

Daisy Berbeco, Winooski, VT



Daisy grew up in a small fishing community off the road system in coastal Alaska, where she developed a deep appreciation for the importance of human connection in building community wellness. Daisy is an expert in mental health and substance use policy and practice improvement. She has worked with thought leaders in trauma-informed care, peer recovery groups, health care management, leadership, and care integration. After studying international development at Sussex, Daisy worked in global health and the nonprofit sector in various locations including India and Vanuatu. She then spent seven

years at the National Council for Mental Wellbeing in Washington D.C. before moving to Winooski in 2019. Prior to her election as a state representative in the Vermont General Assembly, Daisy served as the Senior Advisor for Mental Health Policy at the Vermont Department of Mental Health, the Secretary for the Finance & Policy Division for the National Association of Mental Health Program Directors, a member of Vermont's Substance Misuse Prevention and Oversight Council, and the Vermont Suicide Prevention Coalition. She is currently on the advisory board of the Hopi Foundation's peer-run Substance Use Prevention Center and a member of the Vermont Judiciary Commission on Mental Health and the Courts, the Agency of Human Services Certified Community Behavioral Health Clinic (CCBHC) Steering Committee, an Executive Board Member of Urban Institute's Vermont Prison Reform and Innovation Network and the Conference of Chief Justices State Court Administrators Behavioral Health Committee Funding Workgroup. She is also the Chair of the Winooski Democrats and a Justice of the Peace. In her free time Daisy enjoys volunteering in her community and with NAMI Vermont, fishing, hiking, gardening, and painting.

Alex Lehning, St. Albans, VT



Alex has served in nonprofits and classrooms for over a decade, and is dedicated to fostering cultures of well-being in both communities and organizations. He is an advocate for suicide prevention education as well as student mental health. In addition to his work at VCPI, he is also an instructor with the Community College of Vermont and a historian of medicine. A trained death doula, Alex holds a BA in History from the University of Maine, a Certificate in Nonprofit Management from Marlboro Graduate College, and an MA in History from the

University of Vermont. Alex is a member of the American Counseling Association, the American College Counseling Association, and the American & Vermont Mental Health Counselors Associations.

Lisa Martiny, Underhill, VT



I was born and raised in Coventry, RI. I moved to Vermont in 1998 to start my undergraduate degree at UVM where I earned my BSW. In 2001, after graduation, I moved out to Seattle, WA. I lived in Seattle from 2001 - 2006 and worked for an agency providing shelter and mental health supports to the homeless community. I returned to VT in 2006 and earned my MSW from UVM. During graduate school, I had an internship at Safe Harbor working for the homeless health clinic. I also had an internship at the Vermont State Hospital in Waterbury. Following graduation, I was hired by Howard Center in 2007 as a case manager. I've had a few different roles at Howard Center and I am now the Assistant Director of Community Support Programs.

Rebecca "Reba" Porter, Burlington, VT

Reba is a Mental Health Counselor at The University of Vermont Medical Center (UVMCMC), where she provides group therapy-based CBT and DBT skills training treatment to adults in the Seneca Center Partial Hospitalization and Intensive Outpatient Program. She is a dually licensed clinician with a Master of Science degree in Clinical Mental Health Counseling and over 20 years of experience in the field of behavioral health services. She has worked in various settings and roles, including community mental health and substance abuse treatment programs, inpatient psychiatry, community- and facility-based corrections, and state government. She has management skills in clinical supervision, program administration, compliance, policy development, quality assurance and improvement, and grant management. She is passionate about helping individuals and families overcome their challenges and achieve their goals through evidence-based and collaborative interventions. She also teaches graduate clinical counseling courses on the topics of Professional Ethics, Clinical Counseling Skills, and Group Theory for the Program in Community Mental Health.

Judy Siler, Guilford, VT



Judy has found NAMI Vermont to be an important part of her life, and she is always looking forward to new ways to contribute to NAMI Vermont's programs and advocacy. She is a past Board member and officer, Family-to-Family Facilitator, Family Support Group Facilitator, trainer for the Family-to-Family facilitators and for Mental Illness and Recovery classes and has been the leader of the Southern Vt affiliate. Currently she is a member of the Finance, Events, Governance and Advocacy committees. She often takes calls from families with questions about resources from the community and NAMI. She has participated in NAMI walks, Conferences and Mental Health Advocacy Day events in Montpelier and represents NAMI at various events including the Strolling of the Heifers. She has also represented the NAMI community on other boards and committees. Additionally, Judy is a Wellness Recovery Action Plan (WRAP) facilitator. Judy previously ran her own business, Carousel Environmental. There she was involved in proposal writing, budgeting, project management, oversight and environmental reporting. Judy recognizes the value of any type of peer support. Family members, peer to peer, neighborhood organizations, etc. She supports many organizations and donates her time to projects such as creating quilts that can be raffled for fundraising.