



# NAMI-WILMINGTON LAURA AND PAUL BOBOTAS

## A Tribute to Their Impact on NAMI and Beyond

### Life Changing Impact on NAMI and Beyond

Laura and Paul Bobotas have been making a life-changing impact on the National Alliance on Mental Illness (NAMI) Wilmington since they joined in June 2016. They quickly became dedicated members, attending the Family to Family and Family Support groups. When the moderators of these groups faced health issues, Laura and Paul stepped up to ensure that these vital resources for families affected by mental illness could continue.

Their impact on NAMI only continued to grow from there. In addition to leading these groups, Laura and Paul started doing CIT (Crisis Intervention Team) presentations which is a crisis training program for police officers, the Sheriff's Department, EMS, and dispatch personnel who are likely to come in contact with individuals in mental health crises. Laura and Paul share their story with the program's participants, providing them with a firsthand understanding of what it's like to be a family member of someone going through a mental health crisis. "As we go through this crisis, it is scary, not just for our children, for us too, we're all going through this as a family." - Family Member. Their hard work and dedication to NAMI have been recognized by the organization, with NAMI NC awarding them the Elaine and David Purpel Family Respite Award in 2020. Their commitment to this program has helped raise awareness of mental health in the community and is helping break down the stigma associated with mental illness.

Laura and Paul have also had a profound impact on those around them, always willing to help answer questions and provide support to other family members. "Laura and Paul have seen it all and have a wealth of experience and knowledge." - Family Member. Laura and Paul are an inspiration to many NAMI leaders. They always maintain a positive attitude, and their hopefulness has helped many family members cope with their family mental health challenges.

Their contributions to NAMI Wilmington have been immense, and their impact on the organization and its members is immeasurable. Through their involvement with NAMI, Laura and Paul have grown and changed, becoming more involved in the community and especially with youth mental health issues. They have even taken on the role of CIT coordinators, working to educate police officers and make a difference in their interactions with those affected by mental illness. Their efforts in Family to Family training, recruiting Family Support leaders, leading the CIT presentations, and keeping these programs strong were critical to the growth of NAMI Wilmington.

Their dedication to volunteering and giving back to their community extends beyond NAMI. Paul volunteers for Kids Making it, a non-profit woodworking business for at-risk youth, and both Paul and Laura volunteer at Strategic behavioral center in Wilmington. Laura and Paul have made it their mission to impact and affect as many people as they possibly can.

Laura and Paul Bobotas have made an immeasurable impact on NAMI and the community at large. Their dedication, hard work, and personal struggles have inspired others and changed lives. They are a testament to the power of volunteerism and a shining example of the good that can come from helping others. They are deserving of recognition and we are grateful to have them as part of our NAMI Wilmington family. We thank Laura and Paul for their selflessness, dedication, and commitment to making a positive difference in the lives of those who need it most.