

Storytelling at Voices for Change

Voices for Change - Lived Experience Presenters

Brook Red

Today's Workshop

- What is Voices for Change?
- Ian and Lisa - Lived Experience Presenters - Voices for Change
- Amy and Emma - Voices for Change and Brook Red Facilitators
 - Writing Workshop - Telling Your Story in a Meaningful Way

What is Voices for Change?

Voices for Change is a Brisbane-based speakers' bureau for sharing the stories of people who have a personal experience of mental health challenges and recovery.

- Through the program, people with a range of lived experiences of mental health recovery are engaged, trained, and supported to become professional public speakers and motivators of community change.
- We focus on addressing stigma, improving mental health services and promoting understanding of mental health challenges. We also focus on supporting people to explore, articulate and draw meaning from their story.
- The program aims to increase the personal and professional skill development of its presenters through regular training, social inclusion activities and peer support.

Where did we begin?

Brook RED

- Brook Red is a peer-managed and operated community mental health organisation, supporting people in a holistic recovery through mental health challenges. Brook Red has been operating in South Brisbane for fifteen years. We now have three centres and run a number of recovery programs including Voices for Change.
- In mid-2014 Brook RED met with a total of 131 people as part of its Voices for Change consumer consultation project. The consultation focussed on identifying how people can be better engaged to inform the mental health system. It focused on gaining a clear picture of what consumers both want and need when it comes to having their voices heard.

Our Findings

Two main themes emerged:

1. It can be challenging to get an opportunity to use one's voice.
2. People want to upskill themselves so that when they do get the opportunity to use their voice, they can ensure they do so as powerfully and influentially as possible.

So....In 2015 Voices for Change was formed.

Narrative Therapy in Storytelling

Current evidence points to the value of having a purposeful, organised format as a way to shape, explore, contextualise and give meaning to the event. This helps to manage the emotions associated with sharing one's story.

Narrative Therapy in Framing Your Story

- There is an idea that you can actually *REFRAME your own story* e.g. We can either be the victim or the hero in our story.

RE- FRAMING Your Story

- A Story of Hope Vs. A Story of Illness - Why?

Purposeful Storytelling

- Shape your story into a purposeful, organised format - focussing on your learnings and turning points

Feedback from our Speakers

What has this experience been like for you?

- Ian - Lived Experience Presenter - Voices for Change
- Lisa - Lived Experience Presenter - Voices for Change

Your Turn to Frame Your Story

Your Purpose and Sharing Safely

1. What is the Purpose of your Story?
 2. Sharing Safely - Share what you feel comfortable in sharing
 3. What are your KEY MESSAGES?
 4. Turning Point
 5. What is your Call to Action?
- How do you answer difficult questions?
 - How do you keep yourself safe?