

MY LIFE Speakers - May 27, 2021



Kara Long is mental health advocate and speaker who is a psychology major at the University of California Davis. She became passionate about mental health and helping others after experiencing many mental health issues herself. Including anorexia, depression, anxiety, and suicidal ideation. She is committed to using her experience to help teens who are struggling with similar issues. She is a speaker and co-founder of the nonprofit organization **Teens 4 Teens Help** and a program aid at **Insight Treatment Center**.



Kevin Britton is a 2021 graduate of **Howard University School of Law**. He has overcome many challenges in life including many years struggling with substance abuse. He has been clean and sober for over 11 years and his personal recovery journey inspired him to become an attorney to help others. He graduated cum laude from Virginia Commonwealth University and was recently an extern at the United States Department of Justice in their Antitrust Criminal Division. After successful completion of the bar exam, he will be a first-year trial associate at Dorsey & Whitney LLP.



Michele Canale is the founder of and executive director for **Modern Recovery**, which provides personalized mental health and substance use recovery services, programs and coaching. She is a former 1st grade teacher who found personal recovery at the age of 18 after years of drug addiction and alcoholism. She has been clean and sober for over 20 years and has an extreme passion for utilizing her personal and professional experience to help others find hope and long-term recovery.