

A portrait of Garrett Biss, a man with light brown hair, a goatee, and blue eyes, wearing a dark suit jacket over a white shirt. He is smiling slightly and looking directly at the camera. The background is a solid dark grey.

MEDIA KIT 2024

GARRET BISS

USMC VETERAN | ADDICTION RECOVERY EXPERT | TEDX SPEAKER - THE
UNSPOKEN TRAUMA ALL VETERANS FACE

ABOUT

Garret Biss is a retired Marine Corps Pilot, addiction recovery coach, and TEDx Speaker. Post-retirement in 2015, Garret confronted challenges common among veterans: anxiety, depression, and a sense of displacement. Turning to alcohol as a crutch, it wasn't until suicidal ideation took hold that he sought change. Rather than traditional addiction treatments, Garret's path was shaped by mentoring that emphasized self-worth, rediscovering identity, and tapping into inherent strengths. This approach not only alleviated his addictive behaviors but also reignited his passion for life.

View Garret's thought-provoking and heartfelt TEDx - <https://UnspokenTrauma.vet>. Garret's transformative experience sparked his commitment to assisting others with recovery tools grounded in positivity and personal strengths. He often remarks that while numerous resources aid individuals in emerging from their darkest moments, he aspires to propel them even further – toward their highest potential.

In 2017, he co-founded an addiction recovery residence in North Carolina, serving as an interim program director, executive director, and former board president, Garret has provided critical leadership for the past six years. Additionally, Garret crafted a recovery program and curriculum deeply rooted in positive psychology and the principles of human flourishing. Shifting his attention exclusively to veterans resonates deeply with Garret. Acutely aware of the hurdles they face, he is driven to ensure that their potential isn't overshadowed by emotional turmoil or addiction. Developed by Garret, ValiantPath™, is tailored specifically for veterans, blending group coaching, one-on-one emotional processing, and evidence-based recovery methods.

A graduate of the Clark School of Engineering at the University of Maryland and holding a master's from the Harbert Business School at Auburn University, Garret's spirit of service soars beyond recovery. He's a pilot for the Civil Air Patrol and helms a global water non-profit, One Million Goal, Inc. As an award-winning author, co-founder of a recovery residence, and a captivating speaker, Garret consistently leaves audiences inspired, bolstered in self-worth and imbued with a newfound sense of purpose.

TOPICS OF EXPERTISE:

- **Veterans.**
- **Trauma.**
- **Addiction Recovery.**
- **Trauma: PTSD v. Post-traumatic growth (PTG).**
- **Human connection.**
- **Authenticity.**
- **Purpose and Meaning.**

Specifically:

- **The Unspoken Trauma (of transition) all Veterans Face and how this contributes to the high rates of PTSD in Veterans (1 in 5 post 9/11 Veterans will have PTSD)**
- **How loss of connection, authenticity, and sense of meaning contribute to veteran mental health, addiction, and suicide**
- **The role of addiction recovery coaching and recovery residences in the treatment of addiction**
- **Human flourishing and well-being regarding Connection, Authenticity, and Meaning**
- **The role of addiction recovery coaching/peer coaching, differentiated from treatment/therapy**

INTERVIEW QUESTIONS SUGGESTIONS:

- **Veterans vs. Civilians** - "What are the core challenges veterans face in addiction recovery that might differ from civilians?"
- **Evidence-Based Practices** - "Can you discuss any evidence-based practices that have proven particularly effective in helping veterans overcome addiction?"
- **Care Integration** "In your experience, how important is it to integrate mental health services with addiction recovery programs for veterans?"
- **Stigma and Disclosure** "How do you approach the stigma associated with addiction in the veteran community, and what strategies do you recommend for overcoming it?"
- **Preventative Measures** "What preventative measures can be implemented to help veterans before they face severe addiction or mental health challenges?"
- **Advancements in Treatment** "What are the most promising advancements in addiction treatment that could significantly benefit veterans?"
- **Introduction to Services** "Garret, could you share with us the inspiration behind starting ValiantPath and UnspokenTrauma websites and how they specifically help veterans?"
- **Personal Experience** "As a veteran yourself, what were some of the most significant challenges you faced during your transition from military to civilian life?"
- **Practical Advice** "Can you provide some practical advice for veterans who are struggling with their transition, particularly those dealing with addiction or mental health issues?"
- **Message for Civilians** "What is one thing you wish every civilian knew about the veteran experience and how they can help?"
- **Closing Message for Veterans** "Finally, Garret, what message would you like to leave for our veteran listeners today?"

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