

Bio of Valerie Mudd

- She is 1990 Graduate of St. Mary's School of Radiologic Technology in Huntington, WV.
- She has been a member of NAMI Lexington/NAMI KY for the past 16 years.
- She is a Kentucky Peer Specialist.
- She is experienced with MS Office Suite including Word, Publisher, Powerpoint, Access and Excel and Outlook.
- She helps maintain the NAMI Lexington website (<http://namilex.org>) and the Participation Station website (<http://psapoc.org>).
- She is employed by Participation Station, a new Peer Operated Center in Lexington, KY.
- She works directly with consumers in planning and implementing consumer programs at Participation Station.
- She works frequently answering the phone on the new Warm Line for consumers who "just need to talk" at Participation Station.
- She is a NAMI KY *In Our Own Voice* state trainer and Presenter
- She had attended several NAMI National Conventions and Leadership Institutes where she networks with other consumer leaders from across the country.
- In 2003, she was recognized by NAMI KY as the Consumer of the Year.
- She is a Governor appointed member of the Medicaid Technical Advisory Council
- She is the Secretary of the Kentucky Mental Health Coalition
- She is the chair of the NAMI National Consumer Council Education committee
- She currently works part-time at the NAMI Lexington office as the Consumer Programs Coordinator.
- She has struggled with Bipolar Disorder and Post Traumatic Stress Disorder for most of her adult life.
- She often tells her mental health story to hospitals, colleges, universities, churches and civic groups.

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