Welcome! The meeting will begin shortly.

To join the audio portion of this meeting, click the round “i” icon in the top right corner of your screen, then click “view info.” You will find all your dial-in information here.

1) Dial the telephone number shown (866-805-9853) and enter the following conference code when prompted: 8073619425

2) Once joined to the audio line, identify yourself by pressing the 5-digit number shown, including the “#” signs before and after the number.

3) Your audio will now be linked to the web portion of the call.
SAMHSA’S GAINS Center for Behavioral Health and Justice Transformation

JDTR Annual Peer Learning Community Virtual Grantee Meeting

April 8, 2014
11:00PM Welcome
- David Morrissette, Ph.D., LCSW, Acting Branch Chief, Community Support Program
  Center for Mental Health Services, SAMHSA

11:10PM Introductions
-LaVerne Miller, Senior Project Associate, SAMHSA’s GAINS Center for Behavioral Health
  and Justice Transformation

11:25PM Meeting Objectives

11:30PM “The Power of Story” Presentation
- Lyn Legere, Director of Life Long Learning, The Transformation Center

12:00 PM Break

12:10PM Brainstorming ideas for “Telling the Story”
  Closing/Next Steps
The Power of Story: Shaping Our Lived Experience

Lyn Legere, Director of Life Long Learning, The Transformation Center

Please press *6 to mute and unmute your phone
What’s your favorite...
A Story

“A fact, wrapped in an emotion that compels us to take an action that transforms our world.”

– Robert Dickman
Educate
Persuade
Change
Minds
Invite

Purpose

Build Allies
Alter Perspective
Move to Action
Illness or War Stories vs. Recovery or Wellness Stories
Illness

Story
No Agency
Darkness
Pain
Trauma
War Stories
Graphic Details
No Hope
Wellness Journey

Strengths
Tools
Strategies

HOPE

“Recovery” Story © 2014 Lynie
What’s the Point?

Why Story?
Stories
Bypass

The “I’m a that”

The “I’m a this”

The “Can’t be Done”

The “Not me…”

The “Ya Buts…”
And Go...

Straight to the
Kinds of Stories

Meeting the Moment...
Life is OK or only sucks a little.

Life gets to really suck because...

Something created a shift inside...

Some sort of hope was born... a tentative fire within...

The fire grew... A, B and C helped. D, E and F didn't....

I proved people wrong.

I created a new life that I'm here to share.
Life is OK or only sucks a little.

Life gets to really suck because...

Some sort of hope was born... a tentative fire within...

The fire grew... A, B and C helped. D, E and F didn't....

I created a new life that I'm here to share.

Peer Support was introduced...

Peer Support helped...
Snippet

The 5-minute version

I created a new life that I'm here to share.
Important Considerations

Bringing Home the Story...
Intentional and for the Benefit of the OTHER, though we benefit as well.
Who is your Audience?

Another Person in the System?
Administrators?
Policy Makers?
Family Members?
Am I Staying Trauma Sensitive?

Paint the picture with the mood, not the graphic details.
I was terrified and alone growing up in my house, so I put a hard shell on my outside and came off as distant and uncaring. That was the only way I could survive.
Am I Staying Trauma Sensitive?
Tell me your story!
What Stories do you Have?

- A. Things got better?
What Stories do you Have?

- A. Things got better?
- B. I got better and things got better?
What Stories do you Have?

- A. Things got better?
- B. I got better and things got better?
- C. I got different skills and supports that helped me get better and then things got better?
What Stories do you Have?

- A. Things got better?
- B. I got better and things got better?
- C. I got different skills and supports that helped me get better and then things got better?
- D. I had a change inside that allowed me to be willing to consider new skills and supports that helped me get better and then things got better too.
Overcoming Fear
Reframing our Past
Choosing to not reoffend
Using Self-Help
Combating Negative Self-Talk
Sharing Tools & Strategies to stay well and in community
Moving beyond the Comfort Zone
Validating Strengths
Accepting Help
Embracing Hope
Combating Negative Self-Talk
Choosing to not reoffend
Purpose as Guide

What’s my “Big Picture” Purpose or Theme?

- What Stories can illustrate this theme or meet this purpose?

Who’s my audience, how much time, etc.?

- Which Stories are a best fit?

Most effective

- Which story, how much, “bring home point”
Your Story

The Resilient Spirit
Your Story

Power of Peer Support
Your Story

Effectiveness of Peer Support
Your Story

Reframing Ideas
Your Story

Treatment v. Self-Help
Your Story

Change
Your Story

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