

Following the performance, we lead conversations with our audiences about ways to support recovery and promote help-seeking among individuals and communities in order to improve the health, hope, and wellness of all people.

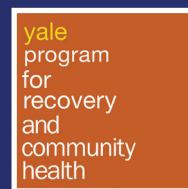
We seek to connect with others about recovery—one person, one story at a time.

A Recovery Speaks performance and discussion lasts 1-1.5 hours.

Interested in having a Recovery Speaks performance and discussion for your group?

Please contact our project manager
Elizabeth Flanagan, PhD at
elizabeth.flanagan@yale.edu.

Major support provided by



Recovery



Speaks

*One person,
one story at a time*



What is Recovery Speaks?

Recovery Speaks is a public presentation created and performed by people with real life experiences of mental illness, addiction, and incarceration.

As Recovery Speaks performers, we spread the message that recovery is real and possible. Through photographs and storytelling, we tell our recovery stories including how we now contribute to our communities. We give practical advice for how to support people in recovery.

Recovery Speaks

For high schools and colleges

At every performance, Recovery Speaks performers tell stories of recovery from mental illness, addiction, and incarceration. We speak hope that recovery is real and possible. We encourage students to seek help if they need it and to support each other.

We know that teenagers and young adults can be impressionable and vulnerable. We're careful to tell stories that are real but also do not aggrandize violence, drug use, and emotional suffering. We are from the New Haven area and our children, grandchildren, nieces, and nephews attend New Haven schools. Our favorite part of our mission is to give back by influencing young people in our own community.



For students in health care professions

We take joy in opportunities to influence students at the beginning of their training, give students correct information about behavioral health and recovery, and set them on a path to being champions for recovery! Our message resonates with people across many different health care fields including mental health, substance abuse, primary care, nursing, physical therapy, and occupational therapy.

I loved the performance overall because I have not met many people with those types of mental illnesses. It was a great learning experience for me and is one I will carry with me throughout my career.

—Physical therapy student, Quinnipiac University

The Recovery Speaks performers were just amazing! We are all so honored and grateful that they would take the time and have the courage to tell their stories.

—Associate Professor, Southern Connecticut State University



For health care professionals

Hearing recovery stories and participating in discussions about living in recovery can reduce stigma and discrimination in healthcare. We enjoy telling our stories to health care providers and talking about how health care has been both helpful and hurtful in our recovery. Within messages of hope, we offer providers specific suggestions for how they can support people in their recovery.

I found it very moving. I learned a lot about how people feel about stigma, how they are perceived, and how that affects how they perceive themselves.

—Primary care provider, New Haven, CT

I saw Recovery Speaks at my mental health center. Some of the speakers were people I'd been incarcerated with. Now they are living lives in recovery. I was inspired to do better.

—Person in recovery, CASA Bridgeport, CT

For policy makers

In Recovery Speaks, storytelling and advocacy go hand in hand. Our stories illustrate to policy makers the impact that systems and institutions have on human lives. We value opportunities to talk with legislators and civic leaders, including those who play a role in shaping mental health, substance abuse, and incarceration/reentry policy in our state.

Community conversations

We seek to promote community wellness by speaking to community groups interested in learning more about recovery. We share our ideas about how communities can better support people in seeking treatment, working on their recovery, and improving personal wellness. Our presentation is ideal for any community group wishing to learn more about recovery including faith communities, landlords, bankers, small business owners, non-profit sector staff members, and more.



Recovery Speaks is dedicated to Salvador Edwards, one of our members who died in 2013 at the age of 57, living the statistic that people with mental illness die 25 years younger than the average population.

One person, one story at a time