

Carl Radke

Carl Radke, originally from Pittsburgh and a graduate of TV/Film from Syracuse University, has been a part of the entertainment industry since his early twenties. His multifaceted career, spanning modeling, acting, and production assistance, ultimately led to his significant role as a key cast member in the Bravo reality series "Summer House," now in its eighth season, a position he has held since the show's inception in 2017.

A significant milestone in Carl's life is his sobriety, which commenced on January 8, 2021. Carl has been overwhelmed by his personal journey resonating deeply, both with individuals facing similar challenges and with Bravo's audience. Carl's life has been intimately connected to addiction; a connection deepened by the loss of his brother. He is also a dedicated advocate for mental health, actively involved with organizations like Shatterproof and Headstrong. His approach to overcoming addiction and maintaining mental wellness includes meditation, group meetings, therapy, regular fitness routines, and acupuncture, all integral parts of his holistic self-care strategy.

Carl's decision to share his experiences openly is driven by a desire to support others dealing with grief, mental health issues, and sobriety. He draws inspiration from public figures like Michael Phelps, Bradley Cooper, and Kevin Love, who have openly discussed their personal challenges. Through sharing his story, Carl aims to foster growth and change in others, reduce the stigma surrounding addiction and mental health, and contribute positively to societal conversations on these crucial topics. In Carl's words: "My goal is to offer help through my experiences, encouraging open dialogue about sobriety and mental health, and to be an inspiration for personal growth and transformation."