

Julie N. Strickland

Mother • Author • Advocate

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Personal Statement

My son experienced a psychotic break in 2014. After years of doctors and medications, he is in recovery and plans to attend college in the fall. I wrote a book about our journey in order to share the lessons learned in the hopes that some other family may learn from it. I hope that reading about my emotions as a mother will help another parent feel less alone.

I joined NAMI to help others. Whether as Chair of Advocacy or a family support group leader, I will continue to give back. All proceeds from the sale of my book will go to advocacy.

Summary of Qualifications

Mother, Author, Advocate 2014-Present

- 6 years' experience
- Strengths:
 - Leadership
 - Public Speaking
 - Writing
- Empathy from lived experiences

Sr. Principal Mechanical Engineer 2006-Present

- 14 years in mechanical design
- Strengths:
 - Leadership
 - 3D CAD Modeling
 - Hardware Design
- Innovator: 1 patent and 1 provisional patent awarded, multiple disclosures written

Experience

Family Support Group Co-Facilitator 2020

NAMI (Houston, Texas)

- Family Support Group, Bay Area (Greater Houston), 1st & 3rd Tuesdays
- Family Support Group, Texas, for parents of minor children, 2nd & 4th Tuesdays

Member 2019-Present

NAMI (Houston, Texas)

- NAMI Walks team member 2019 and 2020

Chair, Advocacy, San Gabriel Valley 2019

NAMI (Pasadena, CA)

- Table Lead, Pathways Conference, HIPAA
- NAMI Walks team member

Author 2020

"The Walls Are Breathing – A Mother's Perspective on Mental Illness"

- Website: jnstrickland.com
- Twitter: @JulieNStrick
- Instagram: Julie.N.Strickland

Training

Family Support Group Training 2020

Family to Family Class May to July 2020

NAMI National Conference 2019

Education

My career and degrees are not relevant to mental health advocacy; however, I include them to show that I am educated.

The University of North Texas

December 2015

Master of Science, Materials Science and Engineering.

The University of Texas at Austin

August 2006

Bachelor of Science, Mechanical Engineering. Technical Area Option: Materials Science.

Worked part time and raised two small children while pursuing my degree.

YouTube Channel: [Julie N Strickland](#)

IG: @julie.n.strickland

FB: The Walls Are Breathing (jnstrickland)

Twitter: @JulieNStrick

#CureStigma #NoStigma