



INTRODUCTION - LONG

Cathy Costello

On August 23rd, 2015, Cathy Costello's life changed forever. Her son, who for many years battled with mental illness, had quit taking his medication. Meeting on a quiet summer evening with his parents at a local restaurant in Oklahoma City, Christian Costello inexplicably stabbed his father, Labor Commissioner, Mark Costello, to death. Mark died in Cathy's arms.

Cathy knew she had a choice.

To let grief overcome her and crumble, or to lead her family toward healing and be a voice for the millions of people impacted by mental illness.

Since her husband's death, Cathy has been instrumental in helping pass legislation within the state of Oklahoma and the nation.

After testifying twice before a Senate Hearing Committee, the "Labor Commissioner Mark Costello Act" was signed into law, June 20, 2016, in the state of Oklahoma. This law, also known as the Assisted Outpatient Treatment bill, helps families access treatment for their loved ones suffering with an on-going mental health crisis.

Cathy also advocated in Washington D.C. to help pass the "Helping Families in Mental Crisis Act" through both the House and Senate in 2016.

Through her deeply rooted faith in God and incredible resilience, Cathy has transformed an immense tragedy into a source of hope for so many. As a national speaker who travels across the country sharing her story and advocating for mental health awareness, Cathy hopes to first, honor the legacy of the late, great Mark Costello, and second, to break through the stigma and allow her personal experience to be a source of change, strength, and hope for others.

Please join me in giving a warm welcome to Cathy Costello.

Cathy Costello for Hope

"Transforming Tragedy into Hope"

www.cathycostelloforhope.com | cathycostelloforhope@gmail.com