



## Thomas Jurgensen

Tom graduated with great distinction from SJSU with a B.A. in Psychology and a Minor in Anthropology. He has a Mental Health Rehabilitation Specialist (MHRS) certification. He has worked as a Group Home Counselor, Resident Assistant, Case Manager, Club Facilitator, Community Trainer, Community Friend, NAMI Peer Pal, and NAMI

Mentor. Tom was a founding member of Rise Above Stigma and Momentum's Consumer Advisory Board. He was a founding member of the Office of Client Empowerment (now Office of Consumer Affairs). Tom was a guest on More Than Meets the Eye, a community TV program in Redwood City. Tom was a Junior League Silver Bowl recipient. He has been recognized by SCC Board of Supervisors for contributions to the community.

As a Community Trainer for many years, Tom worked with graduate students to provide a Client perspective on issues related to their future careers. Tom has spoken extensively about the experience of being a Mental Health Client and about the challenges and insights of providing services while contending with mental health issues. Tom was involved with planning and implementing two client-organized conferences and was involved with the founding of Zephyr and Phoenix Self-Help centers. Tom was also a CIT panelist for many of the early CIT Trainings.

Tom enjoys writing poetry and composing songs. He currently works as a Mentor for NAMI's Mentors on Discharge program.

Tom has extensive lived experience as a Mental Health Client and as a Family Member.