NAMI Vermont
National Alliance on Mental Illness

NAMI VERMONT BOARD OF DIRECTORS

The National Alliance on Mental Illness of Vermont (NAMI Vermont) provides support, education and advocacy for persons with serious mental illnesses and their loved ones. As an independent, state-chartered nonprofit affiliated with a national association, NAMI Vermont offers Vermonters up-to-date information and support on many issues related to mental health, while providing valuable services at a local level. NAMI Vermont offers ongoing support groups around the state, provides nationally recognized educational programming, advocates for improvements to Vermont's laws and mental health system, maintains a website, publishes a resource directory, and offers a telephone information and referral service to direct consumers, family members and other interested persons to available services statewide, among other programs.

The NAMI Vermont Board of Directors has legal responsibility for NAMI Vermont.

Term: Candidates are approved by the Board and elected by members at the Annual Meeting for a three-year term.

Slate of Candidates — FY2027

Chris Cichoski – Williston, VT

Chris brings more than 15 years of experience in education and nearly three years working with Edward Jones, combining a passion for teaching, technology, and helping others achieve their goals. Throughout his education career, Chris worked closely with students with disabilities, their families, and educators across Vermont, focusing on leveraging technology to create more accessible and engaging learning environments.

Today, Chris applies the same commitment to education, relationship-building, and personalized guidance in his role with Edward Jones, where he helps individuals, families, and business owners work toward their financial goals. His background as an educator and advisor allows him to simplify complex concepts, build trust, and empower clients to make informed decisions about their financial futures.

Amy Collins – Williston, VT

Amy has been on the Board of Temple Sinai as the VP of Education. She has taught Hebrew School for twelve years. She currently works as a Client Service Representative at NFP on the Retirement Team.

"I am a mom to two twenty-somethings. My son is neurodivergent, and my daughter is neurotypical. During my free time, I love to read, spend time with friends and family, and enjoy nature."

Amy has the drive and desire to want to continue to ensure NAMI Vermont stays relevant in the mental health conversations and advocacy taking place in Vermont. She's become more involved with NAMI Vermont to make a difference and support others.

Maggie Disbrow – Concord, NH

Maggie is an outreach professional with experience across traditional medicine and high acuity behavioral healthcare. Currently serving as a Senior Outreach Manager at Charlie Health, Maggie leads regional partnership strategies across Vermont, New Hampshire, and Maine, working directly with hospital networks, emergency departments, school districts, and outpatient clinical providers to expand access to virtual intensive outpatient care for youth, adults, and their families.

Prior to transitioning into behavioral health, Maggie spent nearly ten years in traditional medicine, developing deep expertise in preventative care, clinical workflows, and healthcare systems navigation. Maggie specializes in building cross-disciplinary care networks, bridging gaps between physical health and mental healthcare providers, and establishing sustainable referral pipelines that improve patient outcomes.

In addition to clinical partnership work, Maggie is a dedicated advocate for systemic mental health reform and early intervention. Maggie serves as a strategic liaison between healthcare systems and community organizations across the region, focusing on proactive care models that support long-term recovery and reduce barriers to care.

Cathy LaClair – Milton, VT

Cathy is a small business owner, nonprofit leader, and events and fundraising professional with more than 15 years of experience in business development, organizational leadership, and community engagement. She is the founder and designer behind Cathy LaClair Jewelry, a successful creative business built on a foundation of craftsmanship, customer relations, strategic marketing, and consistent revenue growth.

Alongside her entrepreneurial work, Cathy has built a strong career in nonprofit management and mission-driven program leadership. Most recently, she served as Events and Fundraising Coordinator for NAMI Vermont, where she led statewide fundraising initiatives, including the NAMIWalks campaign and annual conference. In this role, she managed event operations, cultivated donor and sponsor relationships, oversaw grant reporting and development, and implemented process improvements that significantly increased sponsorship revenue and donor engagement.

Cathy also brings extensive experience in community planning and civic engagement. As Community Coordinator for Milton on the Move, she facilitated collaborative planning efforts with town leaders, residents, and stakeholders to help shape Milton's long-term vision across downtown development, parks and recreation, and local business strategy. Her work focused on strengthening community voice, improving communication between stakeholders, and supporting actionable planning outcomes.

Earlier in her career, Cathy spent over 15 years at IBM in technical operations, manufacturing leadership, and Lean Transformation Coaching, where she guided cross-functional teams in process improvement, operational excellence, and organizational change.

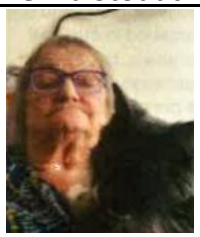
Across all roles, Cathy has consistently combined strategic thinking with hands-on execution—bringing people together to solve problems, build sustainable systems, and create meaningful impact. Her strengths include fundraising and development, business operations, financial management, marketing strategy, team leadership, and community partnership building. She is passionate about strengthening organizations that serve communities and advancing mission-driven work through collaboration, innovation, and thoughtful leadership.

Edwin Owusu – Colchester, VT

Edwin is an educator specializing in Public Speaking & Rhetoric at the University of Vermont, a teaching artist, event host, and community organizer. He has extensive experience coaching debate, developing educational materials, and leading community-based programming. His work bridges education, culture, and social impact, with a focus on helping people communicate effectively, build confidence, and engage more meaningfully with their communities. He is also deeply committed to issues of mental health, equity, and storytelling as tools for healing and connection.

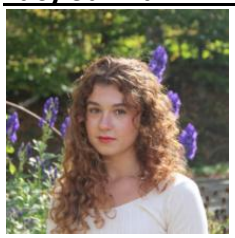
His interest in mental health comes from both professional and personal observation of how mental health shapes people's ability to learn, work, connect, and thrive. Through his experience as an educator and community leader, he is especially interested in how stigma can silence people and prevent them from seeking support. He values honest conversations about mental health and believes that advocacy, education, and culturally responsive care are essential to building healthier communities.

Thelma Stoudt – Brandon, VT



Thelma has lived in Vermont for almost forty years. She moved here from Philadelphia. She has worked in Human Services for a long time. She has a 30-year-old married daughter that Thelma (and her ex-partner) adopted when she was eleven months old. Thelma loves to read, paint watercolors, and has had some poetry published. She reviews a gratitude list of five things every morning before going to work. She enjoys facilitating groups and encouraging others to see their own strengths. She LOVES to laugh and can be a little intense sometimes. One of Thelma's biggest claims to fame is that she saw Jimi Hendrix in concert. Recently, she moved into an apartment in Brandon. She is a spiritual person, and after she passes, she plans on coming back as a spoiled cat in Hawaii.

Lucy Sullivan – Waitsfield, VT



Born and raised in Waitsfield, Lucy has been enthusiastic about working in the mental health field since high school. She is a current student at Boston College, studying Applied Psychology and Human Development. In the spring of this year, she completed her sophomore year, and in the fall, she will begin coursework for a Master of Social Work through a dual degree program.

Outside of the professional and academic domains, she enjoys spending time with family and friends, being outdoors, baking, cooking, and participating in assorted athletic activities. As a young professional entering the field, she is eager to bring a new perspective to the NAMI Vermont Board of Directors and ensure our programs continue to effectively reach and support individuals throughout the state.

Matt Wolf – East Montpelier, VT

Matt is someone who has struggled his entire life with both mental health and substance misuse, and has built his career around using those experiences to help others navigate their experiences. He is a lifelong musician and artist who continues to use those creative outlets to keep himself balanced and move through the world in a positive way. "I am me for a living and do what I do for work because it is who I am as a person." Matt has found his recovery supporting others in their recovery and has gotten to a place where his "dysfunctions" don't bother or scare him any longer.

With natural abilities as a problem solver, mediator, and community organizer, Matt has worked with youth and young adults of transition age for over twenty years in Vermont, inspiring and empowering their leadership development while advocating for them within the VT system of care. Matt has done direct service work with young people in (or formerly in) foster care, as well as those involved in the corrections system, coordinating community services around them to be a more effective support.

As the Director of the Youth in Transition (YIT) program, Matt actively promoted young adult leadership & peer support work statewide while supporting staff in developing a strengths-based driven system of care for those that "straddle" the line between children's and adult service systems. Now in his new role as Vermont Afterschool's Senior Associate for Youth Empowerment, Matt is taking his training, youth empowerment, and systems-building to a new, broader level of work across Vermont public and private youth-serving sectors.