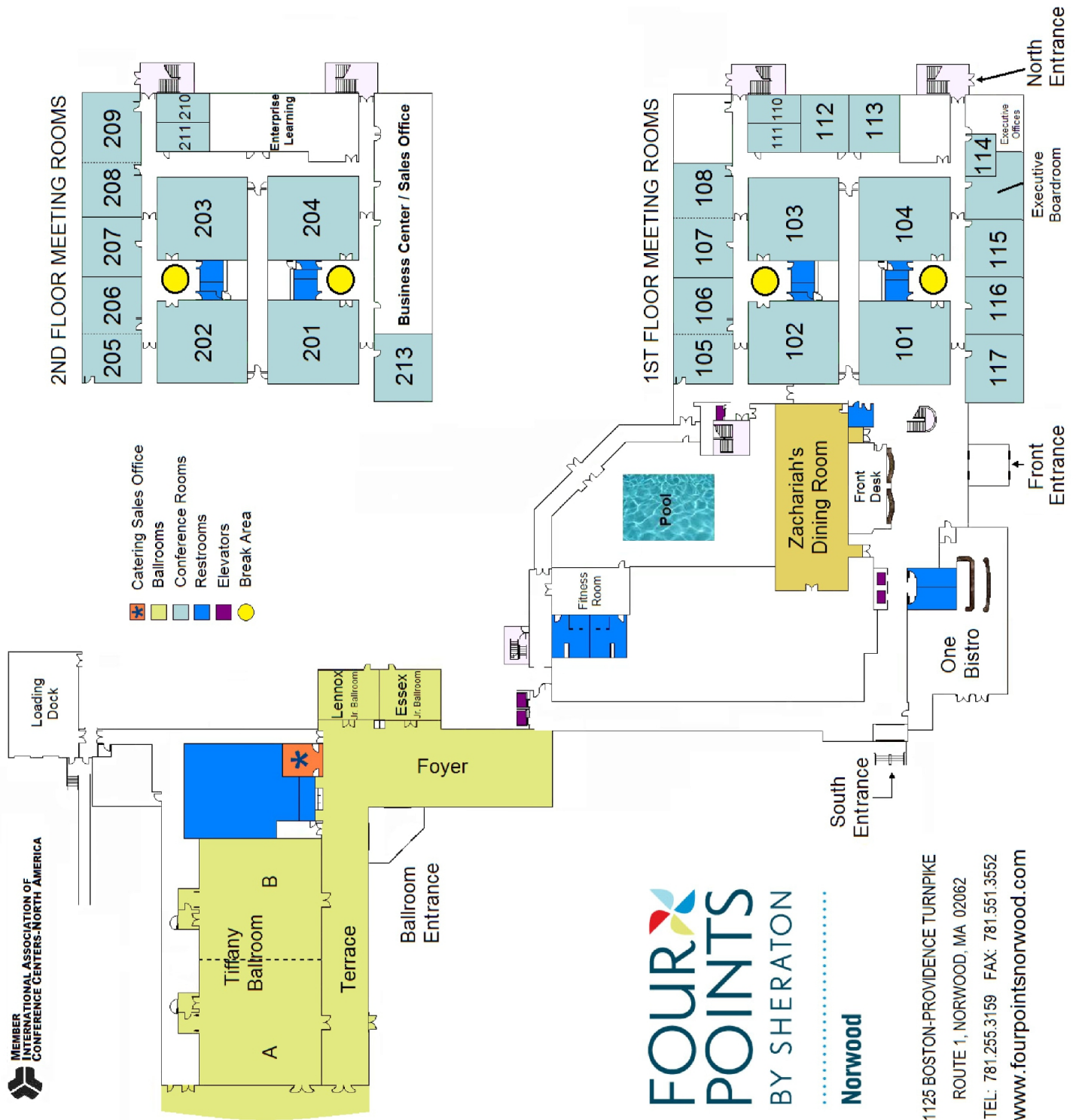
Convention Support Room

Our support room will be open from **9 am to 3 pm**. Stop by for a quiet place to take a break. Located in **room 106**.

Convention Wifi Access

Complimentary WiFi internet access is available throughout the Convention, in all meeting spaces and sessions. Choose the **Four Points Sheraton network**.

Venue Map



health law advocates
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Thank you,
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We offer a range of behavioral health services to help people and families recover and thrive.

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- 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

Convention Agenda

8:00 am - 10:00 am Registration & Breakfast - Outside The Tiffany Ballroom

8:00 am Voting Opens for NAMI Massachusetts Board of Directors

8:30 am Exhibit Area & Art Marketplace Open - Outside The Tiffany Ballroom

9:00 am - 11:00 am Morning Plenary - In The Tiffany Ballroom

Welcome Remarks

Tom Scurfield, NAMI Massachusetts Board President

Keynote Address “Dream Big - Act Now: Know the Science”

Dr. Ken Duckworth, NAMI Medical Director

Dreaming Big Together

Monica Luke, NAMI Massachusetts Board of Directors

NAMI Massachusetts Board Candidate Speeches

Candidate Biographies - page 14

Awards & Recognitions

Award Descriptions - page 26

11:00 am - 11:15 am Break & Transition

11:20 am Voting Closes for NAMI Massachusetts Board of Directors

11:15 am - 12:30 pm Lunchtime Plenary - In The Tiffany Ballroom

Lunch Service

lunch can be picked up in the Lennox & Essex Ballrooms

Annual Report

Karen Gromis, NAMI Massachusetts Deputy Director

Dreaming Big Together Results

Awards & Recognitions

Award Descriptions - page 26

Recognition of Outgoing Board Members

Board of Directors Election Results

12:30 pm -12:50 pm Break & Transition

Convention Agenda

12:50 pm - 2:10 pm

Workshop Session One - in Breakout Rooms

workshop descriptions - page 20

Become a Recovery Warrior with MOAR Messaging and Advocacy
room 114

Homelessness and Serious Mental Illness: Can Massachusetts Find the Way Home?
room 108/109

Statehouse 101: Tools for Effective Advocacy
room 104

The Links Between Childhood Trauma, Mental Illness, and Addiction
room 103

Introducción a NAMI Massachusetts
habitación 115

2:10 pm - 2:30 pm

Break & Transition

2:30 pm - 3:50 pm

Workshop Session Two - in Breakout Rooms

workshop descriptions - page 22

Communication With Loved Ones: An Open Dialogue Approach
room 103

Finding Your Way: Helping Your Family Member Navigate the Criminal Justice System
room 109

Gun Violence and African American Mental Health: Strategies for Enacting Change
room 108

"I Want to Work" An Overview: Getting Started, My Rights in the Workplace, Maximizing My Benefits
room 104

Abordar el miedo y la desinformación en las comunidades inmigrantes sobre el acceso a la atención médica
habitación 115

3:00 pm

Exhibitor Area & Art Marketplace close

4:00 pm

Convention Ends

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at the 2018 NAMI Mass Convention

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Scarecrows at Cucurbit Farm in Acton: Standing Up to Stigma

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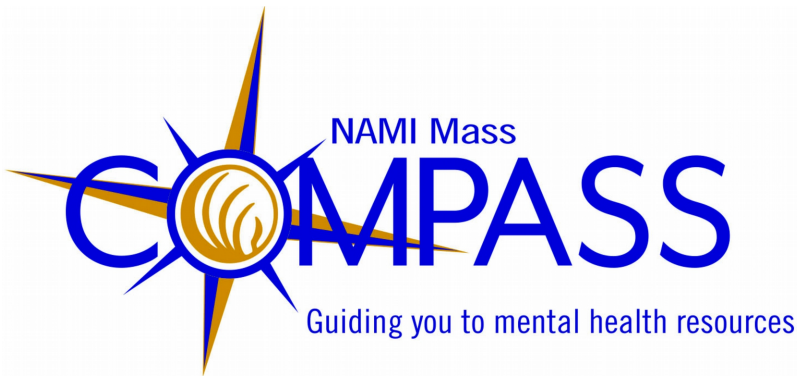
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Monday – Friday • 9 am - 5 pm

Convention Exhibitors

We would like to thank all Convention exhibitors for their participation. Convention attendees are encouraged to visit the Exhibit Areas, located outside the Ballroom.

Achieve TMS East

www.achievetmseast.com

All of Us Research Program

www.joinallofus.org

GeneSight

www.genesight.com

Healthcentric Advisors

www.healthcentricadvisors.org

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**NAMI Greater Boston
Consumer Advocacy Network (GBCAN)**

www.namigbcan.org

**Peer-to-Peer Program
at South Shore Mental Health**

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Plan of Massachusetts and Rhode Island

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**Systems and Psychosocial Advances
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www.umassmed.edu/sparc

Advocates, Inc.

www.advocates.org

Eliot Community Human Services

www.eliotchs.org

Harvard Brain Tissue Resource Center

hbtrc.mclean.harvard.edu

Health Law Advocates

www.healthlawadvocates.org

Metro Boston Recovery Learning Center

www.metrobostonrlc.org

NAMI Plymouth

www.namiplymoutharea.org

Pelham Community Pharmacy

www.mapyourmeds.com

Riverside Community Care

www.riversidecc.org

Southeast Recovery Learning Community

www.southeastrlc.org

Takeda

www.takeda.com/en-us/

Art Marketplace

Be sure to check out the NAMI Art Marketplace outside the Ballroom! We are grateful to these talented artisans for sharing their work with us.

Karen Donaldson

selling crochet items

Adrian Fink

selling framed artwork, gift boxes

Helen Gee

selling potholders, pictures

David Grey

selling framed watercolor artwork

Val Hadden & Susan Landy

selling hand tie-dyed clothing and accessories

Beth Lambert

selling crochet hats, scarves, and baby items

Andrea McNeil

selling awareness ribbons and keychains

Michele Urgo & Scott McConnell

selling pottery

A Special Thank You

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

To our education and support program leaders, affiliate leaders and volunteers, state office volunteers, Board of Directors, and people who give their time at our Walk, Advocacy Day, and other events throughout the year - the most valuable contribution you can make is your time and we very much appreciate it.

A special thank you to the local committee members and other volunteers who have worked hard to make our 36th Annual Convention happen!

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The largest pharmacogenomics
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treatment as usual**



Greden J, et al. Combinatorial pharmacogenomics significantly improves response and remission for major depressive disorder; a double-blind, randomized control trial. Poster presented at: American Psychiatric Association Annual Meeting; 2018 May 5-9; New York, NY.



National Alliance on Mental Illness

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Thursdays in Fitchburg

contact Maryann 978-342-0988

Board Candidate Biographies

Arlene Goldberg Hoxie was born in Roxbury, and at age eight, moved to Brookline where she went to Brookline High School. Later, Arlene went to Simmons College and majored in Sociology and English and received a master's degree from Boston University in Counseling. She also received certification from the Boston Family Institute in family therapy and had further education in psychological testing.

Her first clinical job was with the Massachusetts Treatment Center for Sex Offenders in Bridgewater where she was a staff psychologist. Then, Arlene worked at Stoughton Counseling Center as a therapist and later at Rockland Counseling Center as Director.

Moving to Cape Cod, she worked as Director of Community Relations for New Seabury for many years. Later, Arlene worked as Assistant Director of Development at Heritage Museums and Gardens.

She is interested in NAMI Mass for several reasons. First, she grew up in a dysfunctional family with a sister who had borderline personality disorder and created tremendous havoc throughout Arlene's life. Her parents also suffered from anxiety, depression, and phobias. In addition, Arlene wanted to get back to her clinical roots and training and felt that she could make a difference at NAMI Mass both as a peer and as a trained clinician.



Joanne Grady Savard's career includes working as a woman entrepreneur in staffing for 30 years in Boston. She has also been a professional fundraiser in humanitarian nonprofits.

Currently Joanne is the Executive Director of the Cole Resource Center (CRC), a nonprofit that provides resources and programs to individuals living with mental health challenges as well as their families. CRC provides robust volunteer programs for individuals with mental health challenges that leads to breaking isolation and increased healing, and a 5-step workforce development program which puts individuals with mental health challenges into the workforce and keeps them there! The Center also speaks on college campuses to bring awareness of mental health approaches and strategies to remove stigma, and partners with NAMI Mass and to host *Family-to-Family* and *Peer-to-Peer* classes.



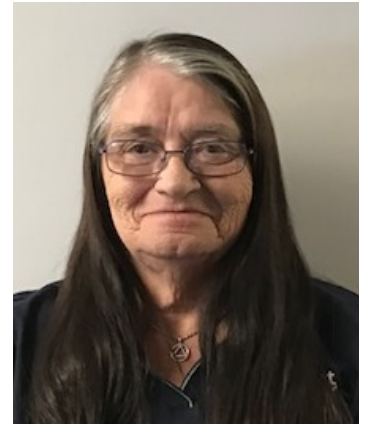
Personally, she is the caretaker for seven family members diagnosed with mental illness. Joanne is experienced in navigating barriers of the mental health care system and aware of the negative and positive consequences of hospitalizations and untimely deaths associated with mental illness.

She believes her personal experience as an advocate for loved ones, combined with her professional experience, positions her to make a positive impact serving as a NAMI Mass Board Member.

Board Candidate Biographies

Laurel Landon is interested in returning to the NAMI Mass Board of Directors. She was introduced to NAMI Western Massachusetts over 10 years ago by her spouse. She is dually diagnosed with PTSD, ADHD, Anxiety, Chronic Depression, and Alcoholism. Through hard work, acceptance, and various forms of treatment, she is doing very well on a regular basis.

She has been a NAMI Connection Facilitator for nine years, and an In Our Own Voice presenter for over nine years. She was on the National NAMI Veterans and Military Council for over five years and is presently the NAMI-Western Massachusetts Veterans Coordinator and Affiliate Advocate. Laurel is a Vietnam-era Navy Veteran, mother of one and grandmother of one.



Through her affiliation with NAMI and the military community, she has been on the Veterans Board of Central Western Mass located in Leeds for the past eight years.

She hopes to relay pertinent information and provide access to exceptional care to an individual, regardless of ethnicity, sexual preference, or economic level. She would also like to assist in promoting clear and concise communication between NAMI Mass and the community, including Veterans.

Roy J. Lynch is known for his dedication to inclusion in the areas of Dorchester, Mattapan and Roxbury, working to improve the quality of life for people with mental health challenges. For many years, Roy has been volunteering with NAMI Massachusetts and has proven his ability to motivate and inspire others to join NAMI Mass and take steps to assist their loved ones who may be struggling with mental health issues. As the President of the local affiliate, NAMI Dorchester/Mattapan/Roxbury (DMR), Roy provides leadership and has the personal commitment to see that NAMI Mass makes a difference in people's lives. Roy utilizes networking strategies to ensure that NAMI is a household name that is present and active in communities of color in Boston.



Roy is certified as a teacher for NAMI *Basics* and *Family-to-Family*. He is also a certified co-facilitator of a Family Support Group that meets monthly at Carney Hospital in Dorchester. He has made a personal commitment to see to it that people in the community who are dealing with mental illness know that NAMI is a place to come for education and support.

Board Candidate Biographies

Norma Mora is a volunteer at NAMI Latino, educating Hispanics on Mental Health. She believes that educating the Hispanic population in their own language is crucial because it is one way for them to feel more comfortable to share their own stories and emotions.

Norma has worked in the mental health field for more than 20 years including being on the BEST Team, an Emergency Crisis Team, and the Parent/Professional Advocacy League (PPAL).

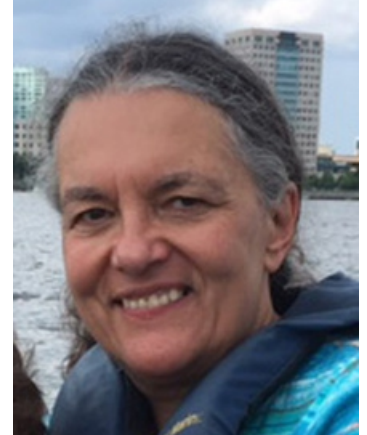
Norma was trained as a professional interpreter (English/Spanish) through BMC Hospital, took First Aid Mental Health Training through Cambridge Health Alliance, and for *Family-to-Family* she is trained to train others to teach the class.



Why does Norma do what she does? The strongest reason is her own son, who was diagnosed with schizophrenia and anxiety nine years ago. She felt the pain other parents and families went through with their loved ones having a mental health condition. Parents are forced to navigate the system without a mental health life jacket and she wants to be an agent of change.

Ewa Pytowska has served on the NAMI Massachusetts Board for one term and is seeking re-election. Ewa is a peer voice on the Board, focusing on advocacy, education and organizational development. As a speaker of three languages, Ewa understands that diversity brings strength to organizations and should be pursued with tenacity.

As a director of NAMI Greater Boston Consumer Advocacy Network (GBCAN), she facilitates weekly meetings and offers support to individual members. A Certified Peer Specialist who trained with Recovery Innovations in 2014, she also teaches *Peer-to-Peer* and presented a workshop at the Alternatives 2018 conference. Ewa is also President of NAMI Boston, an umbrella organization of four affiliates working together to build NAMI presence and membership in the city of Boston.



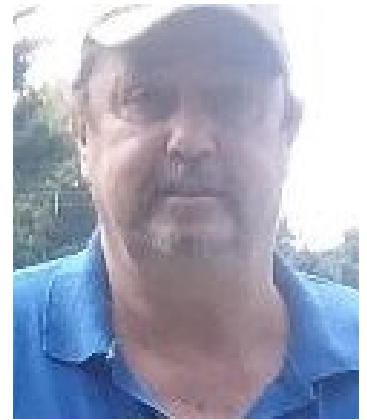
Ewa's career as an educator includes years of serving as Assistant Superintendent of Schools. She is a Bryn Mawr College alumna and holds two graduate degrees from the Harvard University School of Education. A grandmother who helps to care for a 5-year-old boy and a 1-year-old girl, she enjoys biking, traveling, and music, and frequently travels to Poland, where she was born and raised.

Board Candidate Biographies

Robert W. Steinberg is first and foremost a Veteran with lived experience, and it's because of his affiliation with NAMI that he has been able to grow forward by being involved with the Cambridge Somerville/Resource Learning Center since 2014. Since then he has been on a journey of self-discovery and adventure.

His favorite acronym is PTSD and it stands for Persistent Tenacious Stubborn Determination and Robert has found, in his experience, that these are the qualities needed to get ahead and be successful. This is especially true in his case as he has had to deal with the lingering side-effects of a traumatic brain injury (TBI) and for years the VA did not know what to do for him. Recently, however, he finally got validation for his TBI and associated bone chip, and pinched nerve that have plagued Robert for quite some time along with numerous wellness challenges.

Robert holds a B.F.A. in Architectural Design from Massachusetts College of Art and Design.



Robert W. Sweet, Jr. is a retired attorney. In his 38-year career at Foley Hoag LLP, a Boston law firm, he advised boards of directors and senior executives on strategic business, regulatory and M&A matters. He attended Harvard College and Northeastern University School of Law.

Robert first became aware of NAMI Massachusetts when searching for resources for one of his children. He subsequently learned of NAMI's effectiveness in advocacy and education through his involvement with Boston Medical Center.

As a parent of a child (now a young adult) struggling with a life-threatening mental illness, he experienced the shortage of behavioral care resources, and the isolation and stigma that persons suffering from mental illness and their families face in Massachusetts and across the country.

Robert believes strongly in the mission of NAMI Massachusetts. He also believes that his personal experience, his expertise in corporate governance and his skills and experience as an advisor to for-profit and non-profit organizations would be helpful to NAMI Mass as it seeks to grow and become a more effective organization.

He is a trustee of the Boston Medical Center (BMC) Health Plan and a member of the BMC Audit and Compliance Committee.



Remember to cast your ballot for the NAMI Massachusetts Board of Directors.

Candidate speeches will take place during the Morning Plenary, and voting will close at **11:20 am.**



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Keynote Biography

Ken Duckworth, M.D., is the Medical Director at the National Alliance on Mental Illness (NAMI).

His journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. His father was loving, kind and periodically quite ill, hospitalized for months at a time. Ken became a psychiatrist in part to help his father.

He is very fortunate to serve as the Medical Director for NAMI and to be part of this remarkable community.



Along with his work at NAMI, Dr. Duckworth also works to improve care at Blue Cross/Blue Shield of Massachusetts, volunteers and consults at an early psychosis clinic at the Massachusetts Mental Health Center, and teaches as an assistant clinical professor at Harvard University Medical School.

Dr. Duckworth is double-board certified in adult and child/adolescent psychiatry and has completed a forensic psychiatry fellowship.

Dr. Duckworth's keynote, **Dream Big - Act Now: Know the Science** will speak to the power of grassroots mental health advocacy.

Remember to stop by our **Exhibit Area and Art Marketplace**, located **outside the Tiffany Ballroom!**

Workshop Session One

Become a Recovery Warrior with MOAR Messaging and Advocacy

room 114

Our stories have power. Strong messaging skills are key to breaking down stigma and advocating effectively for improved services. Join an interactive discussion on stigma, discrimination, the importance of language, and how recovery messaging can help. Learn how to become an effective advocate and begin educating policymakers. After reviewing example messages for both people in recovery and allies, MOAR and NAMI Mass staff will help you to develop and practice your own recovery message!

presenter: **Jared Owen**, Massachusetts Organization for Addiction Recovery

presenter: **Maryanne Frangules**, Massachusetts Organization for Addiction Recovery

Homelessness and Serious Mental Illness: Can Massachusetts Find the Way Home?

room 108/109

Housing is increasingly being recognized as a social determinant of health; yet for too long people diagnosed with serious mental illness have faced challenges in accessing the housing and support services they need to thrive. Join Joe Finn for a discussion about homelessness in Massachusetts, the critical role of low-threshold housing, and what you can do to take action to end homelessness.

presenter: **Joe Finn**, Massachusetts Housing & Shelter Alliance

Statehouse 101: Tools for Effective Advocacy

room 104

Did you know the Massachusetts Statehouse runs on a two year legislative cycle while the budget process happens yearly? Learn how and when to advocate with NAMI Massachusetts for legislation and causes benefiting our constituency. See how the NAMI Massachusetts Advocacy Day fits in. Note how to make your emails, phone calls, and meetings with your legislators most effective. Get a tour of the malegislature.gov website. Find out how you might share your story at a hearing at the statehouse.

presenter: **Lori Krinsky**, NAMI Central Middlesex

presenter: **Monica Luke**, NAMI Massachusetts and the Living Assistance Fund

Workshop Session One

The Links Between Childhood Trauma, Mental Illness and Addiction

room 103

"Children are resilient," or so people say. But Adverse Childhood Experiences (ACEs) begin earlier than many know, take many overlooked forms, and strongly correlate to impaired quality of life from infancy into old age, including impaired mental health, addictions, risky behaviors, and damage to scholastic and workplace achievement. Methods of prevention and recovery must be distributed from the family level to the international, for the sake of children across the globe.

presenter: **Liz Lazzara**, Writer, Activist, and Public Speaker

Introducción a NAMI Massachusetts

(this workshop will be presented in Spanish - este taller será presentado en Español)

room 115

La falta de información y los conceptos erróneos que rodean los problemas de salud mental impiden que muchos miembros de la comunidad latina reciban la ayuda y el apoyo que necesitan. Nuestra misión es Defender, Educar y Apoyar a individuos y familias que lidian con enfermedades mentales. Durante este taller discutiremos la organización NAMI Massachusetts y nuestros programas de educación y apoyo. Brindaremos tiempo durante el taller para que los participantes discutan las necesidades y problemas de la comunidad.

presenter: **Norma Mora**, NAMI Latino

Snack Areas

Complementary snacks will be available throughout the duration of the Convention. Snack areas are located near the workshop rooms

Workshop Session Two

Communication With Loved Ones: An Open Dialogue Approach

room 103

This will be an experiential workshop where members will be asked to actively engage in a meeting organized from the Open Dialogue approach. The intention behind this idea is to catalyze learning about Open Dialogue as well as to practice utilizing these techniques during communication between family members and their loved ones with lived experience. Layers of meaning to the workshop will be added through the voice of one of the co-facilitators who is a Certified Peer Specialist (CPS).

presenter: **Kirsten Bolton**, McLean Hospital

presenter: **Steve Fedele**, McLean Hospital

Finding your Way: Helping Your Family Member Navigate the Criminal Justice System

room 109

People diagnosed with mental illness are disproportionately represented in the criminal justice system. Most often, police are the first responders when a person is experiencing a behavioral health crisis. These interactions can quickly escalate, leading to an unnecessary arrest and incarceration. This workshop will highlight model programs that divert people away from the criminal justice system and connect them with needed services in the community.

presenter: **Honorable David Weingarten**, Roxbury District Court, Mental Health Session

presenter: **Phillip Kassel**, Mental Health Legal Advisors Committee

presenter: **Mark Larsen**, Committee for Public Counsel Services

presenter: **Rory LaMontagne**, Committee for Public Counsel Services

Gun Violence & African American Mental Health: Strategies for Enacting Change

room 108

African Americans have experienced significant psychological trauma from a longstanding history of racism and socioeconomic inequities. The additional trauma of gun violence within the African American community has had detrimental effects on the emotional well-being of children and families of color. We will review the mental health implications of gun violence in the African American community and provide strategies for empowering families to advocate for safe spaces.

presenter: **Christine Crawford**, NAMI Dorchester/Mattapan/Roxbury

presenter: **Monica M. Pomare**, NAMI Dorchester/Mattapan/Roxbury

presenter: **Brandon Newsome**, Boston Medical Center

presenter: **Latifah Hasan**, NAMI Dorchester/Mattapan/Roxbury

Workshop Session Two

“I Want to Work”: Getting Started, My Rights in the Workplace, Maximizing My Benefits

room 104

This workshop will provide an overview of work-related issues for adults diagnosed with mental illness who want to work, taking into consideration your specific concerns and experiences. The workshop is in three parts: determining one's work readiness and how best to present oneself; understanding one's rights and responsibilities in the workplace; and maximizing and protecting cash benefits (SSI and SSDI) and health insurance. Handouts and resources will be provided.

presenter: **Don Freedman**, Rosenberg, Freedman & Lee, LLP

presenter: **Lee Rachel Jurman**, Personal Disability Consulting, Inc.

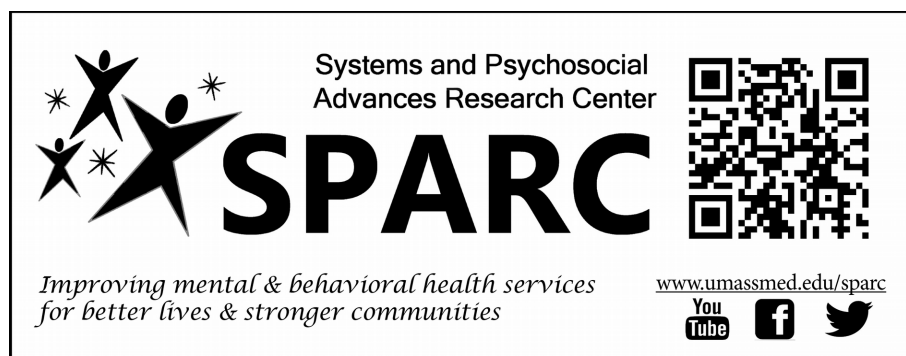
Abordar el miedo y la desinformación en las comunidades inmigrantes sobre el acceso a la atención médica

(this workshop will be presented in Spanish - este taller será presentado en Español)

room 115

HCFA compartirá los derechos que las familias y las personas inmigrantes tienen para acceder a los servicios de salud, incluida la salud mental, y cómo la inmigración y el acceso a la atención médica se entrelazan. El presentador conectará los asistentes con los recursos y la orientación de defensa para abordar esos problemas. Algunos de los temas emitidos se discutirán: el futuro de la atención para los titulares de DACA y TPS, la elegibilidad para los servicios, los cambios a "Cargo público" y más.

presenter: **Maria Rosario Gonzalez Albuixech**, Health Care For All



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NAMI Greater Boston
Consumer Advocacy
Network (GBCAN)

Metro Boston Recovery
Learning Community

and

Southeast Recovery
Learning Community

congratulate

Anne Whitman

on receiving the
Karl Ackerman Peer Award

Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

Hiring for clinical
positions



Riverside is here to make a difference in the lives of individuals, families, and communities by delivering compassionate, locally-based, integrated behavioral healthcare and human services.

We are an award-winning, non-profit organization offering mental healthcare, developmental & brain injury services, youth & early childhood programs, addiction treatment, trauma response, and more.

www.riversidecc.org

Convention Awards

Karl Ackerman Peer Award

The Karl Ackerman Peer Award goes to a dedicated person who has spent many years as an advocate, educator, and leader working in support of the peer community. The individual is a mental health entrepreneur, who builds support communities and provides valuable services to people in recovery and their loved ones.

*awardee: **Anne Whitman***

*presenter: **Howard Trachtman***

Volunteer of the Year Award

Volunteers are the lifeblood of NAMI Massachusetts. All of our signature programs and affiliates are executed by volunteers. The Volunteer of the Year awardee represents the best of NAMI volunteer characteristics: dedication, hard work, and empathy for individuals and families dealing with mental health conditions.

*awardee: **Betty MacIntyre***

*presenter: **Kathy Castagna***

Champion for Student Mental Health

The Champion for Student Mental Health is an annual award honoring 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 their school.

*awardee: **Makaila Cerrone***

*presenter: **Eliza Williamson***

Unsung Hero: In Our Own Voice

Mental health advocacy is often thankless work with little reward or recognition. The Unsung Hero Award goes to a person or people who dramatically improves the lives of those affected by mental health conditions and asks nothing in return. We are taking this opportunity to acknowledge and appreciate their tremendous efforts and commitment to our cause.

*awardee: **Lisa Monk***

*presenter: **Eliza Williamson***

Convention Awards

Unsung Hero: Peer-to-Peer

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*awardee: **Stella Stewart***

*presenter: **Judi Maguire***

Unsung Hero: Family-to-Family

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*awardee: **Carolyn White***

*awardee: **Sharon DeVos***

*presenter: **Ilya Cherkasov***

Excellence in Criminal Justice Award

Police are often the first responders to people experiencing a mental health, developmental disability or substance use crisis. The Excellence in Criminal Justice Award goes to a Police Champion or Team whose work has set the highest standard in policing in order to divert people with mental health or substance use conditions from unnecessary arrest and incarceration; connect them with recovery-based services and supports; and promote and provide trauma sensitive training for police and other criminal justice workforces throughout the Commonwealth.

*awardees: **Chief William J. Brooks, III** - Norwood Police Department*

*awardees: **Officer Gregory Shore** - Norwood Police Department*

*presenter: **June Binney***

Innovative Leadership In Law Enforcement Award

The Innovative Leadership in Law Enforcement Award goes to a Police Champion or Team who has worked to set the highest standard in policing through: high quality, skills-based Crisis Intervention Team (CIT) training; collaborative problem solving with community-based providers; crisis prevention through trauma informed policing; officer peer support and self-care; and leadership by sharing their expertise with police departments throughout the Commonwealth.

*awardee: **Lieutenant Jennifer Paster** - Brookline Police Department*

*awardee: **Sergeant Christopher Malinn** - Brookline Police Department*

*presenter: **June Binney***

Convention Awards

NAMI Mass Leader of the Year Award

The NAMI Massachusetts Leader of the Year award is given to that individual who has demonstrated years of NAMI leadership at all levels of our organization. An advocate, educator, and program leader. A person whose passion and energy sets an example for all to follow.

*awardee: **Tom Scurfield***

*presenter: **Kathleen Considine***

NAMIWalks Massachusetts 2018 - Top Performing Individual Award


*awardee: **Bunny Shapero***



NAMIWalks Massachusetts 2018 - Top Performing Team Award

*awardee: **Cambridge - Middlesex***





In the harsh winter of 1995,
Amy gave birth to her first son.
While she loved him, the life
change left her feeling anxious
and alone.

*I was used to being in control.
But you can't be in control of
an infant.*

Her father, who also battled
depression, helped Amy find
a specialist in postpartum
depression. She started on
medication, which she still
takes today.

*Treatment helped me stabilize
and feel human again.*

Amy
Age 56 | Massachusetts
Organizational Consultant

***"Once I started treatment, I
could smile at my little boy."***

Amy is sharing her story because she wants others who
are feeling isolated and sad to know they are not alone.

Read more at DeconstructingStigma.org.

Deconstructing**Stigma**

Presented by



McLean
HARVARD MEDICAL SCHOOL AFFILIATE

Supporting NAMI as they
help millions of Americans
affected by mental illness.



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