

Alex Sheehan
Nominated by NAMI Washington

Nominator Narrative

Lauren Simonds

Executive Director, NAMI Washington

NAMI Board service demands experience, knowledge, commitment, and time to help others. Board members must be passionate about NAMI's goals, values, and beliefs. This year, the NAMI Board is highlighting specific skills that they are seeking in candidates to strengthen the current skill sets on the board. You can review the [2024 Open Letter](#) from the NAMI Board President for more information on the call for candidates.

Please list the skill areas identified in the Open Letter in which this candidate excels.

Alex will bring diversity of age, gender identify, lived experience, and national geography to the board. His brings his lived experience as a person living with a mental health condition in recovery. He also brings his vast knowledge from his criminal justice work, as well as his knowledge and proven track record with donor cultivation. Alex is also adept with IT, communications and social media.

Explain any additional skill areas in which this candidate excels not identified in the Open Letter that you believe would be an asset to the NAMI Board.

Having served in a variety of leadership roles and on several boards, Alex knows and understands parliamentary procedures, Robert's Rules of Order, and how to be an excellent board member. He also has experience fostering and building cross-sector connections and relationships; knowledge and experience with local, state, and federal advocacy; as well as project management and LEAN processes.

This individual has helped advance the NAMI mission in my community by...

Alex advances NAMI's mission every day by ensuring peer voices and NAMI resources are in his program designs for the state. As well as:

- Assisted over 200 clients on community supervision get connected to their local NAMI affiliates as part of their societal reintegration
- Signature Program Leader for F2F, FSG, EtS
- NAMI Pierce County board member since 2018
- Worked to double NAMI Pierce volunteers since 2018
- Promotes NAMI Washington throughout the state as a board member since 2021
- represents NAMI Washington as an inaugural member of the NAMI National Grasstops Advocacy Pilot Program

This individual works well in coordination with other leaders to accomplish goals as evidenced by...

Alex has worked his way Up the NAMI line of leadership, and he would not be at this point of being nominated for this consideration if he were unable to work in coordination with other leaders. In addition to everything already shared, Alex's courage to share his personal and professional journey,

passion and experience for mental health advocacy at all levels of government, and ability to foster cross-sector collaboration for the advancement of equitable mental health policies support his ability to work in coordination and collaboration with other leaders.