Laura Andrews (Board Member)

Laura Andrews is the Senior Outreach Services Coordinator for the Breaking Down Barriers program with Mental Health America of San Diego County. She connects the Latino community to mental health services and advocates with local, state and national legislators to reduce the stigma associated with mental health.

Her effectiveness to collaborate with other agencies, community groups, clients and their family members allowed for the opportunity to expand the services to six other culturally diverse populations. Laura Andrews researches mental health best practices and uses her expertise in behavioral health to train community stake holders in Mental Health First Aid.

Ms. Andrews began her advocacy work eleven years ago, as a committee member for the Parent and Teacher Association (PTA) for the Neighborhood House Association. In 2003, she initiated the establishment of the PTA at Kimbrough Elementary and was PTA president for two consecutive years. She continues to be an active member of the PTA at The Preuss School UCSD.

Ms. Andrews currently holds a seat on the San Ysidro Health Center Board of Directors. As a board member she participated on the financial committee, strategic planning committee and consumers committee. Her work also includes serving on the Emergency Food and Shelter Program of San Diego County board. In addition, she co-chairs the San Diego Southeastern Relay for Life annual event. Ms. Andrews is an affiliate of the National Council of La Raza, Students in Free Enterprise of San Diego, Latino Network Consortium, Mana of San Diego and other organizations that have taken on the challenge of eliminating health, education and economic disparities. Among her many accomplishments include her work as a Healthy Families Electronic Application advisor to Governor Gray Davis and serving as the Family Economic Support program director for the Bronze Triangle Community Development Corporation.

Ms. Andrews attends San Diego City College and will complete an A.A. in business in 2010.