



19th Annual Heroes Celebration

Honoring Mark Rypien

Featuring emcees **Chick Hernandez**
and **Andy Pollin**

Wayne Fenton Memorial Award Recipient:

Dr. Alan Goodwin

Date:

NOV. 16,
at **6^{PM}**

Venue:

Bethesda Marriott

5151 Pooks Hill Rd, Bethesda, MD

6pm

Cocktails & Hors D'oeuvres

7pm

Dinner & Program



nami

National Alliance on Mental Illness

Montgomery County

Hope starts here.



National Alliance on Mental Illness

Montgomery County

Since 1978, the National Alliance on Mental Illness of Montgomery County, Maryland (NAMI MC) has been educating, supporting and advocating on behalf of all affected by mental illness.



“Let me share my story so others can share theirs. Let’s get rid of this silence that happens when you’re caught up in this cycle and you don’t know how to find the help I’ve been afforded. There are ways to get help.”

2018 Hero **Mark Rypien**

Mark Rypien is a Super-Bowl winning, former NFL quarterback who played 11 seasons, six with the Washington Redskins. Leading the Redskins to victory in Super Bowl XXVI, Rypien was named Most Valuable Player (MVP) of the game, becoming the first foreign-born (Canadian) NFL player to receive this honor. In the spring of 2018, Mark publicly shared he lives with mental illness, including depression and anxiety, which led to an attempt to take his own life. Mark is open about working with mental health specialists and taking prescribed medications and hopes sharing his own experience will encourage others to do the same. In addition to advocating for mental health awareness, Rypien, who tragically lost his son Andrew to cancer, works to help improve the quality of care of pediatric cancer patients through the Rypien Foundation.

2018 Wayne Fenton Memorial Award

Dr. Alan Goodwin



After earning his bachelor and master's degrees from the University of Maryland, Dr. Alan Goodwin taught English for Montgomery County Public Schools. While teaching, he earned his Ph.D. in Curriculum and Instruction and his administrative certification from the State of Maryland. As a teacher, Dr. Goodwin always concerned himself with the social-emotional development of his students. Following a one-year principalship at Thomas Pyle Middle School, Dr. Goodwin was assigned to be principal at Walt Whitman High School where he led the school for 14 years until he retired this past July. At Whitman, Dr. Goodwin worked passionately to help struggling students, and initiated several programs to assist and guide students to help address their anxieties, to try to keep them safe from drugs and alcohol, and to meet their social emotional needs.

Every year, the Montgomery County Crisis Center and NAMI MC honor a Crisis Intervention Team (CIT) Instructor and Officer of the year for their life-saving work with police and the community.



CIT Instructor of the Year, **Audra Dugue**, CSC- AD, CHES, for her outstanding work as one of the most versatile instructors and a valuable member of the Crisis Center staff for the past 18 years. In addition to being a dedicated instructor for the CIT program, Ms. Dugue works side-by-side with officers as a Crisis Center Behavioral Health Technician.



CIT Officer of the Year, **Laura Blankman**, PO3, for her outstanding work responding to calls for individuals living with mental illness in the County's 6th District. Through her work, Officer Blankman strengthens the lines of communication between patrol officers and community providers, helping to stabilize crisis situations. Officer Blankman also supports the Project Lifesaver program by assisting in locating missing persons with intellectual, developmental and other neurocognitive impairments.

Chairs:

Mimi Brodsky Kress
Lori Schor Ulanow

Honorary Dinner Committee

Clausen Family Foundation
Rypien Foundation
Total Wine & More

Dinner Committee

Tina Benjamin
Brenda Brody
Carl & Mary Custer
Susan Davis
Dana DeBeaumont
Marc Dubin & Holly Fungler Dubin
Karen Hammerman
Helen Hocknell & Daniel K. Sinnett
Darrilyn Vassar-Jackson & Earl Jackson
Delegate Marc & Rebecca Korman
Mimi Brodsky Kress & Michael Kress
Michael & Michelle Murray
Roberta Petrishko
Barbara & Don Reed
Susan Rosenstock
Susan Rushford
Lauren Sachs
Julie Schumacher
Honorable Jeffrey Slavin
Lori Schor Ulanow & Les Ulanow
Josh & Kim Wooldridge

**Purchase tickets and sponsorships online
by visiting www.namimc.org/heroes**

For more information:

301-949-5852 | heroes@namimc.org | www.namimc.org/heroes

