



**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

The Power of Storytelling in Recovery

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Understand
storytelling's role in
recovery processes



Learn ethical
guidelines for
storytelling



Develop effective
media engagement
and public speaking
skills



Importance Of Storytelling



- Humanizing the recovery journey (SAMHSA, 2018)
- Reducing stigma and misconceptions
- Building empathy and community support



Impact Of Personal Narratives

- Strengthening emotional connections
- Enhancing empowerment and resilience
- Promoting trust within recovery communities





- Addressing stereotypes and biases (White, 2015)
- Shifting societal views positively
- Case studies of successful public perception campaigns



Policy and Advocacy Through Storytelling

6

- Real-world examples of advocacy successes
- Mobilizing storytelling to influence legislation
- Highlighting community and policy change





Strengthening Peer Support Networks

7



- Authentic storytelling as peer empowerment
- Creating deep and supportive connections
- Enhancing mutual support effectiveness



Ethical Storytelling Guidelines (NAADAC Standards)

8

- Protecting confidentiality and privacy
- Avoiding harmful or triggering narratives
- Ethical accuracy and truthful representation





Consent, Autonomy, and Ethics

9



Obtaining informed
consent clearly



Respecting
storyteller autonomy
and control



Ethical
considerations and
responsibilities



- Identifying emotional and psychological risks
- Developing supportive strategies
- Providing follow-up resources and support



Promoting Inclusive and Diverse Stories

11

- Ensuring representation of diverse recovery paths
- Highlighting intersectional identities and experiences
- Encouraging inclusive storytelling practices





- Developing impactful key messages
- Effective media interaction techniques
- Maintaining authenticity and integrity



Handling Challenging Questions

- Practical strategies for redirection
- Preparing responses and maintaining composure
- Managing difficult public interactions





Participating in Panels and Public Forums

14



- Crafting concise, impactful narratives
- Techniques for active listening and thoughtful response
- Maximizing panel discussion opportunities



Managing Public Q&A Sessions

15

- Anticipating and preparing for audience questions
- Effective response and boundary-setting strategies
- Facilitating productive discussions





Written narratives, memoirs, blogs



Spoken word and oral storytelling



Digital storytelling: podcasts, social media



- Storytelling through social enterprises (e.g., thrift store initiatives)
- Unconventional platforms and methods
- Creative engagement strategies





- Effective use of traditional and social media
- Amplifying recovery messages through authentic storytelling
- Examples of successful media advocacy campaigns



- Respecting and navigating cultural differences
- Ethical storytelling across diverse populations
- Examples of culturally sensitive narratives





- Lessons learned from global storytelling initiatives
- Universal themes and culturally unique stories
- Enhancing global dialogues around recovery



Creating Trauma-Informed Storytelling Spaces

21

- Establishing safe and supportive environments
- Trauma-informed facilitation best practices
- Ensuring emotional safety for storytellers





- Emotional labor management
- Strategies for personal well-being
- Building resilience and sustainable storytelling



Resources and Continuing Education

- Recommended storytelling guides and toolkits
- Further training and professional development opportunities
- Networks and communities for ongoing support





Key Takeaways

24



- Ethical storytelling guidelines recap
- Understanding storytelling's role in policy and perception
- Strengthening recovery community through storytelling



Audience reflections,
experiences, and
insights



Facilitated open
dialogue and shared
learning