



917 Avery Avenue
Syracuse, New York 13204
Tel. 315-487-2085 Fax 315-487-2154
E-mail: namisyracuse@namisyracuse.org
Website: www.namisyracuse.org

March 30, 2023

To NAMI National,

This letter is written with our recommendation and nomination of Ann Canastra, MS, NCC, LMHC, ACS, LMSW, LPC to the National Board of Directors for the National Alliance on Mental Illness. Ann is an active member of NAMI Syracuse, and meets all of the membership requirements set-forth in the candidate qualifications.

Beyond this, Ann has expertise and experience sitting on both the NAMI Syracuse Board of Directors as well as serving 2-terms on the NAMI New York State Board of Directors. She has provided expertise and dedication to the launching of the NAMI Homefront Program, as a family member, therapist, and leader in the military-family world. Ann has served at the Syracuse VA Medical Center for 18-years, and has vast knowledge and experience both with service-delivery in mental health as well as management within a large government agency.

Beyond this, Ann sits on several Boards and has specialized knowledge of the philanthropic community. She understands revenue models for both small and large organizations, serving as the treasurer of the Board of Directors for NAMI New York State for two years. Ann has a small private practice that she owns/operates and she serves as adjunct faculty for SUNY Oswego's Master's Mental Health Counseling Program. Her vast expertise and passion to further the mission of NAMI are profound.

Please find the attached resume, headshot, and NAMI Syracuse Board Meeting minutes confirming our support for her nomination. If you need to reach me, please call the NAMI Syracuse Office at 315-487-2085.

Best Regards,

Hank Wilcox

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President

NAMI Syracuse Board of Directors