



UPDATE: Cathy Richardson, lead singer of Jefferson Starship, to share a remarkable story and perform at Saturday's event.

Media Advisory

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Wellness is possible for all: Journey's Dream offers vision of hope and healing for people facing mental health challenges

"Soldiers of Hope" kickoff celebration at Soldier Field Nov. 4 will feature expert panel discussions, inspirational stories, food and music

Interviews available before, during and after the event

CHICAGO— Every person facing a mental health challenge can recover and live a healthy, joyful life. That's the vision behind Journey's Dream, a new nonprofit that aims to serve as a portal to a world of mental health solutions.

Journey's Dream is holding an initial fundraising event called "Soldiers of Hope" at Chicago's Soldier Field on Nov. 4. It will feature celebrity speakers, moving personal testimonies of recovery, and expert panel discussions on innovative approaches to mental health. The event will deliver a compelling message of hope to those facing mental health challenges: Your diagnosis does not have to define your future. You can get well, and live a full and satisfying life.

Almost 44 million Americans experience mental illness in any given year, according to the National Institute of Mental Health. From widespread maladies like anxiety and depression, to headline-making crises like PTSD among veterans and opioid addiction in rural communities, mental illness takes a real toll on American families. Journey's Dream aims to bring mental health challenges out of the shadows, face them head-on, and fill an enormous need for accessible hope and healing.

What: [Soldiers of Hope](#), the kickoff event for the new nonprofit Journey's Dream

When: Saturday, Nov. 4, 4:00 to 7:00 p.m. *

* Interested journalists may request interviews in advance of the event

Where: The Midway Room, Soldier Field, Chicago

Why: The World Health Organization says one in four people will be affected by mental or neurological disorders, but nearly two-thirds never seek help from a professional. Journey's Dream believes it is possible for anyone facing mental health challenges to achieve and sustain optimal health, joy and well-being.

Who: Speaking at the event and available for interviews beforehand and afterward are:

Rex and Mitzi Montague-Bauer and Breaha Wallin, Journey Shay Montague-Bauer's parents and sister. Based in Michigan, they co-founded Journey's dream in memory of their son and brother, who was diagnosed with bipolar and schizoaffective disorder. This moving [video](#) introduced their story, and will be shown at the Soldiers of Hope event.

Mark Hattas, a Naperville resident who started a \$20 million/year tech company, and knows from experience that a mental-illness diagnosis does not determine your fate; he co-founded Journey's Dream.

Other speakers include:

Frank Shankwitz, co-founder of the [Make-a-Wish Foundation](#), which has so far granted 300,000 wishes to children with life-threatening conditions, who overcame PTSD.

David Stanley, Elvis Presley's stepbrother and author of an upcoming book about the opioid epidemic.

Dave Austin, best-selling author and founder of Extreme Focus, a performance-coaching firm for the military, professional athletes and executives.

UPDATE: Special performance by Cathy Richardson, lead singer of Jefferson Starship.

To RSVP or request additional information and advance interviews, media can contact Carina Daniels at carina@catercommunications.com or 510-847-1617.