**COE Learning Network:** Story Telling from the Heart

**Presenters:** Bill Stauffer

**Date and Time:** 9/7/22-12:00-1:15 pm

**Location:** Virtual Training (on Zoom)

**Host:** University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:** Centers of Excellence Leadership and Staff

**Training Objectives:**

* Summarize the ethics of storytelling.
* Describe how storytelling can inspire and transform.
* Assess your audience, their needs, different styles of storytelling.
* Construct a story and make it more powerful.
* Discuss how to engage and inspire others through the practice of storytelling.

**Agenda:**

1. Welcome, Introductions, Training Objectives
2. Background and History
   1. History
   2. New Recovery Advocacy Movement
   3. Ethics and Recovery Storytelling
3. Some Things to Consider Before Sharing
   1. Some questions to ask before public disclosure
   2. Boundaries
4. Discussion Questions
5. Effectiveness of Storytelling
   1. How our stories can be used
   2. Neuroscience of storytelling
6. Crafting our Story
   1. Personal style
   2. Audience considerations
   3. Making the decision to disclose
   4. Anonymity
   5. Crafting the message
   6. Stigma
7. Delivering the Message
   1. Staying on message
   2. Common themes
   3. Personal narrative stories
   4. How our stories can be used moving forward
8. Questions

**Questions:**

Post Test Questions

1. True or **False**- There is no harm that could come from any person with lived experience with substance use sharing at a public level.
2. Personal narratives can be used to:
   1. Deepen understanding and empathy
   2. Empower and motivate others towards recovery
   3. Reduce stigma
   4. **All of the above**
3. True or **False**- The ethics of storytelling are well researched and clearly defined
4. When you are telling your story and the listener(s) start asking questions about your substance use (i.e., "what was the worst think you did when on drugs?"), the best response would be:
   1. Answer all their questions and then get back to your speaking points
   2. **Pivot back to your speaking points and share only about your recovery**
   3. All of the above
   4. None of the above
5. How do our narratives help others in recovery?
   1. Inspire and engage them
   2. Improve public perceptions about addiction and recovery
   3. Increase community willingness to seek help
   4. **All of the above**

**References:**

Facing Addiction with NCADD (2018). YouTube clip from the Movie The Anonymous People. Posted at <https://www.youtube.com/watch?v=N7ERi-VSPVw>

White, W., Stauffer, B., & Torino, D. (2021). Personal privacy and public recovery advocacy. Posted at <http://www.williamwhitepapers.com/pr/dlm_uploads/Privacy-Paper-> [Final.pdf](http://www.williamwhitepapers.com/pr/dlm_uploads/Privacy-Paper-Final.pdf)

Neuroscience News. (2021). People Synchronize Heart Rates While Listening Attentively to Stories. <https://neurosciencenews-com.cdn.ampproject.org/c/s/neurosciencenews.com/story-attention-19216/amp/>

Harvard Kennedy School Public Narrative: Leadership, Storytelling, and Action: Curriculum. Posted at:

<https://www.hks.harvard.edu/educational-programs/executive-education/public-narrative-leadership-storytelling-> [and-action](https://www.hks.harvard.edu/educational-programs/executive-education/public-narrative-leadership-storytelling-and-action) Recovery Storytelling. Posted at: <https://www.meghannperry.com/about-meghann>

Alcoholics Anonymous Pamphlet on Understanding Anonymity. Posted at: <https://www.aa.org/understanding-anonymity>.

The Moth Story website posted at <https://themoth.org/>

Valentine, P. (2019). CCAR Recovery Coaching Role 11 posted at: <https://ccar.us/storyteller-recovery-coach-role-11/>

People Expressing Addiction, Recovery, & Life Stories. CCAR Story Slams posted at [https://ccar.us/events/p-e-a-r-l-](https://ccar.us/events/p-e-a-r-l-s-story-slams/) [s-story-slams/](https://ccar.us/events/p-e-a-r-l-s-story-slams/)