

LISA R. CARCHEDI, M.D., MS C-IAYT

CANDIDATE NARRATIVE

Strengths and attributes NAMI board has identified as high-priority needs for the 2019–2020 board; any strengths/attributes identified by the candidate are starred and in bold:

- **Diversity of age, race, ethnicity, language, experience and national geography***
- **Knowledge of the philanthropic community and track record with donor cultivation***
- Information Technology, to guide infrastructure development
- **Board governance and innovation***

In 250 words or less, please explain how you will use your skills in these areas to move the mission of the NAMI Board forward. If you do not have any experience in these areas, please explain what qualities you feel that you possess that the NAMI Board of Directors should consider when making their recommendations to the membership.

When looking at the current strengths as well as projected needs of the NAMI Board, I am confident that I have the skills required. I am a medical doctor, yes, but more importantly, a psychiatrist. I advocate for and treat those suffering with mental health symptoms; however, I also interact with their families, friends, and other health providers. I trained in the US Army, and am a veteran who now works only a few miles away from the largest inpatient facility in the Maryland Health Care System (Perry Point). I am the Captain of Team AWESOME—originally in Austin, and now in Maryland. In Austin, Team AWESOME was voted “Top Team” for member recruitment and monies raised. I coached others how to do the same. Austin was Affiliate of the Year in 2013 in part due to the success of the Walk.

I have had several medical committee leadership positions as well as represented the hospital as Chief of Staff. I was a workgroup member creating the new and innovative Dell-UT Austin medical school. I managed my administrative duties along with my clinical practice, research, service on the NAMI-Austin Board, and teaching of residents and medical students. All my students learned about NAMI and the impact of stigma on mental health when on psychiatry. They took this information onto other student rotations (i.e. internal medicine) and spread the word about NAMI.

I have personally helped advance the NAMI mission in my community by...

educating colleagues, patients and families about NAMI, its resources, as well as other mental health issues. I try to project compassion and acceptance. For me, being a psychiatrist is not just about prescribing medication. I spend time listening to a person’s story so that together we can create an effective plan. Stigma not only affects those in active treatment. It keeps a lot of people from ever showing up at all. Education and understanding help fight stigma. Participating in the Walk and promoting NAMI's resources lower barriers to care and eliminates stigma. Being kind and respectful also helps.

I work well in coordination with other leaders to accomplish goals as evidenced by...

my history of having been on several medical committees and in administrative leadership positions such as Chief of Staff. I was an At-Large member of the NAMI-Austin Board focusing on community

outreach and recruitment. Every day I collaborate with a multidisciplinary treatment team to provide excellent patient care. While in the Army, I obtained the rank of Major and received several awards. I co-facilitated research with colleagues at other medical schools on Team Based Learning.

Nominator Narrative

Joe Ashworth, NAMI Maryland, President

Strengths and attributes NAMI board has identified as high-priority needs for the 2019–2020 board; any strengths/attributes identified by the nominator are starred and in bold:

- **Diversity of age, race, ethnicity, language, experience and national geography***
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- **Information Technology, to guide infrastructure development***
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In 250 words or less, please explain how the candidate will use their skills in these areas to move the mission of the NAMI Board forward. If the candidate does not have any experience in these areas, please explain what qualities you feel that the candidate possesses that the NAMI Board of Directors should consider when making their recommendations to the membership.

Dr. Carchedi, in addition to being fully committed to NAMI's mission, brings skills that are essential to growing and sustaining NAMI's mission. Dr. Carchedi's experience is broad and significant. First, she was a major in the U.S. Army and brings the professionalism associated with that rank and a compassion for veterans and their needs. Second, Dr. Carchedi is a practicing psychiatrist, and administrator at an outpatient clinic and a 28-bed inpatient psychiatric facility. She has experienced first-hand the struggles persons living with mental illness and their families face with obtaining and sustaining mental health services. Her clinical and administrative experience should prove invaluable in assisting the NAMI Board discharge its mission. Third, Dr. Carchedi has considerable experience as a medical educator and is familiar with the need to broaden provider education. She is very passionate about building her profession's knowledge of mental illness and fighting the stigma that still exists within the medical community. As a medical educator, Dr. Carchedi has been proactive in ensuring the medical students are exposed to NAMI by distributing materials to her classes and inviting speakers from the local affiliate (NAMI Austin) to describe NAMI and its mission. Fourth, Dr. Carchedi has been a professional leader in team building and developing collaborative working relationships. Those skills should be valued on your Board. Finally, Dr. Carchedi has a solid history in cultivating donors through her Walk team leadership. As medical administrator, Dr. Carchedi is quite familiar with information technology and infrastructure development.

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

Dr. Carchedi has a solid track record advancing the NAMI mission in our community in several ways. She has been dedicated to the NAMI Walk by building highly successful teams. Those efforts obviously have contributed directly to NAMI's mission. Dr. Carchedi also has advanced NAMI's mission directly as a medical educator, first by ensuring that medical students are versed on NAMI, its mission, and the need for them to be leaders in fighting stigma, even within the provider community. She remains passionate

about removing stigma and other barriers within the medical profession toward those living with mental illness.

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

Dr. Carchedi is a team builder with a long history of coordinating and collaborating with other leaders. She was a major in the Army, where the ability to work collaboratively is essential. Dr. Carchedi's professional history teems with evidence of her commitment to collaboration and coordination with others. Dr. Carchedi has been a leader within her profession by leading a multidisciplinary team in clinical rounding. Dr. Carchedi has co-authored several papers on Team Based Learning by collaborating with other medical schools. Dr. Carchedi's role as Medical Chief of Staff required high-level coordination with other medical disciplines and departments.