

Kathryn Anne Newman

OBJECTIVE: To become a volunteer and use my education to serve the specialized needs of the local community.

EDUCATION

- Howard Community College (HCC), 2013 – 2015
 - 4.0 GPA; top 7% of class; Certificate in Breads and Pastries, Culinary and Hospitality Management, Spring 2015
 - HCC Grant and Pathways Scholarship Recipient, Spring 2015
 - Dean's List, Spring 2014
 - Phi Theta Kappa Honor Society, Fall 2014
 - Serve Safe Certified – 2014
- Bachelor of Science, University of Maryland, University College, Business Management, May 1992

EMPLOYMENT

Contract and Grant Specialist, University of Maryland, Baltimore, April 2002 to retirement in 2008. Coordinated review and timely submission of federal contract and grant proposals. Ensured terms and conditions were in compliance with applicable regulations. Liaised with internal clients for necessary input and sign-off. Reviewed and recommended for signature all clinical testing and confidential disclosure agreements, subcontracts, and closeout of grants and contracts.

Senior Accountant, University of Maryland, Baltimore, September 1997 – April 2002. Reviewed contracts to enter terms and conditions in financial systems to meet invoice and financial reporting deadlines in compliance with federal OMB guidelines. Coordinated responses to internal clients and external agencies, including audits and site visits. Identified compliance deficiencies and provided remedy actions. Cross-trained accounting personnel. Facilitated "Life of a Grant" information program. Exempt Staff Senator Representative for two years.

ACCOMPLISHMENTS

- Employee of the Quarter, Financial Services Department, University of Maryland, Baltimore, September 1999
- Financial Services Department, University of Maryland, Baltimore
 - Inaugurated "Bring Your Child to Work Day," April 1998
 - Researched federal flexible work schedule policies to implement "flex time," 1999

HOBBIES/ACTIVITIES

- Member of Elkridge Walking Group
- Member of Elkridge Book Club
- Member of NAMI for two years

and verified that my medical insurance was accepted. I paid for this uninformed approach with dissatisfaction and ended the sessions after a year.

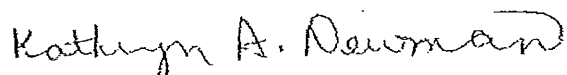
Once again, I found myself without both a psychiatrist and a therapist. I turned yet again to the Internet since no mental health care professional had provided me with any helpful information for evaluating medical professionals. This time, however, in addition to ensuring that my medical insurance was accepted, I made my choice based upon a more in-depth review of care providers' websites. I carefully read their statements about treatment philosophies as well as their backgrounds. My more informed approach as a consumer of mental health services paid off. I now have both a good psychiatrist and therapist. Both listen to me and provide me with much food for thought. My psychiatrist is up-to-date on my medications and the latest information about my mental health illness.

In October 2007, I retired on disability. Trying to hold down a full-time job to be the bread-winner for my family while helping to care for my elderly mother as she struggled with the complications of her own mental illness had taken a toll on me. I began the arduous process of applying for Social Security Disability Income - SSDI. No mental health care professional provided me with any assistance to navigate the application. I had to learn the process on my own.

I believe that the insights that I have gleaned from my 13-year journey through the Howard County mental health care environment qualify me uniquely for the Consumer position at HCMHA. I have struggled with locating the correct psychiatric facility for my needs; finding a good psychiatrist and therapist; dealing with insurance coverage; and applying for SSDI. Yet through this journey, I have learned to manage my wellness. I have also learned that being an "educated consumer of mental health services" makes you the "best customer" of mental health services in Howard County.

I look forward to hearing from you in the near future.

Sincerely,



Kathryn A. Newman

October 30, 2015

HCMHA

Attn: Chris Schaffer
8930 Stanford Boulevard
Columbia, MD 20145

Dear Ms. Schaffer,

I am interested in volunteering for the Consumer position that is currently available on the HCMHA Board of Directors.

There is a history of mental illness in my family. After my mother was diagnosed in January 2002 with geriatric psychosis, I went to my general practitioner for an annual checkup. I had lost close to ten pounds and my blood pressure was up. My doctor's diagnosis was depression and prescribed Paxil. After six months, I began to experience heart palpitations. My doctor changed my medication to Zoloft, but did not seem to be listening to me.

In December 2002, I suffered a nervous breakdown and was taken to Howard County General Hospital's emergency room where I was evaluated by the hospital psychiatrist and diagnosed with bipolar disorder. After a terrifying two days, I was transferred to Sheppard Pratt Hospital in Ellicott City. I was again evaluated by a staff psychiatrist who determined that I should no longer take either Paxil or Zoloft as both of them can trigger a manic episode – exactly what had triggered my trip to the emergency room. I remained at Sheppard Pratt for two days and was provided with the names of a psychiatrist for outpatient mental health services as well as a therapist.

As a patient and as a consumer, I was now on my own. This was my introduction to navigating the mental health care system and services in Howard County.

After a year of treatment, my psychiatrist retired without providing me any referral. Since I had begun treatment at Sheppard Pratt, I took to the Internet and located a psychiatrist at Sheppard Pratt Way Station. This too had its share of problems. Sessions were only for 15 minutes, after which I was always told that I had to leave. After three years as her patient, my psychiatrist informed me that she had another job and left. I decided to stay with Way Station. As a result, I continued to be timed by a watch for my allotted 15-minute sessions by my now third psychiatrist.

Eventually, Way Station no longer accepted my medical insurance. After four years of psychiatric treatment, I took a different approach to managing my illness. I *evaluated* the treatment I had been receiving for three years at the Station and decided that it was not beneficial to me. Once again, while battling my illness, I had to navigate Howard County's mental health care system on my own to find a new psychiatrist. I took a simplified approach to my search. I found a psychiatrist relatively close to my home

sent to BDC 11/3/15