



# Recovering Loudly: Stories from Vermont Moms in Recovery

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# Disclosure

I do not have financial relationships or conflicts of interest to disclose.

# Objective

To highlight the therapeutic value of storytelling in supporting perinatal individuals with substance use disorder and promoting collaborative care approaches.



**Lund strengthens families so  
that children can thrive.**

ADOPTION | CLINICAL TREATMENT | PARENT CHILD CENTER SERVICES



“Recover loudly so  
others don’t have  
to die quietly.”

# Project Partners



# Power of Collaboration

- Funding
  - Expert storytelling coach
  - Stipends for participants
  - Materials and support
- Reach interested participants from across Vermont
- Reach interested participants with different treatment and recovery experiences



# Process



Bring in the  
Experts



Client-Centered  
Voice and  
Decision Making



Distribution of  
Materials



# Outcomes

	Before Workshops	After Workshops
I feel that I have an important story to tell about recovery.	<b>43%</b> agreed	<b>100%</b> agreed
I feel good about myself and my lived experience.	<b>29%</b> agreed	<b>100%</b> agreed
I feel confident that my story can help others in recovery.	<b>14%</b> agreed	<b>100%</b> agreed

# Post-film Interview Themes

## Why did you want to do this project?

- I wanted to share my story, so others don't feel alone in their struggle
- Being able to help parents find recovery is a passion for me
- It's my mission to help other people suffering in silence, who currently believe they cannot do better for themselves
- I thought that if my story could help one person, then this project was worth doing

# Post-film Interview Themes

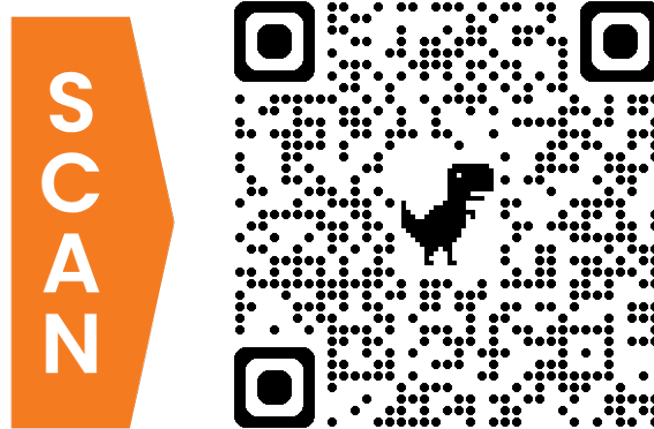
## What was a key factor finding recovery?

- Having my family as a support system (there is always support available)
- People showing me kindness and holding space for me
- Having one person who believed that I could do better, that helped me believe in myself
- People who are understanding, gentle, and loving through the process



# Full stories coming soon:

[lundvt.org/recovering-loudly](https://lundvt.org/recovering-loudly)



**Want to connect?**

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