2021 Banner Volunteer

Mozelle ‘Evelyn’ Steward

NAMI Hampton/Newport News
For many years, to see NAMI in action was to see Evelyn in action.
Evelyn helped guide others through challenges, promoted wellness, and celebrated successes together for years.

She shared her personal contact number freely, allowing group members to call her day or night. Evelyn valued the connection found in the support groups and never wanted anyone to feel alone.
It is our sincere pleasure and honor to thank Evelyn for the time and legacy of her volunteer contributions. We wish her the best and thank her for the differences she made and hope she provided in the lives of those in the Hampton/Newport News region.

Volunteer Appreciation Week | April 18th - 24th
I am blessed to be a part of a wonderful group of parents and amazing organization. I feel that we are truly in it together, climbing mountains, and building bridges for our loved ones and ourselves.

Sharing and learning from parents of diverse backgrounds in a nonjudgmental environment has created a solid network of support for us all. For 90 minutes twice a month, we laugh, cry, brainstorm, learn, and celebrate together. That is self-care and is priceless.
NAMI Walks is an excellent way to both raise funds and let people know who we are, where we are, and why.

In absolute sincerity - it gives me the chance be part of what I consider to be a superb organization, doing wonderful (and badly needed) work on behalf of those who need it - my daughter, for starters.
I really enjoy working alongside peers who are supportive and resourceful. It doesn't matter what you do professionally, everyone is treated as experts in life experiences and all emulate leadership qualities. The value of networking with other parents who have lived experience is priceless and being able to reach out to support, educate and empower others in need helps to build the next generation of leaders and advocates.

Being a part of the VFN Advisory Board has afforded me the opportunity to advocate and educate leaders and policy makers about mental health issues. It has allowed me to provide input on family engagement and equity policies for state programs that will ensure families are heard and valued.

Andelicia Neville
Virginia Family Network Board

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To me, the surprise about being a leader / coordinator is the importance and variety of volunteers and of setting and tracking SMART goals.

[I most enjoy] The challenge of keeping up with the flood of information, ideas and activities from state and national NAMI, and translating as much as possible into local education and action.

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Cindi Maurice
NAMI Family-to-Family Leader

“I most enjoy] being able to share my knowledge and lived experience to help others while still helping my family.

The VFN Online Programming enables us to reach out to others across the Commonwealth of Virginia.
[We most enjoy] providing people with a way to learn more about mental health, share their experiences and know they are not alone.

Family and Friends provides a wealth of valuable information in a short timeframe that fits well into people's busy schedules.
Being part of the VFN Board means being with another family- of parents and caregivers who walk similar paths and have completely "been there" or "are there". We work collaboratively to find and implement ways to support other family members impacted by children and youth mental health challenges.

VFN facilitates opportunities for growing family leaders and for elevating parent/caregiver peer supports. Strengthening and sharing family voice is one of the most powerful tools for change and VFN makes that possible for families around Virginia!
Volunteering as an IOOV presenter has propelled my recovery by giving me a sense of purpose and self-confidence.

My hope is that each time I present my story at least one person is inspired to keep moving forward despite difficulties.

Photo courtesy of Chelsea Darling Photography