

Patrick J. Kennedy to Speak About Mental Illness, Struggles with Addiction Nov. 18 at Stockton

Will Sign Copies of New Book, 'A Common Struggle,' at Free Event

For Immediate Release; Photos of [Patrick Kennedy](#), [Book Cover](#)

Thursday, October 15, 2015

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Galloway, NJ – Patrick J. Kennedy, former member of the U.S. House of Representatives and a political advocate for mental illness, addictions and brain disease, will discuss his new book, "A Common Struggle," at Stockton University on **Wednesday, Nov. 18, 2015**.

Kennedy, of Brigantine, N.J., is the son of the fourth longest-serving senator in U.S. history, Edward "Ted" Kennedy. He lost his father, who was diagnosed with a malignant brain tumor, in 2009, and battles his own challenges of bipolar disorder and addiction.

Stockton's Wellness Center, the Mental Health Association and Active Minds, a Stockton student organization, are sponsoring the lecture and panel discussion which will take place at 6 p.m. in the Stockton Performing Arts Center, located on the main Galloway campus, Nov. 18. Kennedy will sign books after the event until 9 p.m.

The event is free, but seating is limited, so it's recommended that guests arrive early.

The panel will be comprised of students from Active Minds, a professional from the Mental Health Association and a Stockton Counseling Center therapist. "This event is an extension of our suicide prevention team's efforts to reduce stigma through education and having conversations about mental health," said Nathan Morell, assistant director of Stockton's Counseling Services. In October, students organized a suicide prevention week on campus with a walk of remembrance, pledges for hope, training sessions, speakers and depression screenings.

During his 16 years as a congressman serving Rhode Island, Patrick Kennedy was a lead sponsor of the Mental Health Parity and Addiction Equity Act (MHPAEA) to help end institutionalized insurance discrimination against those suffering from mental illnesses and substance use disorders.

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After losing his father, he stepped down from Congress to devote his career to advocacy for brain diseases, and he later founded the Kennedy Forum, which works to improve the system of mental health care and addiction.

Kennedy's book, co-authored with health care journalist Stephen Fried, focuses on both his private and professional experiences, which Kennedy says blend together for him. He outlines a plan for the future of mental health policy. Kennedy openly discusses his addiction and mental health struggles, which are often hidden as family secrets, and his own philosophy that the personal is political and the political, personal.

At Stockton, he will focus on suicide prevention, substance abuse treatment and mental health challenges.

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