



## 2020 Community Leader Healthcare Award



### **Karl Shallowhorn**

Karl is the Education Program Director for the Community Health Center of Buffalo and an adjunct professor at Daemen College. He is an unparalleled champion for those living with mental health issues. A NYS credentialed Alcohol and Substance Abuse Counselor, he is known for his kindness and his commitment to helping people of all backgrounds develop strategies to live productively and healthy. A certified Mental Health First Aid Instructor, Karl's approach to wellness and mindfulness has benefited thousands across WNY.

An avid blogger, Karl generously uses his stories to connect with those who are struggling by contributing to several popular blogs. He has presented workshops and lectures on mental health practices and issues for conferences, businesses, and government agencies. Karl is also the author of the book "Working on Wellness: A Practical Guide to Mental Health", providing lessons on how to manage conditions and challenges some face in the system. Giving of his time, he serves on several Boards at the local and state levels.

For his commitment, openness, and willingness to share his expertise and experiences, the NFJC is proud to present Karl Shallowhorn with the 2020 Community Leader Healthcare Award.