



BLAKE COHEN

CERTIFIED
ADDICTIONS
PROFESSIONAL/
PUBLIC SPEAKER

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PERSONAL MISSION

Once I began sharing my story in an open manner, I found that so many people misunderstood what it meant to be afflicted with addiction. Their preconceived notions and societal influenced opinions were glaring and I felt that I must do my part in changing their views to one that is more understanding and accepting of the struggling.

I found that the most effective forum for change in this arena was through education and story telling. With that revelation, I've began my career writing and public speaking on the topic of addiction, mental health, the family dynamics that are involved in such brain disorders, and what recovery has taught me about the importance of facing vulnerability and adversity head-on!

ACHIEVEMENTS

- Amazon International Best Selling Author of **I Love You More: Short Stories of Addiction, Recovery, and Loss From the Family's Perspective**



- Drug Trends Educator For Living Skills in the Schools

- Co-Host of Recovery Live on RecoveryRadio.FM



CAREER BACKGROUND

Recovery Unplugged

National Outreach Manager - 2018- Present

- National and Community Outreach
- Design and Execute Corporate Wellness Programming
- Represent Recovery Unplugged on a National Level

Living Skills in the Schools

Drug Trends Educator/ Recovery Speaker - 2018 - Present

- Provide Educational Seminars to Grade 5 through College Level
- Discuss My Personal Story and How it Relates to Poor Decisions
- Vaping, Opioids, Alcohol, and Marijuana Presentations

PRESENTATION TOPICS

"Silent Illness" - Corporate Wellness and Education

Created for Professional Settings - Corporations

- "Safe Place" Introductions
- Who Am I and Why I am here - Brief Overview of My Story
- Addiction in America - Current State of the US and a Trip Through History
- Addiction in the Workplace
- Causes and Introduction to Stigma
- Overcoming Workplace Stigma
- Resources Available to Employees Explained
- Fostering a Healthy Workplace Environment that is leads to Creativity, Increased Productivity, Longevity, and Ultimately Happier Employees

"Can't Happen to Me" - Recovery Story

Created for students, town halls, and other public awareness

- Mouse, Cheese, and a Mousetrap Analogy
- Who Am I
- Childhood experiences and learning how to cope with life
- Poor Decision Making/ Avoidance Behaviors
- Intro to my Recovery
- What recovery has taught me that I wish I knew before
- Being your most Authentic Self...always
- Lean into anxiety, adversity, and vulnerability
- And Lean on others for support

TESTIMONIALS

"Blake Cohen is a phenomenal presenter who is passionate about mental well-being. I have had the pleasure of working with him as a speaker for our Mental & Behavioral Health Summit, which drew a crowd of 600 registrants! He has also done 5+ presentations for my employer and broker clients employees, and every single one has raved about him. He truly takes the stigma out of the conversation and makes people feel at ease in the discussion. I would highly recommend Blake for a speaking role in the area of mental & behavioral well-being!"

-Jenny Jenkins (Global Healthcare Resources - Executive Director)

"Blake Cohen does a great job of connecting the audience, providing a safe space for discussion and giving important insight that is helpful to those who are personally suffering or friends and family of someone suffering. For any employer that is committed to ending the stigma around mental health and addiction, this is a great opportunity to bring awareness to employees and family members."

-Amanda-Rae Garcia (Marsh and McLennan Agencies - Wellness)