

I am a KY Family Peer Support Specialist. My son has been diagnosed with depression and generalized anxiety disorder. He has been hospitalized on two occasions for suicidal ideations. My experience navigating the mental health care system, school and home life made me want to use my lived experience to assist other parents.

I worked for KPFC (Kentucky partnership for families and children) as a regional family contact. I attended ARC meetings with parents as an advocate making sure schools provided free and appropriate education with accommodations as needed. I served in the Jessamine County LIAC and was a voting member of the RIAC in Georgetown. I have facilitated family support groups for 7 years.

One of my passions is to teach parents and caregivers about behavioral health challenges. I have taught 2 full sessions of Nurturing Parenting (Dr. Bavolek) classes, in preschools. As well as a facilitate Parent Cafés in preschool as well as sessions open to all parents/caregivers.

I began working at NAMI Lexington after earning my Bachelor's degree in Social Work from the University of Kentucky in 2014. I love the family atmosphere of NAMI and hope to always advocate, educate and support individuals and family members of individuals with mental illnesses.

Job Description

The Community Outreach Coordinator, working collaboratively with the Executive Director, establishes plans and promotes the programs offered by the NAMI Lexington affiliate. The Community Outreach Coordinator assures that all agreed upon programs are delivered as volunteer resources are available. Coordinator will actively recruit appropriate program volunteers, arrange for their training and assignments. The Community Outreach Coordinator will approach all duties, interactions and plans with kindness, respect and empathy.