

## Stay Home for MY LIFE Speakers - October 28, 2021



**Cody Gautreaux** is a registered addiction counselor, and co-owner and administrator of **The Grove Recovery Center**. As a teen and young adult, Cody struggled immensely with substance use and the consequences until finding long-term sobriety. He gets great joy from watching people “come to life” in their individual recovery journeys.



**Lorrin Gehring** is a mental health innovator and advocate who specializes in workforce and program development, peer support youth engagement, coaching/mentoring, and adaptive leadership. She has been a national leader in the area of youth leadership and youth involvement for over 15 years and utilizes her own lived experience to be an ambassador of hope and recovery for others.



**Elijah Lucas** is a passionate mental health and foster care advocate who uses his own personal experience with these issues to help others overcome challenges in life and business. He has an extreme passion for helping others achieve their career goals and is the founder of his own career consultant business. He was also one of the founding members of MY LIFE.