

I am a lifelong Maryland resident, dedicated volunteer and mental health champion.

I graduated from the University of Maryland College Park with a B.A. in Fine Arts and Photography, I went to work with nonprofits such as First Call for Help and Parents Against Child Abuse (PACA).

While working I volunteered on several political campaigns. During this time I was elected to two four year terms to the Howard County Central Committee. I became active in the campaigns fundraising and special event planning which led me to a career in conference, meeting and special event planning. A career which took me all over the world and lasted for over twenty five years.

Helping others has always been a passion for me, and after retirement I began volunteering with Howard County NAMI. Mental Health and its stigma became front and center in my life as I was diagnosed with a mental illness, In the fourteen years at NAMI I spent six of them on the NAMI Howard County Board of Directors. I have recently been voted in for another term of three years.

I took off three years from the county level to work on the NAMI state level and do still have a seat on the NAMI Maryland board of Directors. However I feel the county level of NAMI is where I want to place my energy and get things done.

Over the last fourteen years at NAMI I have established the Howard County NAMI Fundraising committee I served as it chair for eight years, I have gone to Annapolis to talk to the state and legislative reps concerning mental health bills, as well as testified when needed. I am a original member of the NAMI Howard County Public Policy committee.

I am a national NAMI Peer to Peer teacher, national Smarts trainer, and in Your Own Voice presenter. Which are all National NAMI programs.