



Contact: Barbara Gross
bgross@dh.org
#215-480-1779 (cell)

YOUNG RECOVERING ADDICT TO SPEAK IN CENTRAL BUCKS

(Doylestown, PA) CB Cares Educational Foundation (CBCEF) is sponsoring a free community event, featuring a young adult who will speak about his journey through addiction and long-term recovery. This presentation, with Q and A to follow, will take place in the Holicong Middle School auditorium on Tuesday evening, April 22, beginning at 7 pm. Adults and students in 7th-12th grade are encouraged to attend. Several professionals will be present to answer questions following the presentation, along with the guest speaker.

In middle school, Carl Antisell began using addictive substances as a way to relieve his ongoing anxiety and depression. He went from alcohol, to marijuana, to prescription drugs, to heroin. His use quickly progressed and eventually spun out of control. In his recovery, he has learned healthy, effective ways to handle his emotions as well as life's ups and downs. Carl believes that the lessons he continues to learn in recovery are valuable, not only for those suffering from substance abuse, but to anyone facing life's difficulties. He believes that educating young people about mental health issues will lessen the stigma attached to such problems, thereby empowering the youth community to voice their needs, and allowing the greater community to build resources to support them.

Carl Antisell is being brought to our community through funding provided by CBCEF, in partnership with Minding Your Mind, the leading provider of mental health programs to students, teachers, administrators, and the community in Greater Philadelphia and New Jersey.

For more info visit: Cb-cares.org or call 215-489-9120

CB Cares Educational Foundation, in partnership with Doylestown Hospital, Central Bucks School District, local businesses and the community, is dedicated to enriching the experience of students through learning grants and 40 Assets-based programs which promote responsible and resilient youth.