

**the emotionally
naked® speaker**

Addiction Summits

My Demons up against me
And I'm facin' them now
I wear the face of a clown
I feel so unloved
Because of the monster
Created from drugs
--Charles Aubrey Rogers, from the rap song, "Just to Hurt"

Contact information:

Anne Moss Rogers, [Contact here](#)
Websites: [AnneMossRogers.com](#) and [EmotionallyNaked.com](#)

Keynote Topic Title: *Diary of a Broken Mind: A Mother's Story of Loss, Addiction and Suicide*



Description: Anne Moss Rogers and her husband tried to find help for their struggling son, Charles, a creative genius and rap artist when he met heroin, a love/hate relationship that ended with his suicide on June 5, 2015. How common is suicidal thinking among those who are addicted? How many start using to numb intense and painful feelings or to normalize a mental health condition? And how did Anne Moss find healing after the most devastating loss of her life?

Learning outcomes:

- How stigma plays into Charles's feeling of self-worth
- How to recognize signs of suicide and what to do
- The prevalence of suicide risk for those with SUD
- How one mom found her path to healing after loss

Themes: Suicide prevention, SUD, grief, depression, anxiety, coping strategies, critical thinking, DBT skills, resilience, hope, resources



"Thank you so much for your visit to our jail and specifically the members of our HARP Program. The education and awareness you brought to the often ignored topic of suicide was priceless and I know changed lives in that room.

**Sheriff Karl Leonard, Founder of HARP, Helping Addicts in Recovery Program,
Chesterfield County Sheriff's Office**

Thank you so much for sharing your story. The issues with SUD vs mental illness really resonated with me because I have seen that happen in our area and its such a shame. I am currently planning a drug and mental health awareness day at my school. The materials you have shared will certainly be used! Is there a way to contact you personally to talk more.

Adriana Cox, Site Coordinator at Virginia High School, Scott County SUD and Mental Health Symposium

"I knew that drugs and alcohol were major problems and I also knew how hard it was for people dealing with mental illness, but I did not realize the severity of both of them mixed. It really opened my eyes."

Darren, 16, Cosby High School Health Science Addiction Presentation

About Anne Moss

[Anne Moss Rogers](#) is an emotionally naked® public speaker, TEDx storyteller, certified suicide prevention trainer, NAMI Virginia board member, and the award-winning author of [Diary of a Broken Mind](#). After her 20-year-old son, Charles died by suicide on June 5, 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral, and her blog, Emotionally Naked, has reached millions. Her second book, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#), with co-writer Dr. Kimberly O'Brien was published through Wiley Publishing.

She has been featured in the New York Times, [Variety Magazine](#), and was the first non-clinician invited to speak to at the National Institute of Mental Health on youth suicide and addiction. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA. Anne Moss captures hearts and fills them with hope.

Anne Moss's Training:

- Registered safeTALK trainer, evidence-based suicide prevention training
- ASIST: Applied Suicide Intervention Skills Training (ASIST), a two-day interactive workshop.
- ASK Training focused on identifying, assessing, and helping 5-12-year-olds at risk for suicide find hope for life
- DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)
- Youth Mental Health First Aid & Mental Health First Aid

- Preventure Life Skills Training- Personality-targeted (DBT) life skills training intervention associated with 30—80% reduction in drug and alcohol use in schools, 8th grade+
- Brain Gym Neurocognitive Training for Addiction with Hamed Ekhtiari, M.D., Ph.D.
- Co-facilitator of Suicide Loss Bereavement Support Group
- Trauma Informed Care Basics- Based on the ACEs, Adverse Childhood Experiences
- Suicide Outreach Program: Volunteer role through American Foundation of Suicide Prevention (AFSP)
- NAMI Family to Family: 8-week course on how to manage in a household with a family member suffering mental illness.
- NAMI In Your Own Voice Presenter to schools locally
- REVIVE! Administering Naloxone for opioid overdose

Group Memberships:

- Chesterfield County Suicide Prevention Coalition
- TICN: Trauma-Informed Care Network (ACEs)
- Department of Justice Addiction Task Force
- NAMI Virginia board member VP (mental health)
- 2 End the Stigma board member (addiction)
- Past President and Executive Director, Beacon Tree Foundation (youth mental health nonprofit)
- NSA USA and Virginia Chapter - Certified National Speakers Association

Book Page: <https://annemosrogers.com/mental-health-books/>

