Carlos A. Larrauri, APRN
Nominated by NAMI Miami-Dade County (FL)

CANDIDATE NARRATIVE

Strengths and attributes NAMI board has identified as high-priority needs for the 2020–2021 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
• Experience with a variety of revenue models and financial oversight and management
• Healthcare/medicine especially in team-based practice that provides integrated physical and mental healthcare
• Criminal Justice experience, professional and/or lived, to provide insight into one of the central platforms of the NAMI 2020-2025 Strategic Plan

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.

As a member of the Board of Directors for the NAMI national organization, I will move the mission of the organization forward by focusing on the three key goals of our strategic plan. I believe that achieving these goals will help provide others with the same opportunity for recovery that I was afforded.

First and foremost, I will utilize my lived experience, as well as my training as a psychiatric nurse practitioner, to help others get help earlier. I have published a chapter entitled First Person Accounts of Psychosis and Advocacy Work in the clinical text Intervening Early in Psychosis – A Team Approach. I have also shared my story in articles and blog posts with STRONG 365, CURESZ, The Miami Herald and NAMI. I will continue share my story to change public perceptions in hopes that it helps other get help earlier.

Moreover, I will support NAMI achieve its goal of helping people get the best possible care. I am currently working with NAMI on the Accelerating Medicines Partnership that aims to develop new treatments for schizophrenia. I hope for the opportunity to continue to inform this high-level scientific endeavor with the values and insights that people and families with lived experience have to offer.

Lastly, I will help NAMI divert people from criminal justice system involvement. I will draw from my real-world experiencing working in a jail diversion program and caring for patients at a forensic psychiatric hospital to inform my advocacy for criminal justice reform.

I have personally helped advance the NAMI mission in my community by helping restart the NAMI Miami-Dade County affiliate and lead the organization as a peer leader, trainer, board member, fundraiser and public speaker. I have engaged in over 50 community outreach events to students at universities, law enforcement for crisis intervention training, and providers at community mental health
organizations. I have taught five connections support group facilitator trainings and have trained approximately 25 facilitators. I have written several opinion editorials in the Miami Herald and engaged in multiple media appearances with South Florida PBS regarding mental health-related topics.

I work well in coordination with other leaders to accomplish goals as evidenced by my ability to listen deeply and maintain intellectual humility. My work as psychiatric nurse practitioner has taught me the value of listening in helping others heal and move forward with their goals. It has also taught me the value in knowing when to lead and when to follow. Furthermore, my experience with schizophrenia has taught me to take nothing for granted. It has made me realize the importance of support systems and community in well-being and has grounded me with a strong sense of purpose.

Nominator Narrative

Kathryn Coppola
Executive Director, NAMI Miami-Dade County (FL)

Strengths and attributes NAMI board has identified as high-priority needs for the 2020–2021 board; any strengths/attributes identified by the nominator are starred and in bold:

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- Criminal Justice experience, professional and/or lived, to provide insight into one of the central platforms of the NAMI 2020-2025 Strategic Plan **

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.

Carlos brings a wealth of real word practice experience working with people with mental health conditions. He has worked in a variety of roles (disability specialist, registered nurse, nurse practitioner, educator, to name a few) and in a variety of settings (hospitals, forensic, community mental health centers, university and colleges). He has real-world experience of understanding how the mental health care system works and doesn’t work and has grappled with the real-world consequences of policy issues such as Medicaid expansion, mental health parity, primary care and behavioral health care integration.

His lived experience as someone overcoming schizophrenia and has been a source of inspiration and hope for many of our community members. He takes every opportunity to share his story and has been public about his experience despite potential consequences for his career or well-being. He routinely takes calls from family members struggling with the mental health conditions of loved ones to provide guidance and insight. He has spoken at and continues to speak with a wide array of audiences (police officers, judges, students, health care providers). He also brings an underrepresented perspective in this
space: That of a millennial and Hispanic person. I am sure he will continue to lend his voice and story to further the mission of NAMI as he has done thus far.

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

Carlos has helped advance the NAMI mission by working at whatever has been necessary to help our NAMI grow and thrive. He has been a part of NAMI Miami for close to 8 years and has helped the organization grow through multiple means such as outreach, advocacy, fundraising and administration. He has trained over 25 connection support group facilitators, having led 5 connection facilitator trainings. He has published his story and several opinion editorials in the Miami Herald and has spoken about mental health issues on our public television station. He participates in our signature film festival by performing live music along with another peer.

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

Carlos has strong listening skills, compassion and empathy. He often provides well-reasoned insights and has the intellectual humility to know when to lead and when to follow. He cares deeply about this population as evidenced by his work and commitment to service.