



Recovering Loudly: Stories from Vermont Moms in Recovery

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Lund

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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.	43% agreed	100% agreed
I feel good about myself and my lived experience.	29% agreed	100% agreed
I feel confident that my story can help others in recovery.	14% agreed	100% 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

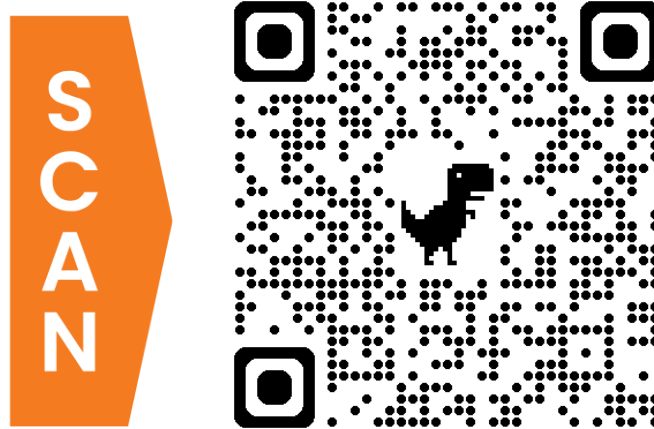
What was a key factor finding recovery?

- 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



Want to connect?

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