

# LIZ MEANS

EARLY CHILDHOOD MENTAL HEALTH  
DIRECTOR

970.377.3388 EXT. 203



## ABOUT LIZ

Liz Means is the Early Childhood Mental Health (ECMH) Director. The ECMH program was formerly known as the Leap Coalition. She has been with the Council since June 2018.

Liz was born and raised in Fort Collins, CO. She has a BA in Political Science from Whittier College, and is currently working on her Master of Nonprofit Management (MNM) degree from Regis University. She has more than 10 years of experience working in nonprofits, with an extensive background in communications, event management, grant writing, community collaboration and systems-level improvements.

When not at work you can find Liz playing music with her band, watching HGTV and daydreaming about various design projects, kayaking on Horsetooth Reservoir, and spending time with her husband, son, and pug dog named “Puggy.”



## FAVORITE CHILDREN'S BOOK

Love You Forever

By Robert Munsch

