



## Sammy Violante, Inspirational Speaker, Shares Words of Wisdom with ECCPASA's Strengthening Families

*"Life's too short to wait too long"—Sammy V*

An inspiration of hope best describes Sammy Violante. His story of overcoming adversity, specifically obsessive-compulsive disorder or OCD, held the attention of parents from ECCPASA's Strengthening Families Program on October 25, 2011. His remarkable journey began with the onset of symptoms in his 40's. His OCD hindered not only his personal life, but also his career and success in the financial world. Despite many attempts at medication and ultimately becoming a prisoner in his own home, Sammy finally found the strength within himself (and with the emotional support of his father) to venture into a new world of healing. Sammy, with the help of physicians at a behavior clinic, learned the skills to manage his OCD. Though he experienced a number of setbacks, he finally found what worked for him - using his "weakness" as his strength.

Sammy shared several "take aways" or "life lessons" with the audience. He is a spiritual person, and instead of looking at his adversity negatively, he saw it as a blessing, and as a new opportunity to share his life lessons with others. He now volunteers with hundreds of high-risk teens each month and gives free presentations to peers who struggle with addiction or mental health issues.

For more information on how to get Sammy to speak at your next event contact ECCPASA at 831.2298.