



Strengthening YOUR Voice

**Training for People with Lived Experience with
Problematic Opioid Use**

OTTAWA TRAINING FEB 24 2014

PICTURES From Ottawa Training

Faculty:

Betty-Lou Kristy, family member with lived experience, trainer, educator,
and advocate

Sean LeBlanc, founder of DUAL (Drug Users Advocacy League)

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To foster the voice of lived experience to increase awareness and reduce stigma of prescription opioid addiction and methadone/suboxone treatment among healthcare providers, the media and the general public

The OpiATE Initiative at the Centre for Addiction and Mental Health (CAMH) launched a new resource to train people with lived experience in sharing their stories with others called ***Strengthening Your Voice.***

Strengthening your voice

A public speaking guide for people with lived experience of problems with prescription pain medication

camh
Centre for Addiction and Mental Health

First Training group Jan 2012 in Toronto before SYV manual was completed and launched



PICTURES From Ottawa Training

FEB 24 2014





Strength Listen Empathy Tolerance Willingness

computer (auto)

help, press

BAHAM































Be...

Understand your goal

Key messages

Why are you asking your audience?

Know who the audience is

What does your audience care about?

What general support will you need?

Know what you are going to say

Prepare your story

Fluid content begins

Stay on topic



Br...

Understand your goals

Key messages

Why are you seeking your audience?

Know who the audience is

point points! You're parents? :)

to get that point? support what?

Know what you are going to say

Prepare your story

Avoid awkward moments

Stay on topic

Test a story

What time up the line before someone with a question?

How did you do with your question?

What is your goal for business?

How did you do with your goal?

How is your site doing?















Tell a story

Reduce your
nervousness

What was your
life like before
problems with
opioid use

Be organized

How did you
develop problems
with opioid
use

Practice

What is your
path to
wellness?

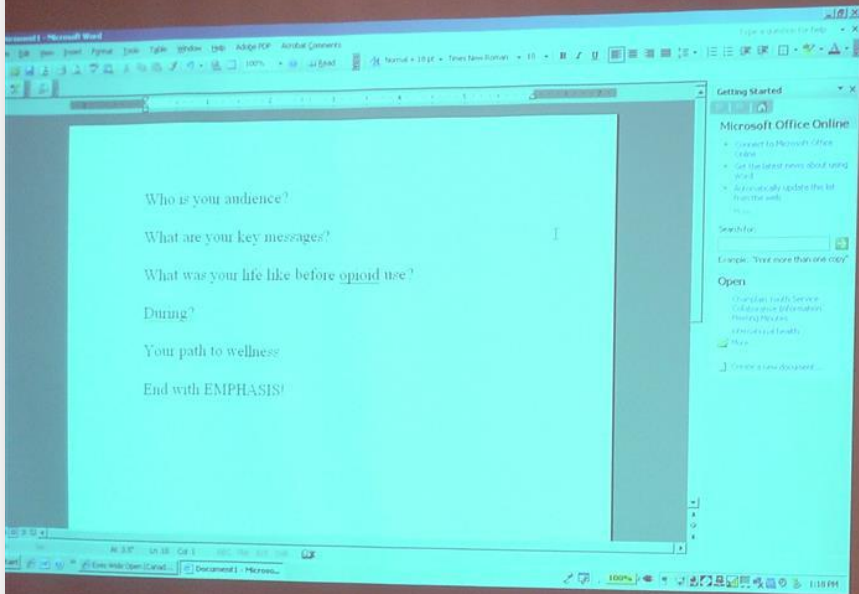
Make Eye
contact















Once upon a time...

In a land not far
from...

Shelia MacEachern

