How to tell your recovery story
Presented by Amy Parker
Peer Recovery Support Specialist
Overview
Introductions are important for setting the tone

- Introduce yourself to the audience and why you are telling your story.
  “My name is Amy Parker and I am a person living in long term recovery from Substance Use Disorder.”

- What are three things about you that people can relate to?
  “I’m a mother, a daughter and a wife”

- Describe in detail something from your childhood that impacted your addiction. This helps audience perspective.
  “My first knee surgery was at age fourteen. The pain pills that my doctor gave to me, started my opiate addiction. I dropped out of Highschool by age 16. I was still a child.”
My addiction took me to scary places

- Give some background information
- Talk about “how bad” it really got for you by picking 2 or 3 events that shaped your addiction story.
  - I lost custody of my child
  - I went on the run for three years
  - I overdosed and was revived
- Don’t stay on the negative too long
- Leave time for the recovery part
Change of Course

- What was your PIVOTAL MOMENT?
- What events took place that lead you to your pivotal moment?
- What, if any, was the single most impactful pivotal moment?

“When Judge Wall dropped all my felony charges, took me off probation and let me go home instead of going to prison. That was my pivotal moment.”

- How long did you stay in your pivotal moment before you took the next step to move forward?
- How did this pivotal moment change your life?
Coming out of the darkness

- When did you know that you were going to be okay?

- Describe 2 to 3 things that helped you shape your recovery?

  “When I was in recovery for 2 years, I finally realized that I had to do more with my life. I realized I was given a second chance and I have to do whatever it takes to make the best of it.”

- How did this positive shift in your recovery allow you to move forward?

- What were some challenges that you overcame?
Close your presentation with positive impact

- What are 2-3 ways that your recovery has impacted your life?
  - My kids have seen me work hard to maintain the life I have
  - I am a homeowner
  - I have a stable job and homelife

- What has your journey taught you?

- What do you hope to accomplish by sharing your story?

- What are people taking away from your presentation? Hope?
S  Share only what you are comfortable with
T  Talk about what matters to you
O  Own your story
R  Rehearse
Y  You are the expert
✓ Timing
✓ Timeline
✓ Time yourself
✓ Time to prepare
✓ Time changes us
✓ Time to say no
Media requests, interviews, speaking publicly

- What is your “Balance Rule”?

“*If I have to rearrange my life to make it fit, I shouldn’t do it. Unless it’s CNN or Dr. Phil.*”

- Get your questions in advance and prepare your answers
- Know the angle of the reporter or journalist.
- No triggering images allowed? We’re getting there!
- Should you get paid for sharing your story?
- If you are being paid, pay your taxes at the time of payment!
Don’t read the comments!!!
Don’t respond to the negative!

Keep telling your story!
Community Outreach Manager
Peer Recovery Support Specialist

A.Parker@brightviewhealth.com