

# Outstanding Individual Volunteer Service

## Karen M. Garber

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Karen M. Garber is ahead of her time in the innovative ways she delivers information about the awareness and reality of mental illness.

Karen became a volunteer locally with NAMI/Brazos Valley in 2007, and with Mental

Health Mental Retardation Authority of the Brazos Valley in 2009. Through her tireless dedication, commitment, passion and leadership efforts, she became the greatest advocate of mental illness in the Brazos Valley. It is not uncommon to find Karen spending endless hours conducting educational programs for our consumers and family members.

In addition to faithfully and consistently continuing to offer the “Family to Family” educational classes, Karen also facilitates local support groups. She not only serves as President of the local NAMI/Brazos

Valley affiliate, she has proven to be a vital influence in developing the NAMI affiliate of Brenham, Texas. In this capacity, she has been instrumental in bringing greater awareness of mental health issues to the community. She believes that education is an essential part of understanding and coping with mental illness.

“Leadership is practice; not so much in words, as in attitude and in actions.” (Harold Green)

The above quote exemplifies the leadership qualities of Karen Garber. Volunteer Coordinator Janie Velasquez adds, “Karen is like the Energizer Bunny that keeps going and going with that great smile on her face. She truly has been an inspiration to all of the NAMI/Brazos Valley members and consumers of the agency.”

Through the support of her family, friends and co-workers alike, Karen’s spirit of giving graciously touches the lives of those in need. She is a blessing to both MHMR of the Brazos Valley and its extended community.

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***Nominated by MHMRA of Brazos Valley***