

Activity: Share Stories of Resilience

1. Share staff success stories (positive outcomes of their efforts with clients, families or co-workers) regularly through internal communication tools already in place, at the start of staff meetings, etc.
2. With consent, share stories of past clients who presented challenges to staff and are currently doing well. Ask them if you can share how they are doing with the other staff. They may love it, and your coworkers will love hearing it. Even if they did not know the client, they can transfer that hope to their current clients.
3. [Rogersbh.org](https://www.rogersbh.org) offers free, brief videos of youth and adults talking about their mental health challenges and their path of recovery. [Go to Rogersbh.org](https://www.rogersbh.org) for youth, adult, and parent stories.



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Recovery Stories

We work to reduce the stigma surrounding mental illness and addiction by illuminating the fact that recovery is possible. People can and do get better. Showing the positive impact of effective treatment on individuals' lives provides hope for others.

When those with mental health and substance use disorders choose to strategically share their experiences, it helps to bring mental illness out of the shadows of secrecy and reduces public and self-stigma.