

Mackenzie Phillips Bio



Laura Mackenzie Phillips is an American actress and author best known for her role in the George Lucas film, *American Graffiti*, and as the rebellious teenager Julie Mora Cooper Horvath on the television sitcom *One Day at a Time*.

Having struggled with drug and alcohol abuse for over a decade, Phillips has utilized her platform as a public figure to help educate people about addiction and to combat social stigmas. Her 2009 memoir, *High on Arrival*, detailed her battle with substance abuse and family trauma throughout her life, and her subsequent journey to mental and physical wellness.

Turning her life around to find that her passion is helping others to do the same, Phillips became a primary substance use counselor in 2013 and began working in the treatment field. Phillips currently works as a substance use disorder counselor at Breathe Life Healing Centers in West Hollywood, California.