

Conversation on Mental Health

May 4, 2019

Panelists & Resource Tables Representatives & Websites

- ◆ Change Direction & R.E.A.C.T., Judge John T. Broderick changedirection.org & dartmouth-hitchcock.org
- ◆ Senator Joan Lovely MA Senate
- ◆ NAMI, Chris Sadkowski, President of NAMI Greater North Shore (National Alliance On Mental Illness) nami.org
- ◆ Baystate Recovery Service, Michael Wilson, Director of Family Services for Baystate Recovery Services baystaterecovery.com
- ◆ NFI-MA, Stacie Bloxham, Director of the Ambulatory Services Division for NFI Massachusetts, Inc. nfima.org
- ◆ BALM, Lisa Costa, Family Recovery Life Coach balmfamilyrecovery.com
- ◆ Beth Israel Lahey Health, Ellen Jarmusik, Director of Emergency Services Programs lahey.org
- ◆ McLean Hospital, Adriana Bobinchock, Senior Director of Public Affairs and Communications deconstructingstigma.org
- ◆ The NAN Project, Mental Health Awareness & Suicide Prevention, Ellen Dalton, Founder/CEO thenanproject.org
- ◆ Tri-Town Council Youth Services serving Boxford, Middleton & Topsfield tritowncouncil.org
- ◆ American Foundation for Suicide Prevention afsp.org
- ◆ Furry Friends furry-friends.net

Panelists & Resource Table Information

John T. Broderick Jr. is a former Chief Justice of the New Hampshire Supreme Court. He served as Associate Justice of the court from 1995 to 2004 and as its Chief Justice from 2004 to 2010. Broderick holds a J.D. from the University of Virginia School of Law and a B.A. from the College of the Holy Cross. Since 2015, Broderick has been on a journey to end the stigma surrounding mental health in New Hampshire and now in surrounding New England states.

Senator Joan Lovely is in her 4th term as State Senator for the 2nd Essex District, comprised of Beverly, Danvers, Peabody, Salem & Topsfield. While raising family in Salem with her husband, Senator Lovely went back to school to earn degrees from Salem State University and the MA School of Law. She began her activism at the local-level when she collaborated with neighbors and volunteers to rebuild a local playground for neighborhood children and families in Salem. In 1997, Senator Lovely successfully ran for a seat on the Salem City Council & served for 15 years, six as the Ward 3 Councillor, and nine as Councillor-at-Large. Senator Lovely is the proud parent of three adult children and resides in Salem with her husband, Stephen.

Chris Sadkowski is a Beverly resident with a family member with mental health and addiction issues. Chris serves as **President of NAMI Greater North Shore (National Alliance On Mental Illness)**. In addition he is a Board Member at NAMI Cape Ann and a NAMI Support Group facilitator at Beverly Hospital. Chris previously served as a MA Department of Mental Health Citizen Advisory Board Member and River House Shelter Board Member.

Karen Trevenen, in school nursing for almost 20 years, is the **Interim Health Service Director at Masconomet School District** serving youth gr 7-12. Karen's special interests lie in policy and procedure development, mental health issues and research. She developed the District's first Health Services Policy and Procedure Manual and implemented the Signs of Suicide program in the health classes at the high school level. Karen is the chairperson for the District's School Health Advisory Council (SHAC) and is an active member of Tri-Town Council's Community Coalition.

Stacie Bloxham, LMHC, Topsfield resident, **Director of the Ambulatory Services Division for NFI Massachusetts, Inc.**, responsible for the operation of a substance use and mental health clinic in Haverhill. Over the past 2 decades, she has worked with individuals with significant mental health issues being served by the Dept of Mental Health & incarcerated men in the state correctional system. At NFI MA since 2007, she works with individuals in many settings with a focus on home-based family therapy. Stacie is trained in ARC, a framework to work with individuals that have a history of trauma and served as an agency trainer for ARC and Suicide Awareness and Prevention.

Michael Wilson, Director of Family Services for Baystate Recovery Services in Beverly, which provides families and individuals an outpatient family-focused alternative to traditional services dedicated to helping address the addiction issues that families face. In addition, BRS owns and operates Barry's House, an extended care sober living for men seeking to continue their recovery beyond primary treatment. Michael spent many of his younger/more formative years in active addiction - struggling with his various unsuccessful attempts at "sobriety". His experiences and the recovery process that eventually led him to get well and change his life, has become the foundation for his work with families in the community and nationwide.

Adriana Bobinchock is the senior director of Public Affairs & Communications for McLean Hospital, the largest psychiatric affiliate of Harvard Medical School. She has worked in healthcare communications for more than 18 years and has a keen interest in educating the public about mental health. In 2016, Bobinchock along with her colleague Scott O'Brien, spearheaded McLean's national public awareness campaign Deconstructing Stigma: Changing Attitudes About Mental Health. Bobinchock holds degrees in journalism and history from Northeastern University.

Ellen Jarmusik, Emergency Services Program Director, Beth Israel Lahey Health, ESP provides crisis assessment, intervention, and stabilization services 24 hours per day, seven days per week, and 365 days per year to individuals of all ages who are experiencing a behavioral health crisis. The purpose of the ESP is to respond rapidly, assess effectively, and deliver a course of treatment intended to promote recovery, ensure safety, and stabilize the crisis in a manner that allows an individual to receive medically necessary services in the community, or if medically necessary, in an inpatient or 24-hour diversionary level of care.

Ellen Dalton, The NAN Project, has more than 30 years of experience in the human services and mental health fields as a senior administrator for Eliot Community Human Services (a MA-based, non-profit). Ellen has a bachelor's degree from Colgate University and a master's degree in Social Education from Boston University. Most importantly, Ellen has gained experience and expertise in the area of youth suicide through the tragic and untimely death of her daughter, Nan. Ellen had nowhere to turn and she and her family were confronted with the stigma surrounding depression and suicide. She is working to transform her pain into finding answers and addressing gaps in the mental health system, gaps that had allowed Nan to slip through.

Furry Friends provides support & comfort through the unconditional love of Therapy Dogs to those living with physical & emotional difficulties and works with certified, insured therapy dog organizations across the state to provide people with the opportunity to spend time with loving therapy dogs of all sizes and breeds. Furry Friends has provided therapy dogs for Council on Aging, Memory Café, Tri-Town Council, and Parkinson Fitness events and works with the American Foundation for Suicide Prevention providing therapy dogs for its Out of Darkness Walks at high schools, colleges and towns across central and eastern Massachusetts.