

# ALEX CHAN, PH.D., LCMFT

## BIOGRAPHY

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Alex Chan is the mental and behavioral health specialist for University of Maryland Extension Family & Consumer Sciences (FCS) Program. He brings practical knowledge and experience in stress management, family relations, and adolescent development. His recent program development has focused on stigma reduction, mental health of farmers, and community capacity-building through programs like Mental Health First Aid. He holds master's and doctoral degrees in Human Development and Family Studies from Auburn University. Alex is also a Licensed Marriage & Family Therapist in Maryland and the District of Columbia. He continues to practice marriage and family therapy with The Sibley Group DC outside of his work with University of Maryland Extension.

## STATEMENT TO SERVE

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I possess a helpful cross section of knowledge, skills, and abilities that will advance the mission of NAMI Maryland. For example, much of my work with the University of Maryland Extension focuses on connecting with rural audiences around the state on the topic of mental health. I regularly partner with various public and private agencies in rural areas to increase community awareness and capacity to support each other's mental health. I also have experience with oversight including monitoring budgets of grant-funded programs. For an example of the type of programming and oversight with which I am involved, see this webpage: <https://go.umd.edu/farmfamily>

I have lived experience with mental health challenges in both close family members and myself. Personally, I have had to learn how to manage anxiety that expresses itself physically. Even as a therapist, I have had a long journey in figuring out that the symptoms I experienced were not physical but psychologically-based. I understand that the path toward optimal living with a mental health challenge is winding and filled with obstacles that are internal and external. I believe this knowledge gives me greater empathy with my work clientele and personal contacts.

It would be my honor to serve on the NAMI Maryland Board. I am aware of and capable of carrying out the duties of a Board member as described in the bylaws. I am willing to serve a three year term of office. I am more than happy to serve on a standing committee during my term.

# CONSTANCE NOLL

## BIOGRAPHY

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While currently in clinical practice as a Psychiatric Nurse Practitioner, I have spent over four decades as a psychiatric nurse. In fact, as a nurse I have only held positions in psychiatry and behavioral health and have had roles as a manager, administrator, and educator. In a variety of positions I have sought to advocate for individuals with mental illness and their loved ones. The Recovery movement in mental health has had the most influential impact on my career and the individuals I serve. I have learned from those with lived experience and grown to think in terms of Recovery, understanding that the personal stories of personal recovery are truly transformative. With Recovery orientation as a foundation of practice, I have championed Peer Specialists imbedded in acute psychiatric services, utilized Recovery model principles to teach multidisciplinary staff and create policy and standards of care. With humility and a deep sense of privilege, I currently Chair the Recovery Council of the American Psychiatric Nurses Association.

## STATEMENT TO SERVE

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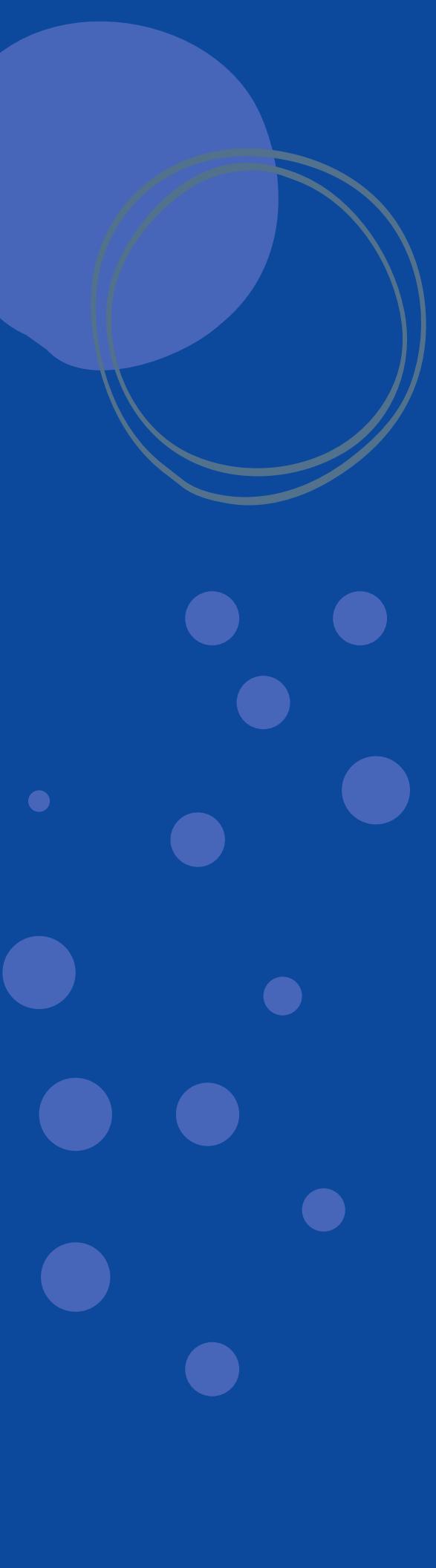
My background speaks to the involvement I have had in managing programs and the duty of fiscal responsibilities including managing the Adult Psychiatry Service Line at University of Maryland Medical Center, creating Psychiatric Emergency Services in the Emergency Department, and the Behavioral Emergency Response Team. My work in reducing seclusion and restraint use, not only in psychiatric services but also in medical surgical units, produced significant results and cultural changes in organizations where I have worked. As a leader, advocating for cultural change among staff providing services to individuals with mental illnesses has been the most challenging as well as the most rewarding, when I hear stories from staff and individuals served about their therapeutic encounters. Indeed, it is the ability to be present and a witness in what I think of as 'sacred' moments with people that has kept me a life long learner, dedicated to my profession and to the best possible outcomes for those needing help.

I would like to mention that I previously served on the Board of Directors of the Mental Health Association (MHA) of York Pennsylvania during the time I spent as a Director of services at Wellspan in York. This led to the first Peer volunteers on the acute inpatient units in the mid 1990's. Additionally, I served on the Advisory Board Compeer Program for the MHA and was involved in fundraising activities. Although not as active currently, I have volunteered with the American Red Cross disaster services since 1994 and have had amazing experiences that have enriched my perspective of clinical work because in disasters one looks for the strengths and successes of the individual, as opposed to an assessment of potential pathologies, and coaches individuals while celebrating small successes. Disaster roles in the Oklahoma bombing, hurricanes, an earthquake, a small plane crash, and after 9/11 have affected me personally as well; always reminding me of what a disaster really feels like and reinforcing the necessity of good self care.

I would like to highlight that I live in a very rural area of Maryland, the most north western point of Baltimore County close to the Pennsylvania border; and I work in rural Harford County; the Upper Chesapeake Health System in Belair and Havre de Grace. In my current role, I provide clinical services primarily in the Behavioral Health Consultation Services; and also in the Emergency Departments, the Klein Family Harford Crisis Clinic, and the inpatient unit. I have referred countless individuals to seek reliable information and help from the NAMI internet page.

My late mother suffered from depression, my father died of Lewy body dementia, and my late brother struggled with addictions and non adherence to medical recommendations. I have a personal connection with the mission and vision of NAMI as well as a professional one. I would consider being a member of the Board of Directors a high honor and a privilege. I have reviewed the expectations of board members and am fully prepared to meet all board member requirements.

Thank you in advance for your consideration of my application.



# LT. STEVEN THOMAS

## BIOGRAPHY

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Lt. Steven Thomas, CCISM, has a BA from UMBA (Political Science and Sociology) and a MA from the University of Baltimore (Legal and Ethical Studies). He started as a patrolman with the Anne Arundel County Police in 1996 where he remained in patrol until he became the CIT and Peer Support Coordinator in 2016. In 2020 the Anne Arundel County CIT Unit was named CIT International's CIT Unit of the Year.

He is the Anne Arundel County ICISF (International Critical Incident Stress Foundation) CISM (Critical Incident Stress Management) Team Coordinator. Further, he is an ICISF approved instructor and in the spring of 2019 received the ICIF Pioneering Spirit Award at their World Congress.

He is a Youth & Adult Mental Health First Aid Instructor and at the 2018 Mental Health First Aid Summit in Washington D.C., he was named a top 100 instructor.

In 2019, he was awarded PAARI (Police Assisted Addiction Recovery Initiative) leadership awarded for his role in developing and implementing Anne Arundel County's Safe Station Program.

## STATEMENT TO SERVE

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Lt. Thomas is currently on the Board of Directors for NAMI Anne Arundel County and ICISF, as well as the law enforcement representative on the Governor's Traumatic Brain Injury Advisory Board.

Most importantly he is a parent of a daughter with anxiety and a son with hydrocephalus and cerebral palsy.

Lt. Thomas has unique perspectives advocating for people who cannot advocate for themselves and believes his skill set will be most helpful to the NAMI Maryland Board of Directors.

He thanks you for the consideration.

# Up for Re- Election

## DENISE EVANS

### BIOGRAPHY

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Denise Evans, Vice President, Business Partner Development is responsible for developing and implementing an initiative to increase the number and revenues of diverse and women owned Business Partners in the IBM Ecosystem.

Denise served globally, for 45 years, in numerous leadership and executive positions for IBM, including Vice President, Women & Diverse BtB Marketing, Director of Global e-business, Global Customer Loyalty, and Global eRelationship Marketing.

Denise currently serves on the Board of Directors for the National Alliance for Mental Illness-Maryland, Global Summit of Women, Galt Foundation, and OOOOO. She has received numerous awards, been featured in many publications and is a lifetime member of the Girl Scouts, USA.

Denise is affiliated with NAMI Montgomery County and is an instructor for NAMI Family to Family and NAMI Basics. She will be trained as a Teach the Teachers Instructor for NAMI Family to Family.

Denise earned her Bachelor of Science degree in Mathematics and Economics from Brown University and MBA from the Stanford Graduate School of Business.

# Up for Re- Electon

# ANTONIUS GARDENIERS

## BIOGRAPHY

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Born and raised in The Netherlands. Lived/worked 50% of adult life in the US. Returned to the US (Maryland) in 2009.

Supervisory Board of Julius Clinical (Clinical Research Organization); I was Just elected to the Board of the Netherlands America Foundation; Advisory Board of African Medical & Research Foundation.

Married with two young sons (10 and 9). Also two daughters from my previous marriage (26, 22). Both my sons Lucas and Jacob have an auto immune disorder with Mental Illness symptoms (Anxiety; OCD; ADHD). My oldest daughter Caitlin (1986) had Borderline Personality Disorder and passed in 2012; my youngest daughter Eva suffers from PTSD and an auto immune disorder with Mental Illness symptoms (Anxiety; OCD; ADHD). I myself was diagnosed with ADD 2 years ago.