



## NEWS RELEASE

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### **FOR IMMEDIATE RELEASE**

## **As Astros Advance to ALCS, Former Astro and Baseball Hall of Famer Jeff Bagwell Emerges as a Champion of Houston's Recovery Community**

**HOUSTON, Texas** (Oct. 13, 2021) – As the city of Houston holds its breath for another chance at the World Series, former Houston Astro and Baseball Hall of Famer Jeff Bagwell is campaigning on a different front – to bring information and awareness around the stigma of addiction and the journey of recovery. A quickly emerging champion of Houston's recovery community, Bagwell will serve as the keynote speaker at The Council on Recovery's Fall Luncheon on Friday, October 15, 2021 at the Hilton Americas – Houston Hotel.

Bagwell is a former professional baseball first baseman and coach who spent his entire 15-year Major League Baseball career with the Houston Astros beginning in 1990. In 2017, he was inducted into the National Baseball Hall of Fame. Despite his success, Bagwell struggled with substance use disorder, which is common among collegiate and professional athletes. Between the intense stress of competition, a culture of "work hard, play hard," and the frequent need for post-injury prescription painkillers, athletes are particularly at risk of developing substance use disorders in an attempt to meet the physical and mental demands of high-stakes sports.

Now in active recovery, Bagwell seeks to share his story and give back to the recovery community by raising funds for The Council on Recovery, Houston's oldest and largest nonprofit provider of addiction prevention, education, treatment and recovery support services. For four decades, athletes, authors, actors and entertainers have shared their recovery story at The Council's speaker series, combatting the shame and stigma of addiction that too often keeps people trapped in their addiction.

As people continue to struggle with substance use and co-occurring mental health disorders in the wake of the COVID-19 pandemic, testimony and advocacy from community leaders like Bagwell are key to bringing awareness to these diseases and normalizing the need to seek professional help.

“Addiction is a painful disease to confront, but whether we talk about it or not, it can affect anyone, regardless of background or status,” says Mary Beck, LMSW, CAI, President and CEO of The Council. “As a local hero, Jeff’s willingness to share his story can help overcome the stigma of addiction and change the narrative to inform our community that hope for recovery is possible.”

*Jeff Bagwell will tell his recovery story at The Council’s Fall Luncheon from 12 – 1:30 p.m. on Friday, October 15, 2021 at the Hilton Americas – Houston Hotel. Proceeds from the Luncheon will fund The Council’s programs that help individuals and families affected by alcoholism, drug abuse, other addictions, and co-occurring mental health disorders.*

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**About The Council on Recovery:** Founded in 1946, The Council on Recovery is Houston’s oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals of all ages. The Council on Recovery is committed to helping Houston overcome the addiction epidemic through a focus on family healing and long-term support that is equally accessible to all in need. Directly touching over 50,000 lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more, our mission is to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees. For more information, visit [www.councilonrecovery.org](http://www.councilonrecovery.org).