



**PATRICIA BAUERLE, Colchester, VT**

I was born in New Jersey and raised in the Northeast Kingdom of Vermont. I attended Cedar Crest College in Allentown, PA, where I earned a B.A. in Psychology and Studio Art. I started my now 12-year tenure at Howard Center as a substitute for several residential programs in 2007. I realized then that I had a passion for community-based mental health work. In 2008, I became a regular staff member at the Safe Haven shelter program and continued to work there while I studied for my MSW at UVM. In 2011 I started working as a Community Case Manager, and since 2013 I have been a Team Coordinator for a case management team in the Community Support Program (CRT). I am honored to have served as a member of the Board of NAMI VT for the past 3 years. I chaired the Events Committee through that first term and would like to continue to do so if re-elected to the Board. I also enjoy gardening, camping, practicing restorative yoga, reading, deepening my mindfulness and meditation practices, and along with my husband Hal tending to every need of the beloved Bauerle cats: Rupert, Levon, Vinny, and Inky.



**PHIL BLACKBURN, Brattleboro, VT**

I am currently serving my second term as Board President of NAMI Vermont. I chair the Advocacy and Governance committees and serve as a Family Support Group trainer and co-facilitator of a Family Support Group in Townshend, VT. I am a Board member of Health Care and Rehabilitation Services (HCRS), a Vermont designated agency for Windsor and Windham counties.

Before moving to Vermont in August 2016, I was a Board and Executive Committee member of the National Alliance on Mental Illness Greater Houston (NAMI GH) as well as a Family Support Group facilitator. I served on the NAMI GH Advocacy Committee and chaired the Outreach Committee. My wife and I are caregivers for an adult daughter with Bipolar Type 2, ADHD and depression.

I spent 35 years in public and government affairs before retiring from Chevron in 2015. Most of those years were with Texaco and Chevron (which purchased Texaco) in Houston with 1-5 year assignments in Beaumont, TX, Los Angeles and Denver. Prior to moving to Houston in 1981, I was a reporter for the Bureau of National Affairs, Inc., in Washington, D.C.

I was born and raised on Long Island, New York. Married with a son who is a planning analyst for the Department of Health and Human Services in Boston and a daughter who works in the mental health field in Baton Rouge, LA.

Education: B.A. degree in Economics from American University, Washington, D.C.

Personal: Married with two adult children. Board President and Family Support Group facilitator for NAMI Vermont. Board member of Health Care and Rehabilitation Services in southeast Vermont. Served as a Board of Director member for the National Alliance on Mental Illness—Greater Houston and an Advisory Board member of the Australian American Chamber of Commerce.



**JUDE DEMERS, Burlington, VT**

I currently serve on the Board of Directors of NAMI VT. I have co-trained two NAMI Vermont Connection Peer Recovery Support Group Facilitator Trainings. I taught numerous Mental Illness and Recovery day long training courses. My Connection co-facilitators and I successfully started and ran a NAMI Vermont Connection Support Group at the Turning Point Center in Burlington, VT for one-year. I have served on the Board of Directors now for one term. I completed the "In Our Own Voice" Presenter training. I am running for my second term to continue to advocate for family members of persons with mental illness and persons with mental illness themselves. I learned to be an advocate for others in the mental health system by first advocating for myself. I enjoy helping others get the care they need. I am a peer of persons with Graduate Work, persons who serve on Boards of Directors and persons living with Traumatic Brain Injury.



### **ANDREA KOLBE, Bennington, VT**

Andrea Kolbe graduated from Johnson State College with a Bachelor's Degree in General Studies and a Minor in Psychology/Education. She was a Substitute Teacher for Southwestern Supervisory Union for over eight years. She has been a Connection Support Group facilitator for a decade and is currently the Peer Leadership Council Chair, a committee on which she has served for the past five years. The Peer Leadership Council nominated her to serve as the representative for the Peer Leadership Council on the NAMI Vermont Board of Directors. She participates in the NAMI national Peer Leadership Council as well as the NAMI Vermont Advocacy Committee and Grants Committee. In 2018 she received the NAMI Vermont Darlene Manning Inspiration Award that recognizes an individual whose kind, compassionate, and understanding ways have helped to inspire others on their pathway to recovery. Andrea has been a Community Rehabilitation Treatment (CRT) United Counseling Services (UCS) Advisory Board Member for over a decade as well as a grant writer for UCS. She is on the Consumer Advisory Committee for UCS. Andrea has served as a Peer Warm Line operator that was in operation for 10 years. In addition, she is a past secretary and a current board member of her synagogue where she has taught Jewish studies. She co-founded and has been a co-facilitator of the Vermont Psychiatric Survivors Peer Support Group in Bennington for over 10 years. She is re-engaging participants at Bennington Project Independence with a NAMI Connection Recovery Support Group. She enjoys the outdoors, arts and music, and a number of television shows as well as live performances.



### **SARA MORAN, Williston, VT**

Hello, my name is Sara Moran. I am a flatlander having been born in Connecticut in 1952, the third of four siblings. I married my high school sweetheart right after graduating from UVM with a bachelor's degree in nursing science. My nursing career began in intensive care at New Britain General Hospital while my husband finished college. From there we moved to Tolland, CT where I started working at the local VNA. I would spend most of my 42-year nursing career working as a visiting nurse. We gradually moved north until we landed in Williston in 1995. By then we had 2 boys and I was working for the VNA of Chittenden and Grand Isle Counties. Just after we moved, my younger son developed an anxiety disorder and OCD. It was in looking for information about his illness that I learned about a program called Family to Family. The teachers Sarah Chamberlain and Bill and Elaine Miles were excellent. While I didn't find a cure for my son, I did learn that there was so much that needed to be done to help people with mental illnesses. After the class Sarah asked if I would be willing to become a F2F facilitator which I did and went on to facilitate 9 classes. I also was on the committee to stage our first NAMI Walk. During this time, I was recruited to work as a public health nurse for the Vermont Department of Health. I worked there for ten years retiring in 2015. Working fulltime as a PHN limited my energies, and I was not very active with NAMI VT during that time. But when I retired, Ann Moore was right there to snag me-oops-recruit me back to service! I also am a member of the Williston Federated Church, enjoy singing in the choir and am active in several committees there. I love gardening, walking, Zumba, reading and being with friends and family-especially my two granddaughters!



### **WARD NIAL, South Burlington, VT**

I'm originally from the Schenectady, NY area. I went to school in Pennsylvania at Lehigh University where I got a BS in Mechanical Engineering. A few years later I got a MS in electrical engineering from RPI. I've worked in the aerospace business designing flight critical systems for over 36 years. Thirty of those years I lived in Vermont. During that time my wife Lois and I have raised two children. Matthew who is now studying in Karlsruhe, Germany and Chris who lives in Colchester, VT. As a family we have been active in raising guide dogs for Guiding Eyes for the Blind. We have raised five dogs and have a released dog living with us that is a certified pet therapy dog. During my first term on the board I have been mostly involved with advocacy. I am a member of the DMH Children's State Program Standing Committee, Vermont Disability Rights PAIMI Council and quite involved from a peer perspective with the planning of the inpatient psychiatric expansion at Central Vermont Medical Center. In 1990 to my surprise I found out that I have bipolar. It's hard to remember how many times I have been hospitalized. But I think it is five or six times. I'm fortunate because even though I may become psychotic, I recover quickly and can get back to life and work in about three weeks. So, I am not easily identifiable as someone who has experienced psychosis. In my fun time I like to open water swim in lakes, ski, bicycle and do long distance rides on motorcycles.