

James B. Anzalone

Currently retired, formerly: Medical Liaison at Baltimore County Detention, Director of Rosewood Center, Assistant Director at Walter P. Carter Center, Assistant Warden of Programs and Services at Baltimore City Detention Center, Director of Case Management for the Division of Correction and Alcoholism Counselor for Northern Baltimore County.

I spent 42 years, providing treatment and management of addictions, health and mental health services in State and County correctional facilities and in the Department of Health and Mental Hygiene facilities. I first attended NAMI legislative briefings back in the 90's when I was the Assistant Director at Walter P. Carter Center. I was immediately impressed with the professionalism of NAMI and relied on their information on legislative efforts to improve mental health services in Maryland. Then, in my 9 years as the medical liaison at the Baltimore County Detention Center, I referred families to NAMI all the time for support. Again I was impressed with the positive feedback I would receive from families about the guidance and support they received from NAMI.

After retiring at the end of 2015, I started volunteering at NAMI Metro. I believe that my professional experiences have naturally led me to NAMI. I have enjoyed my time as a volunteer and would like to be more active. I would be especially interested in working on advocacy for better services, coordinating with criminal justice efforts and team building throughout Maryland.

James B. Anzalone 9/8/18



Charita Cole Brown

I was diagnosed with Bipolar I disorder as a twenty-one-year-old college student. After many years spent denying my diagnosis, I learned personal advocacy skills –a process I have recounted in my published memoir. Finding necessary resources and working on myself both naturally and spiritually, I have lived in recovery for more than twenty-five years.

As a NAMI MD member affiliated with the Metropolitan Baltimore chapter, I have been trained as an In Our Own Voice presenter, a Primary Care Physicians trainer, and an I Will Listen facilitator. I have also completed NAMI Smarts for Advocacy through which I have learned how to craft a succinct story about my experience with mental health-care and how to draft impactful emails and then make connections with legislators by phone and in person.

I served on the Board of Directors of Family Learning Inc. (The GreenMount School.) As a board member, I embraced my responsibility for upholding the mission of the school while maintaining essential rules of governance. I drew upon my academic background as a graduate of both Wesleyan University (BA in English) and Towson University (MAT in Early Childhood Education.)

As a staunch believer in NAMI MD's mission, I would be honored to serve our organization as a member of the NAMI MD Board of Directors.

Julie C. Cleveland

Biographical Statement

Ms. Cleveland, a life-long Maryland resident, identifies as a small-business owner, dedicated volunteer and mental health champion.

Ms. Cleveland graduated from the University of Maryland College Park with a B.A. in Fine Arts. She went on to work with non-profits such as First Call For Help and Parents Against Child Abuse (PACA).

Helping others has always been a passion for Ms. Cleveland. After spending a year in Americorp Volunteer Management training, Ms. Cleveland started an AIDS education program with the University of Maryland at Baltimore.

After working on a senate candidates campaign, Ms. Cleveland stayed involved in politics and was elected to two consecutive terms with the Democratic Central Committee. While with the Central Committee she attended and graduated from Leadership Howard County. Both of these experiences left a lasting impression on Ms. Cleveland and led her to a career in conference planning.

Ms. Cleveland started a small company called Total Meetings Services, Inc., which grew from one employee to 20 within a 10-year period. TMS, Inc. set up international meetings for clients around the globe. She also helped develop her own content development program for meetings.

After retiring from TMS, Inc., Ms. Cleveland began volunteering with NAMI. Mental Health and it's stigma became front and center in her life after she was diagnosed with Bipolar Disease. In the 12 years at NAMI, Ms. Cleveland spent six of them on the NAMI Howard County Board of Directors. She chaired a fundraising committee for eight years, and within the fundraising committee she was and continues to be a walk captain. Ms. Cleveland was an original member of the NAMI Howard County Public Policy Committee. She is a national Peer To Peer teacher, national SMARTS trainer and In Your Own Voice presenter. Ms. Cleveland has attended almost all of the national and state NAMI conferences over the last eight years.

Ruth Jackson

My name is Ruth Jackson and I am a native of New Jersey/New York. I am a former federal employee and survivor of the 911 Terror Attacks. I have a mental health diagnosis of PTSD, Generalized Anxiety and Clinical Depression.

I am a Certified Peer Recovery Specialist and currently work full time at the Prince Georges County Health Department as a Recovery Coach.

I have been involved with NAMI Southern Maryland, NAMI Prince Georges County and NAMI Maryland since 2012. I am a Consumer Recovery Support Group Facilitator, regular IOOV Presenter and Peer-to-Peer Facilitator. I have participated in Advocacy Day in Annapolis, the Annual NAMI Maryland Walk and Conference at Sheppard Pratt.

I desire to join the Board to advocate on behalf of my peers and to give back to the organization.

If selected to join the Board of Directors, I would bring excellent advocacy, written and verbal communication skills.



Dr. Adrienne Leca

Dr. Adrienne Leca, originally from Milwaukee, Wisconsin, moved to Washington, DC in 1995 to pursue a Master of Education in Counseling Psychology from Howard University and, thereafter, a Doctor of Psychology from the George Washington University. Having fulfilled her childhood dream to become a psychologist, she is licensed to practice clinical psychology in two states.

Dr. Leca, an advocate for mental health awareness, and has a wide range of professional experience with diverse populations in various clinical settings. She has served students in the District of Columbia Public Schools and their families in the local DC community. She coupled her desire to help others and passion for travel to serve military families on installations in the US and abroad. Her work abroad led her in the role as an Internal Behavior Health Consultant with the US Air Force in the Republic of South Korea.

Dr. Leca has a fondness to serve military personnel and their families, and has aided them with PTSD, deployment, and reintegration challenges. Together with her husband, a US Army Veteran of 24 years, she has created a workshop entitled, From the Inside Out: Making a Successful Transition from Service to Civilian Life, to assist service members with transition. She is a staunch supporter of women veterans and recently partnered with the Women's Veteran's United, Inc. to advocate for issues impacting women Veterans.

In addition to her rewarding career as the COO for Leca Group, LLC, Dr. Leca enjoys traveling, photography, baking, volunteering, writing, and mentoring. She is passionate about educating others about the importance of mental health and recently started a live internet radio talk show, with her husband.

Lauren Messina Bio

A. Education

INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	Completion Date MM/YYYY	FIELD OF STUDY
Villanova University	BA	05/2005	Interpersonal and Organizational Communications
University of Maryland	MS	08/2008	Couple and Family Therapy
University of Maryland	Doctoral	08/2015	Family Science

B. Personal Statement

My educational and research experience to date is grounded in the fields of public health, family science, and mental well being. During my academic tenure, I was intimately involved in projects exploring social/relational variables (i.e. communication style, parenting interactions, social support) and health outcomes (i.e. nutrition intake, mental health status, mental health care usage) using both qualitative and quantitative methodology. I developed and evaluated health education curricula targeting individuals, family units, and social relationships. I conducted needs assessments, community-based participatory research, and presented findings at local, state, and national meeting and conferences. My clinical experience has afforded me the opportunity to work directly with individuals, couples, and families, exploring a range of mental and behavioral health concerns, such as depression, anxiety, posttraumatic stress disorder, and sleep issues as well as a host of relational concerns. In this capacity, I develop treatment plans and work with clients to establish resilience, healthy interaction patterns, and optimized performance.

As the Senior Social Health Scientist for the Consortium for Health and Military Performance (CHAMP), I utilize my research and clinical training to translate evidence-based information into resources that holistically support the well-being of Service Members and their families. I produce health education content for the Human Performance Resource Center (HPRC), the SOCOM Preservation of the Force and Family (POTFF) project, as well as ArmyFit. In my capacity at CHAMP, I've presented to various DoD audiences on the topics of performance and relationship optimization, Total Force Fitness, and strengths-based approaches to working with military families in clinical settings.

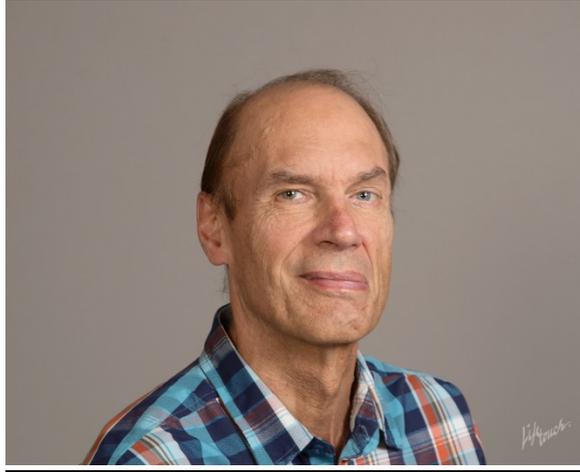
Hubert Owens, Jr.

Hubert Owens, Jr., earned a B.S. degree in Criminal Justice from Methodist University and a Master's in Theological Studies from Liberty University. Hubert is an Army combat veteran who is dedicated to the Republican Party. Hubert is a member of the District 32 Republican Club, Elephant Club, and Maryland Black Republican party. Hubert work on the Ted Cruz Campaign, Mitt Romney, John McCain. Hubert political experiences include legislative Associate, Policy research, Coalition Building.

GROWTH: We need solid, business-friendly policies that will help our local economy flourish and bring high job growth into the district.

RELIEF: our veterans need a more direct, easy to navigate and personalized support system in transitioning to civilian life. Veterans Platform: Prepare, Train, Transition and Support

TRANSPARENCY: As State Senate of District 32, I will make it my priority to have an open door policy with constituents.



Stuart TenHoor

I have become more vocal about the need to diminish (erase in my lifetime?) the stigma associated with mental health conditions in our country. I bear personal witness to the destructive forces of undiagnosed mental illness, addiction and suicide (which in my view often run together). I was diagnosed with bipolar illness in 1987 and my son (age 21) has been slowly embracing his own diagnosis of the same.

I have run an Executive Search firm for more than 20 years whose focus is placing lawyers, almost exclusively in the greater DC/Baltimore area, in law firms and corporations and specifically finding legal talent for same law firms and corporations. I am a 1979 graduate of the law school of William & Mary and graduated from Alma College, Alma, Michigan (cum laude) in 1976.

My goal is to harness the energy of the many who suffer from, or with, mental illness in their lives. I hope more of us can ultimately talk openly about this reality in the lives of many Americans.

Samantha Zipp Dowd

Samantha Zipp Dowd is a seasoned fundraising professional with over 16 years of experience. She is currently the Director of Development for the Loyola University Maryland Clinical Centers and Loyola College of Arts and Sciences. She has extensive fundraising knowledge in major gifts, management, marketing, board management and volunteer management. Samantha has built her career on building sustaining high performing programs within the healthcare sector of fundraising. She is an alumna of the University of Arizona and is currently working on her Masters of Clinical Counseling from Loyola University Maryland. In addition, she owns a publishing company where she publishes textbooks for professors at the University of Arizona. She is a two-time survivor of Postpartum Anxiety and is an avid advocate for mental health. Currently living with Generalized Anxiety Disorder, she understands the importance of mental health and is looking to continue to give back to the community to help erase the stigma surrounding mental illness. In her free time she enjoys spending time with her family, including her two children ages 6 and 3, reading, cooking and doing yoga.