

MARCI HOPKINS SELECTED AS TOP MENTAL HEALTH CONTRIBUTOR OF THE YEAR BY IAOTP

The International Association of Top Professionals (IAOTP) will honor Marci Hopkins at their annual awards gala in NYC at the Plaza Hotel

NEW YORK, NY, UNITED STATES, January 7, 2026 /EINPresswire.com/ -- Marci Hopkins, TV Personality, Mental Health Advocate, Podcast Host and Recovery Expert, was recently selected as Top Mental Health Contributor of the Year 2026 by the International Association of [Top Professionals](#) (IAOTP) for her outstanding leadership, dedication, and commitment to the industry.

Inclusion with the International Association of Top Professionals is an honor in itself; only a few members in each discipline are chosen for this distinction. These special honorees are distinguished based on their professional accomplishments, academic achievements, leadership abilities, longevity in the field, other affiliations, and contributions to their communities. All honorees are invited to attend the IAOTP annual award gala at the end of this year for a night to honor their achievements. www.iaotp.com/award-gala

With more than three decades of experience in the media, entertainment, and wellness industries, Marci Hopkins has certainly proven herself as an expert in inspirational broadcasting, personal transformation, and women's empowerment. As a dynamic, results-driven leader, Marci currently serves as an Award-Winning Host, Author, Mental Health Contributor, Motivational Speaker, and Creator of Wake Up with Marci, where she uses her platform to share stories of hope, healing, and resilience. Through her podcast and public speaking initiatives, Marci oversees impactful conversations surrounding women's health, parenting, mental



wellness, addiction recovery, trauma healing, and personal growth, driving strategic efforts to inspire global change.

Marci's current and previous roles include Creator & Host of Wake Up with Marci, Award-Winning Author, Recovery Expert featured on FOX, CBS & NBC, Motivational Speaker, Podcast Host, Television Personality, Mental Health Advocate, Inventor, and Fundraising Host for organizations serving children and vulnerable communities. Through these positions, Marci has demonstrated exceptional leadership, emotional intelligence, media expertise, and an unwavering commitment to advocacy and transformational storytelling. Her show Wake Up with Marci is rated as a Top Healthcare Show on Apple Podcasts.



Wake Up with Marci

Hopkins is best known as the host and executive producer of Wake Up with Marci, a wellness and lifestyle show that highlights personal transformation and inspirational storytelling. The program aired on CBS's WLNY-TV and has received multiple awards for excellence in production and content.

In 2023, Hopkins expanded the show into podcasting, offering on-demand access to interviews with wellness experts, thought leaders, and change makers. She also became a mental health contributor for USA Today's Connecting America platform, further extending the reach of her advocacy and media work.

Advocacy and public speaking

A vocal advocate for mental health and sobriety, Hopkins shares her personal journey of recovery through media appearances, keynote speeches, and panel discussions. She frequently speaks at events focused on addiction recovery, women's empowerment, and wellness.

Her areas of expertise include, but are not limited to: mental health advocacy, addiction recovery, women's empowerment, on-air hosting, motivational speaking, content creation, and fundraising leadership. Known for her compassionate energy, authenticity, and ability to connect deeply with audiences, Marci continues to build trust and deliver measurable impact across every project she undertakes.

Marci's journey has been shaped by profound personal hardship and extraordinary

transformation. A survivor of sexual and physical abuse and raised in a home affected by alcoholism, she turned to alcohol as a coping mechanism, becoming trapped in a cycle of pain, secrecy, and self-doubt. Today, she celebrates 10 years of sobriety, a milestone that stands as a testament to her resilience and her belief that joy, healing, and a fulfilling life are attainable. Her transformation fuels her mission: to help others break destructive cycles, reclaim their worth, and discover their own path to happiness.

As an accomplished author, Marci penned *Chaos to Clarity: Seeing the Signs and Breaking the Cycles*, which was recognized with the International Impact Book Award for Addiction and Recovery. Her voice as a Recovery Expert resonates on national platforms, including FOX, CBS, and NBC, where she shares positive coping strategies, promotes mental health awareness, and provides guidance for individuals and families facing addiction or trauma.

Before embarking on her professional career path, Marci completed her education at the Art Institute of Houston, earning a Bachelor's Degree in Music and Television Business, and continued her development at Actors Connection and The PIT, where she trained in acting, improvisation, emotional presence, and performance. This foundation strengthened her ability to communicate authentically, connect empathetically, and lead meaningful conversations on and off screen.

Throughout her illustrious career, Marci Hopkins has received numerous awards and accolades and has been recognized worldwide for her accomplishments. This year, Marci Hopkins will be considered for the Empowered Woman of the Year award and to be featured in [TIP \(Top Industry Professionals\) Magazine](#). Next December, she will be honored at IAOTP's annual awards gala at the magnificent Plaza Hotel in NYC for her selection as Top Mental Health Contributor of the Year.

Marci has also been recognized for her work in entrepreneurship, media, and social impact. Below are some of the notable awards and accolades she has received.

Anthem Awards – 2023, 2024

Top 25 Leading Women Entrepreneurs – 2021

Mompreneur of the Year – New Jersey Family Magazine, 2020

Social Impact Hero – Authority Magazine, 2021

Millennium Award – Millennium Magazine, 2024

Alongside her successful career, Marci remains deeply committed to community engagement. She is actively involved as a Fundraiser for SWS in New Jersey, a Supporter of Kumali in Uganda, a Committee Member for Julia's Butterfly Foundation, and a Board Member of the YWCA USA, where she served as Board Chair for the 2020 Gala. She is also a contributing author with Les Brown in *Unstoppable Voices: Stories of Strength, Hope, and Impact*. She was a finalist for Author of the Year 2025 with both the International Impact Awards and the Ebobea International Book Awards. Her new book, *Wake Up, You're Not Broken: What to Expect in the First 30 Days of Sobriety*, will be released on January 5th available now for preorder on Amazon.

<https://a.co/d/0dJx4EQ>

Marci is a strong advocate for breaking the stigma around Alcohol Use Disorder and Substance Use Disorder. She has worked with national organizations such as Shatterproof, as emcee for major events in NY and LA. She is currently leading the development of the Marci Community School for Hope Children's Home in Uganda, supporting education and care for orphaned children. She is also helping to build a home for the Mafubira Children's Development Care Center in Uganda, complete with electricity and running water for orphaned children.

The President of the International Association of Top Professionals (IAOTP), Stephanie Cirami, stated, "Choosing Marci for this honor was an easy decision for our panel to make. Marci is inspirational, influential, and a true visionary and thought leader. We cannot wait to meet her and celebrate her accomplishments at the year's gala."

Looking back, Marci attributes her success to her determination, work ethic, and mentors along the way. When not working, she enjoys traveling and spending time with her family. In the future, she will continue to fight for women's empowerment, human rights, support for survivors of abuse, and global initiatives that uplift children and families.

For more information, please visit: www.wakeupwithmarci.com

About IAOTP

The International Association of Top Professionals (IAOTP) is an international boutique networking organization that handpicks the world's finest and most prestigious top professionals from various industries. These top professionals are given an opportunity to collaborate, share their ideas, be keynote speakers, and help influence others in their fields. This organization is not a membership that anyone can join. You must be asked by the President or nominated by a distinguished honorary member after a brief interview.

IAOTP's experts have given thousands of top prestigious professionals worldwide the recognition and credibility they deserve and have helped build their branding empires. IAOTP prides itself on being a one-of-a-kind boutique networking organization that handpicks only the best of the best and creates a networking platform that connects and brings these top professionals to one place.

For more information on IAOTP, please visit: www.iaotp.com

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