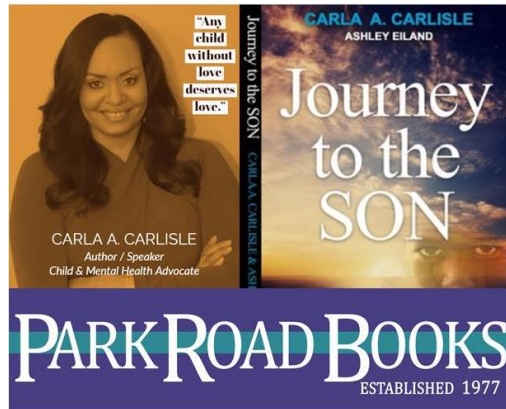


## PRESS RELEASE

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## FOR IMMEDIATE RELEASE



### **Adoptive Mother Uses Journey to Lead Movement to Prevent Childhood Trauma**

**CHARLOTTE, N.C.** – Carla A. Carlisle, author, speaker and child and mental health advocate, is hosting her first book signing to promote her recently published memoir “Journey to the Son.” The book chronicles Carlisle’s eight-year battle with the system to protect the child of her heart from enduring trauma caused by his birth mother, who herself suffers from prolonged physical, emotional and mental abuse.

“When I first saw him at 10 days old and held him in my arms, I knew he would be mine forever,” said Carlisle, a corporate executive in financial services. “But I had no idea what I had to go through to keep him.”

For years Carlisle appeared to have it all: a loving husband, a successful career, a beautiful house and two dogs. Privately, she longed to be a mother and struggled to have children due to infertility. Carlisle and her husband spent thousands on fertility treatments and several hope-filled weeks listening to a heartbeat until it stopped.

Their numerous attempts grew exhausting and expensive then ultimately became futile. The quest to get pregnant ruined their four-year marriage and ended Carlisle’s desire to give birth – but not her desire to be a mother.

In 2010, Carlisle became a foster parent to a boy born two months prematurely. However, six months later a flawed system returned him to his mentally ill, drug-addicted birth mother.

Carlisle knew this custody arrangement would endanger his life and set out to protect him at all costs.

Since her book's release on Jan. 8, 2019, Carlisle has started a movement to bring awareness about trauma and its impact on children who are abuse victims. She is working with private and public sector organizations including [Mental Health America of Central Carolinas](#), [National Alliance on Mental Illness](#) and [Living Waters, Inc.](#), a nonprofit interchange for faith-based organizations, to educate and empower decision-makers and parents to provide safe and healthy environments to keep at-risk children alive, safe, stable and resilient.

Carlisle is a member of the Charlotte chapter of the Women's National Book Association. She was a featured guest on "[The Project with Steve Rutherford](#)" podcast. Carlisle will soon complete Court College, a program sponsored by Justice Initiatives, Inc. that educates the community about the inner-workings of the court system.

The "Journey to the Son" book signing will take place on March 31, 2019, from 2-4 p.m. at [Park Road Books](#) located at 4139 Park Road in the Park Road Shopping Center in Charlotte.

"Journey to the Son" is available for purchase on Amazon for \$18.99 (paperback) or \$9.99 (e-book). The e-book is also available on BookBaby, Apple Books, iTunes, Google Play, Kobo, Gardners Books, Scribd, Copia and e-Sentral.

### **About Carla A. Carlisle**

Carla A. Carlisle is the author of "Journey to the Son," an emotionally riveting memoir about a woman's eight-year battle with the system for the child of her heart, who suffers from prolonged trauma caused by his birth mother, a victim herself of perpetual physical, emotional and mental abuse. Carlisle is a child and mental health advocate who is leading a movement to educate community and faith-based leaders, public officials, and child and family services providers about trauma and its impact on abused children to provide safe and healthy environments to keep them alive, safe, stable and resilient.

For more information, visit <https://carlaacarlisle.com>. You may also follow Carlisle on Facebook, Twitter, Instagram, and LinkedIn at @CarlaACarlisle.

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