

GARRET BRANDON BISS

National Trainer • TEDx Speaker • Veteran Transition, Recovery & Wellness Specialist

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CURRICULUM VITAE — HIGHER EDUCATION & BEHAVIORAL HEALTH | Updated July 2026

PROFESSIONAL PROFILE

Retired Marine Corps officer, TEDx Speaker, nationally recognized trainer, and program developer specializing in veteran mental wellness, military transition, post-traumatic growth, and strengths-based approaches to student and professional wellbeing. Brings 16 years of military service, lived experience with mental health and substance-use recovery, and more than a decade of curriculum development, training, organizational leadership, and public speaking.

Founder and Lead Trainer of Diamond Mind, LLC and creator of the CAM Framework™ (Connection, Authenticity, Meaning), an applied model for understanding how identity disruption, disconnection, and loss of purpose affect veterans and others navigating major life transitions. Garret's work translates research from positive psychology, self-determination theory, logotherapy, trauma-informed practice, and post-traumatic growth into practical tools for higher education, behavioral health, justice systems, workplaces, and veteran-serving organizations.

AREAS OF EXPERTISE

Veteran Transition & Reintegration
Military-Connected Students
Identity Reconstruction & Self-Efficacy
Behavioral Health Workforce Education

Student Wellness, Belonging & Persistence
Post-Traumatic Growth & Resilience
Strengths-Based Recovery & Human Flourishing
Justice-Involved Veterans & Reentry

CURRENT LEADERSHIP & PROFESSIONAL ROLES

Founder & Lead Trainer | Diamond Mind, LLC / Diamond Mind Training | **New Bern, NC 2015–Present**

- Leads a veteran-owned training and consulting company serving higher education, behavioral health, justice systems, corporations, and veteran-serving organizations.
- Develops and delivers research-informed keynotes, workshops, consulting, curricula, and continuing education focused on military transition, veteran identity, resilience, recovery, and post-traumatic growth.
- Established Diamond Mind Training as a continuing education platform with courses approved through NAADAC and the North Carolina Addictions Specialist Professional Practice Board (NCASPPB).
- Created the CAM Framework™ and multiple applied curricula that translate evidence-informed theory into practical tools for professionals and participants.

Recovery Consultant | Opioid Response Network | **Region 4 2024–Present**

- Provides training, technical assistance, and consultation to organizations serving people affected by substance use, with emphasis on veteran wellness, peer recovery, staff development, and program design.

Co-Founder & Executive Director | Realize U 252 | **Eastern North Carolina 2020–Present**

- Co-founded and leads a Level III recovery residence serving men in Eastern North Carolina.
- Developed the organization's strengths-based residential curriculum, operational policies, quality-improvement systems, staff practices, and participant-support processes.

Founder & Executive Director | One Million Goal, Inc. | **National / International 2014–Present**

- Founded a nonprofit addressing global water insecurity; supported more than 40 clean-water projects benefiting over 12,000 people in Africa and Central America.

SELECTED HIGHER EDUCATION & NATIONAL PRESENTATIONS

- **From Surviving to Thriving: Lessons from Veteran Transitions That Support Student Wellness and Resilience** — NASPA Annual Conference, Kansas City, Missouri (2026). Applied veteran-informed insights to belonging, identity development, persistence, and resilience across diverse student populations.
- **Helping Veterans Thrive Beyond Military Transition: Connection, Authenticity, and Meaning in the College Experience** — NASPA Symposium on Military-Connected Students (2026). Introduced the CAM Framework™ as a strengths-based model for military-connected student success and wellbeing.

- **Bridging the Gap: Overcoming Transition Trauma to Thrive in Higher Education** — Oklahoma State University Veteran Appreciation Week (2025). Facilitated a student-veteran discussion and campus lecture for students, faculty, and staff.
- **Empowering Veterans: Addressing Addiction, Substance Use Disorder, and Suicide by Embracing Growth and Purpose** — NASPA Symposium on Military-Connected Students (2025). Examined transition-related identity disruption and strengths-based support for student veterans.
- **Engaging a Life of Service** — Brigham Young University, Department of Civic Engagement (Selected prior engagement). Connected service, contribution, and meaning to personal and community wellbeing.

SELECTED BEHAVIORAL HEALTH, RECOVERY & WORKFORCE PRESENTATIONS

- **Promoting Post-Traumatic Growth in Veteran Populations** — NAADAC Annual Conference (2025)
- **Improving Treatment Outcomes in Military Populations** — Alabama Department of Mental Health (2025)
- **First, Find the Humanity. Then Serve.** — NBCC Foundation / NAADAC Northwest Regional (2024)
- **Understanding Veterans: Factors Affecting Addiction and Recovery** — North Carolina ATOD Conference (2024)
- **Tools to Promote Recovery in Veteran Populations** — Georgia School of Addiction Studies (2024)
- **Supporting Veterans in Recovery** — Alabama School of Alcohol and Other Drug Studies (2024)
- **Better Serving Those Who've Served** — Addiction Professionals of North Carolina (2023)
- **Cultivating Resilience and Recovering Authenticity** — NAADAC Annual Conference (2023)
- **Authenticity and Connection in Recovery** — NBCC Foundation National Symposium (2023)
- **Identifying Threats to Wellbeing for Veterans** — U.S. Marine Corps Insider Threat Hub (Virtual)
- **Living and Leading with Purpose** — CarolinaEast Medical Center Leadership Development Group (Selected prior engagement)

FRAMEWORKS, CURRICULUM & PROGRAM DEVELOPMENT

- CAM Framework™ (Connection, Authenticity, Meaning): A first-principles, strengths-based framework for understanding identity disruption, disconnection, purpose, and growth during major transitions.
- Diamond Mind Training Continuing Education Catalog: Developed live and asynchronous training for addiction, peer support, behavioral health, higher-education, and veteran-serving professionals; current topics include military transition, post-traumatic growth, resilience, recovery, and veteran-responsive practice.
- CHES Health Veteran Initiative: Developed and delivered provider education, veteran huddles, and licensed digital content supporting veteran-informed recovery and mental wellness.
- Veteran Wellness, Empowerment & Resilience Training (V-WERT™): Developed a structured, non-clinical curriculum for high-risk and justice-involved veteran populations, with early field application in justice settings.
- Alabama Reentry & Family Support Project: Leading exploratory survey design, stakeholder engagement, staff-orientation planning, and curriculum strategy for people preparing for release and recently returning to the community.
- Residential Recovery Curriculum: Designed strengths-based, positive-psychology-informed programming used within Realize U 252's NARR Level III recovery residence.
- FIRST STEPS to Thriving in Recovery™ and The Warrior Reset: Created practical recovery and resilience curricula focused on agency, self-regulation, identity, and meaning.

CONTINUING EDUCATION, TRAINER & PROFESSIONAL AFFILIATIONS

- Trainer for NAADAC, the Association for Addiction Professionals, through the Trainers by NAADAC program.
- NAADAC Approved Education Provider through Diamond Mind Training (Provider #290357).
- Continuing education courses approved through the North Carolina Addictions Specialist Professional Practice Board (NCASPPB).
- New York Certification Board Trainer Registry; CAM training approved for credential-related education.
- Member, NASPA – Student Affairs Administrators in Higher Education.
- National and state-level continuing education presenter for addiction, behavioral health, peer recovery, and military-connected student professionals.

SELECTED PUBLICATIONS, THOUGHT LEADERSHIP & MEDIA

- **The Unspoken Trauma All Veterans Face** — TEDxApex (2024). TEDx talk on identity disruption, belonging, purpose, addiction risk, and growth after military service.
- **FIRST STEPS to Thriving in Recovery** — Workbook / Curriculum (2020)
- **The Spheres Approach to Happiness and Fulfillment** — Book (2016). Readers' Favorite Silver Medal recipient.
- **Charity: The Gifts of Giving** — Book (2015). Readers' Favorite Silver Medal recipient.
- **Understanding the New American Dream** — Book (2014)
- Featured in more than 60 podcasts, radio, television, and digital media appearances focused on veteran mental wellness, recovery, resilience, identity, and human flourishing.
- Selected outlets include WCTI News Channel 12, SiriusXM, CBS Radio/Live365, UK Health Radio, New Bern Live, and national podcasts.

EDUCATION

Master of Real Estate Development | Auburn University | **Auburn, AL 2016**

Bachelor of Science, Mechanical Engineering | University of Maryland | **College Park, MD 2006**

PROFESSIONAL CERTIFICATIONS & ADVANCED TRAINING

- Certified Professional Recovery Coach — International Association of Professional Recovery Coaches / NET Institute, 2020
- Certified RIM® Facilitator — RIM® Institute, 2020
- Recovery Coach Academy — Connecticut Community for Addiction Recovery, 2019
- Certificate in Applied Positive Psychology — The Flourishing Center, 2018
- Certified Human Potential Trainer — Canfield Training Group, 2017
- Graduate, Cavett Institute — National Speakers Association, 2017

MILITARY SERVICE

Captain, Officer & Pilot | United States Marine Corps | **Active Duty 1999–2015**

- Served as a KC-130J Aircraft Commander, instructor pilot, functional check flight pilot, and aviation leader across operational and maintenance assignments.
- Held leadership roles including Deputy Operations Officer, Quality Assurance Officer, Maintenance Division Officer, and detachment leadership positions.
- Completed global deployments and missions supporting Afghanistan and the Horn of Africa.
- Recipient, Military Outstanding Volunteer Service Medal.

SELECTED AWARDS, BOARDS & COMMUNITY LEADERSHIP

- Readers' Favorite Silver Medal Awards for The Spheres Approach to Happiness and Fulfillment and Charity: The Gifts of Giving.
- President and Founding Board Member, One Million Goal, Inc.
- Founding Board Member, Realize U 252.
- Former Board Member, Veterans Without Orders.
- Former Committee Member, North Carolina Resilience Symposium.
- Civil Air Patrol Mission Pilot and community volunteer.