Stacy Ross is an author, speaker/advocate, and mother of an adult with Borderline Personality Disorder. With raw honesty, Stacy tells the story of her sometimes heartbreaking, and sometimes heartwarming, 28 year journey parenting a child with mental illness. Stacy's openness about her struggles make her both relatable and believable with listeners often recounting personal experiences for the first time. Stacy also shares coping skills and strategies she's learned along the way leaving audiences feeling empowered, hopeful, and less isolated.

In 2020, Stacy stepped away from her marketing consulting business and began to write full-time. Shortly after signing with Inspired Girl Publishing to publish her memoir, Stacy told her story publicly for the first time on the Cornell University Alumni podcast, Cornell Thank U. The overwhelming response from those with similar experiences convinced Stacy she had touched a nerve and she shifted her focus to speaking and advocacy, determined to give voice to and create a community for parents/caregivers of children and adults with mental illness.

Today, Stacy speaks in all size venues and formats to family members, caregivers, students, and health care providers. Stacy has been interviewed on several podcasts and was a guest speaker for SEL (social, emotional learning) day at Long Branch Public High School.

Stacy's memoir, Searching for Slippers, due out in late 2024, is the coming of age story of a mom who, in the face of raising a child with mental illness, ultimately finds the peace, happiness, and lightness she was searching for.

Stacy and her husband, Howard,(Surgeon in Chief at HUMC), raised their three children, Leo (25), Emily (25), and Fin (28) in Fair Haven, NJ where they still live today. Stacy holds a BS from Cornell University, an MBA from the University of Rochester, and is a certified Yoga Instructor.