

County Council of Howard County, Maryland

2018 Legislative Session

Legislative Day No. 10

RESOLUTION NO. 101 - 2018

Introduced by: Chairperson at the request of the County Executive

A RESOLUTION confirming the appointment of Susan Helsel to the Local Behavioral Health Advisory Board.

Introduced and read first time on July 2, 2018.

By order Jessica Feldmark  
Jessica Feldmark, Administrator to the County Council

Read for a second time and a public hearing held on July 16, 2018.

By order Jessica Feldmark  
Jessica Feldmark, Administrator to the County Council

This Resolution was read the third time and was Adopted , Adopted with amendments , Failed , Withdrawn  by the County Council on July 27, 2018.

Certified by Jessica Feldmark  
Jessica Feldmark, Administrator to the County Council

NOTE: [[text in brackets]] indicates deletions from existing language; TEXT IN SMALL CAPITALS indicates additions to existing language. ~~Strike out~~ indicates material deleted by amendment; Underlining indicates material added by amendment.

1               **WHEREAS**, Section 404 of the Howard County Charter and Section 6.300 of the Howard  
2 County Code provide for the County Executive to appoint and for the County Council to confirm  
3 nominees to Howard County Boards and Commissions created by law; and

4               **WHEREAS**, Sections 6.335 and 12.1000 of the Howard County Code, as amended by  
5 Council Bill No. 13-2018 effective July 1, 2018, provide for a Local Behavioral Health Advisory  
6 Board in Howard County; and

7               **WHEREAS**, the County Executive has proposed the appointment of Susan Helsel as a  
8 member of the Local Behavioral Health Advisory Board; and

9               **WHEREAS**, the County Council ratifies the County Executive's special trust and  
10 confidence in the abilities of the nominee.

11               **NOW, THEREFORE, BE IT RESOLVED** by the County Council of Howard County,  
12 Maryland this 27<sup>th</sup> day of July, 2018 that the following person is appointed as a  
13 member of the Local Behavioral Health Advisory Board to serve from the passage of this  
14 Resolution to June 30, 2023 or until a successor is appointed and confirmed:

15  
16                                 Susan Helsel

17                                 Columbia, Maryland

James Filipczak  
Howard County Mental Health Authority  
8930 Stanford Boulevard  
Columbia, MD 21045

Dear Jim,

I am interested in serving on the Howard County Health Department's new Behavioral Health Advisory Board.

My work with NAMI brings a knowledge of both mental health and community services in Howard County. Additionally, as Executive Director of NAMI Howard County for eight years I worked very closely with the Board of Directors on strategic planning, fund raising, public policy, budgets and outreach.

As a former teacher and guidance counselor I am particularly interested in helping parents and schools understand the importance of early identification and intervention of children and teens who could be experiencing mental health issues. Consequently, I chose to be a volunteer representative to the Mental Health Advisory Committee for Howard County Public Schools for five years after I retired from NAMI. Chairperson, Dr. Cynthia Schultmeyer can attest to my commitment to advocating for children and adults who have mental health issues.

I look forward to continuing my advocacy on behalf of people living with mental illness as a member of the Behavioral Health Advisory Board.

Sincerely,



Susan Helsel

## Susan R. Helsel

### **PROFESSIONAL EXPERIENCE**

#### **Executive Director, NAMI (National Alliance on Mental Illness), Howard County, 2004-2012**

- Provided support and resources to people affected by serious mental illness.
- Currently represents NAMI as a volunteer to advocate for children with emotional and behavioral issues on two Howard County Public Schools committees: the *Mental Health Task Force* and the *Connection Center*.
- Presented information sessions about mental illness and NAMI to community groups, police, hospital staff, faith leaders, and educators (including the Counseling and Career Services staff at Howard Community College).
- Tripled membership, programs, and budget of the organization.

#### **High School Guidance Counselor, Anne Arundel County Public Schools, 1980-2000**

- Provided educational, career, and personal/social guidance and support to 300-400 students in grades 9-12 annually.
- Co-developed and implemented a school wide crisis intervention plan.
- Presented information to large groups of parents, students and teachers on graduation requirements, high school orientation, college admissions, and suicide prevention.
- Department Chair and spokesperson for the guidance department of 4-6 counselors, 1988-2000.

#### **Teacher of Mathematics, Anne Arundel County Public Schools, 1970-1980**

- Managed classrooms of students in grades 9-12.
- Taught Algebra, Geometry, Trigonometry and general mathematics.

### **PROFESSIONAL AND SPECIFIC SKILLS RELATED TO THIS POSITION**

- Familiar with mental health resources and community agencies.
- Educated and advocated on behalf of people living with mental illness.
- Understands and respects confidentiality.
- Listens well and facilitates solutions.
- Follows through on commitments and communication.
- Communicates clearly and concisely both orally and in writing.
- Organizes and completes paperwork and projects efficiently and effectively.
- Experienced in crisis and suicide prevention and intervention with high school students and adults with serious mental illness.

## **EDUCATION**

- Indiana University of Pennsylvania, Indiana, Pennsylvania, 1970, B.S. in Mathematics Education
- Towson State University, Towson, Maryland, 1977, M.A. in Psychology/Guidance and Counseling
- 13 additional graduate credits in behavioral science and education courses at Johns Hopkins University

## **REFERENCES: available on request**