



# THE Michael James Cotton FOUNDATION

Newsletter Volume 2, Issue 2

June 2025

## A Night to Remember: Our 2nd Annual Gala Fundraiser Was a Tremendous Success

We are overjoyed to share the incredible success of our 2nd Annual Gala Fundraiser, held on June 7, 2025. Thanks to your generous support, we sold out once again—welcoming 230 attendees who came together to celebrate, connect, and contribute to a cause close to all our hearts.

Together, we raised an astounding \$104,000, with a net total of over \$81,000 directly benefiting our programs that support individuals on their journey of sobriety, mental health, and spiritual renewal.

The night was filled with joy, laughter, and inspiration. Guests enjoyed a wonderful evening of camaraderie, and community spirit—all while helping fund critical services

that offer hope and healing. The stories shared and the energy in the room reminded us that recovery is not just possible—it is powerful.

We are deeply grateful to each and every one of you—our donors, sponsors, volunteers, and attendees. Your



Our Board Members Minus Dr. Alanis



Linda had the winning key for the wine fridge



The LT Fiddlers did an outstanding job!



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unwavering belief in our mission is what fuels our ability to walk alongside those in need of strength, renewal, and a second chance.

Thank you for making this night such a resounding success. Because of you, lives have, and will continue to be changed.

**SAVE THE DATE** and put it on your calendar for next year's event on June 6, 2026 which will be even bigger and better!



## Presented Our First Volunteer of the Year Award at the Gala



Our Volunteer of the Year  
Kristen Palmer

Kristen Palmer received our first ever, Volunteer of the Year Award for all of her hard work and dedication to our Foundation and the good work that we do. Her energy and positivity are a blessing to those of us that work with her here at the foundation. Thanks Kristen for all you do!!!





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Excerpt from an article by Dr. Alfonso Alanis, one of our Board members

Excerpt from:

## DRUG ADDICTION AMONG YOUNG PEOPLE by Alfonso J. Alanis, M.D.

*“Among young people, substance abuse represents an important and complex public health challenge. The path to addiction often begins during adolescence, when the developing brain is particularly vulnerable to substance use disorders. Understanding this crisis and effective rehabilitation approaches is crucial for addressing the problem.*

### *How it Starts*

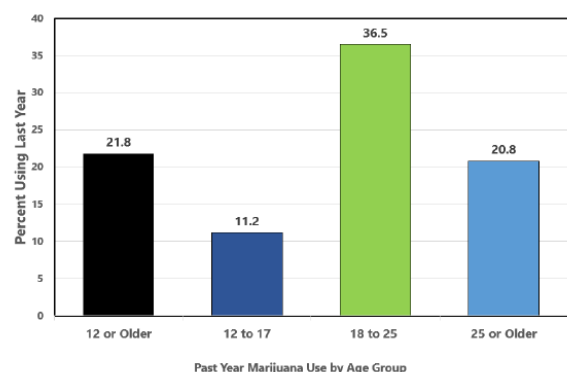
*Young people face unique risk factors that can lead to substance abuse. Peer pressure, academic stress, family conflict, mental health issues like anxiety and depression, and genetic predisposition all play significant roles. The widespread availability of both illicit drugs and potentially addictive prescription medications, combined with the false perception that some of these substances are “safe,” creates additional danger. Social media and popular culture have played a role in “normalizing” drug use, making it seem acceptable and less risky to impressionable youth.*

*The impact of addiction on young people can be particularly devastating. Drug use during adolescence can impair cognitive development, academic performance, and social relationships. It often leads to isolation from family and healthy peer groups, increased risk-taking behavior, and potential legal troubles. Perhaps most critically, early substance use significantly increases the likelihood of developing long-term addiction issues that persist into adulthood. “*

To read the entire article, please use the QR Code below to be taken directly to the article on our Foundation website.



Past Year Marijuana Use Among People Aged 12 or Older; 2023





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## Metrics to Celebrate:

- We have awarded 48 grants to date
- So far, sixteen of our recipients have reached one year sobriety.
- One recipient has reached 18+ months sobriety
- On June 18th, we celebrated the Foundation reaching 18 months as a 501(c)3

Check out the video we shared at the event by using the QR code below



This is what your generosity is helping the Foundation accomplish.

**THANK YOU!!**

Please share with those you know that would be interested.

Please be sure to follow



Remember.....

We are not **US** without

**YOU!!**