

Terri recommends that new GOB members take the opportunity to sit back and listen the first few times to gain perspective on what other board members are thinking. Don't be afraid to speak up. We are all humans, and we have opinions; let your voice be heard for change and make a difference.

Terri first began interacting with NAMI NH in 2007. She has twice attended the NAMI NH parent education program now known as NAMI Basics and Terri trained to become an education program leader. Participating in Fast Forward enabled Terri to establish wrap around services to support a loved one and this open communication and collaboration continues to exist within the current team of professionals.

Leading and volunteering continue to be a passion for Terri, and she is leaving her position on the GOB to spend more time focusing on her other NAMI NH volunteer programs. Terri volunteers as NAMI NH Basics Education Program Leader, NAMI NH Public Policy Committee Participant, Moderator of the Caregivers Facebook Page, and the Mental Health Pack.

When asked about advice for others who may be interested in volunteering Terri recommended starting off small and slow to determine which volunteer opportunity may best align with what your passion is. There are many areas of opportunity to volunteer which may include veterans, geriatrics, adults, or kids. Showing up to an event or writing a note is a great way to connect with the NAMI NH community. And there are opportunities that exist from home she mentioned her own mother-in-law used to write birthday cards from home. People think of volunteering as going somewhere but there are so many opportunities to volunteer from home.

In addition to her service as a volunteer, Terri is currently employed as a NAMI NH Family Peer Support Specialist in the Children's Department. When asked to explain why she loves her job Terri said, "I think because I have been there, I can empathize with them and brainstorm with them. I worry that families are struggling and think there is nothing left for them; there are families out there that are listening and able to help. Everybody is being heard." Terri believes if we can change the system to become proactive and not always be reactive, we will create change. Allowing kids

to have the ability to understand what they are feeling and voice it without being afraid.

If you are interested in volunteering, please visit our volunteer web page at <https://www.naminh.org/volunteer/>