



**FOR IMMEDIATE RELEASE:
PRESS CONTACT:**

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Motivational Speaker and Wellness Advocate Visits to Inspire Ellington High School Students

Career Athlete and Author Chris Herren presented to EHS on December 11th

ELLINGTON, CT - Anderson Rawlins, Director of Athletics and Wellness and the Ellington Public Schools Administration in Collaboration with Rebecca Stack, the Town Director of Human Services was pleased to host Chris Herren, a basketball legend from Massachusetts. Chris began his career at Boston College and Fresno State, eventually playing in the NBA including the Boston Celtics, and finishing his career internationally.

[“Herren Talks”](#) have reached over one million students. Chris Herren’s high school program, “Chris Herren: The First Day”, came to Ellington High School on December 11th. This 75-minute assembly covered Herren’s basketball career and journey to sobriety. Chris shared experiences through his life as a teenager, athlete, and now speaker, equipping students with the knowledge to rethink their perspective on the disease of addiction. Freshman Hunter Cook commented, *“Chris’s speech was motivational, he addressed the topic with his personal connections and I hope that his shared experiences resonate with my classmates”*. Sophomore Ryan Buckley added, *“Chris has taught me a valuable lesson—to not follow his or anyone else’s plan.”*

Through his non-profit, Herren Project, Chris and his team empower schools and communities to make healthy choices and support families in recovery. Additionally, Herren Wellness was established in 2018 serving as a residential health and wellness program promoting healthy, substance-free living through both clinical and holistic strategies.



Anderson Rawlins and Chris Herren at
Ellington High School

“This speech motivated me to be a better person...I know I can also motivate my siblings and can be a mentor to the youth to show them the right way”, remarked Freshman Ali Abushaara. Herren’s presentation sparked honest discussions about substance use disorder and wellness. This presentation comes on the heels of an [assembly in June where Special Agent David Lanzoni](#) spoke to graduating seniors on the dangers of Fentanyl and Opioid addiction.

“As we continue to educate our students on the lasting effects of substance abuse that impacts both their physical and mental health through guest speakers and District-wide initiatives like [Ellington Unplugged](#) that encourages healthy and balanced living, we hope to provide the tools necessary for students to [Suit Up and Stand Up](#).”

-Anderson Rawlins, Director of Athletics and Wellness
