

The Ninth SYV Training. In  
Sudbury at the N'SWAKAMOK  
NATIVE FRIENDSHIP CENTRE on  
Oct 27<sup>th</sup> 2017

camh Opioid Resource Hub

## Strengthening YOUR Voice (SYV) Lived Experience and/or Family/Caregiver Speakers Training

### *PICTURES From The Training*

#### Faculty:

- **Betty-Lou Kristy**, Provincial systems level lived experience/family trainer, educator and advocate
- **Sean LeBlanc**, Founder of DUAL (Drug Users Advocacy League) & Principle co-investigator of PROUD (Participatory Research in Ottawa Understanding Drugs)

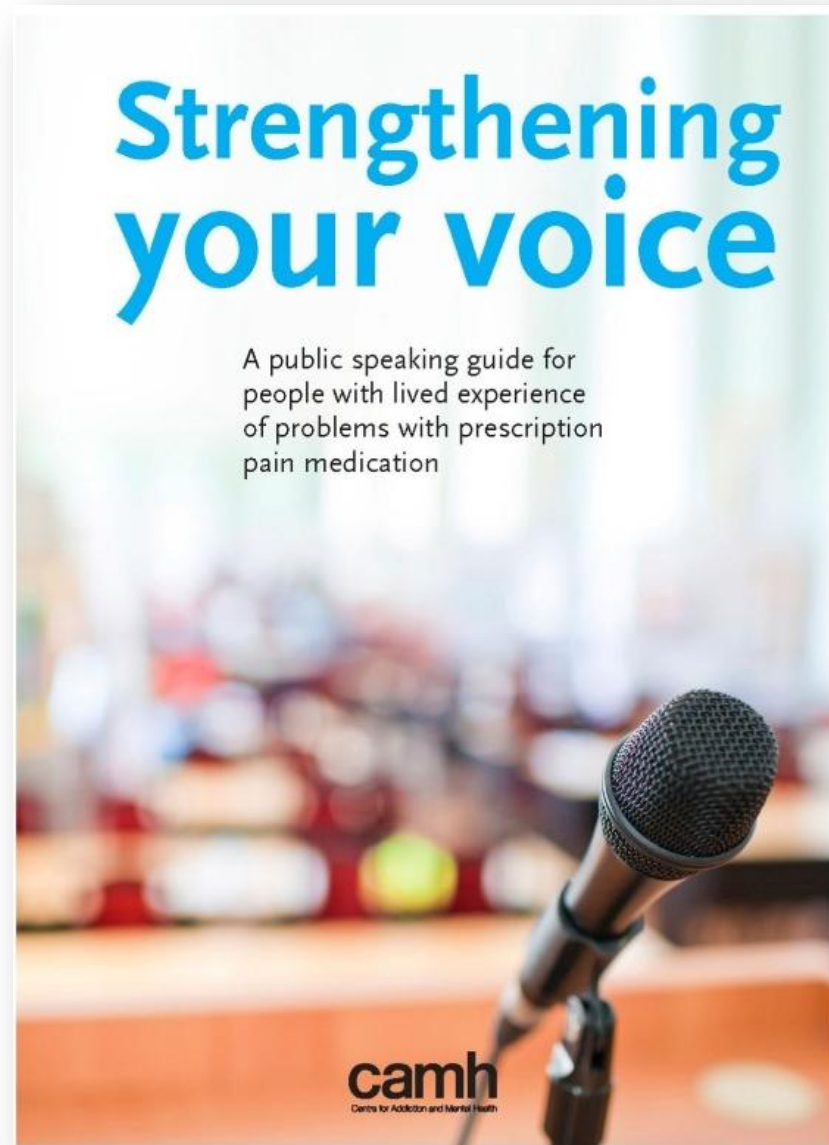
The CAMH OpiATE Initiative (now renamed to Opioid Resource Hub) launched a resource to train people with lived and/or family experience in sharing their stories with others called *Strengthening Your Voice*.

### **Opioid Resource Hub:**

The Opioid Resource Hub (formerly known as OpiATE) is located within the Provincial System Support Program at the Centre for Addiction and Mental Health and is funded through the Ontario Ministry of Health and Long-Term Care.

The Opioid Resource Hub provides face-to-face education and training along with online training, webinars and dissemination of resources.

The Hub engages people with lived experience to share their voice along with primary care professionals, allied service providers, families and youth.



## Why was the Strengthening Your Voice Training/ Guide Developed?

To foster the voice of lived experience & 'family'

The purpose of this guide is to train people with lived experience of prescription opioid problems to tell their stories publicly. This is inclusive of 'family' members/caregivers.



**This guide & training are tools for empowerment**

# Principles in the development of the *Strengthening Your Voice* Guide

Trainers are people with lived experience and/or family members with problematic prescription drug misuse



- Grounded in a harm reduction perspective
- Respect among contributors
- Safe inclusive space
- Trauma Informed Lens

# Meet the Strengthening Your Voice Trainers



## SEAN LEBLANC Ottawa

After surviving a series of personal tragedies and an addiction to opioids, Sean LeBlanc founded DUAL (Drug Users Advocacy League) to actively promote the human rights of people who consume drugs and is an example of the essential need to empower those with lived experience

**Drug Users Advocacy League:**

**Nothing about us, without us**

# Meet the Strengthening Your Voice Trainers

## Betty-Lou Kristy & her late son Peter Kristy Beattie Halton Region

Betty-Lou Kristy is a bereaved mother in recovery for 18 years from addictions, trauma, and mental health issues. Betty-Lou lost her twenty-five-year-old concurrent disordered son to an accidental Oxycontin & psychiatric drug overdose. Since then, Betty-Lou has become a lived experience and family advocate, speaker, and educator focused at the systems level.



## Meet the CAMH PSSP Opioid Resource Hub SYV Staff



**Susan Eckerle Curwood, Ph.D**

Knowledge Broker, Opioid  
Resource Hub; Provincial  
System Support Program  
Centre for Addiction and  
Mental Health (CAMH)

# Top 10 Fears

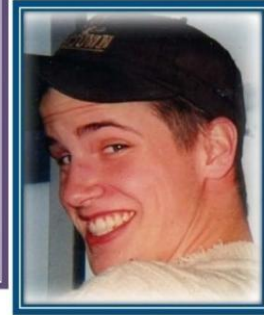
1. Fear of Flying
2. Fear of Public Speaking
3. Fear of Intimacy
4. Fear of Death
5. Fear of Failure
6. Fear of Rejection
7. Fear of Heights
8. Fear of the Dark
9. Fear of Spiders
10. Fear of Commitment



**"Of course you're allowed to have stage fright.  
As soon as your talk is over."**



# Why speak publicly?



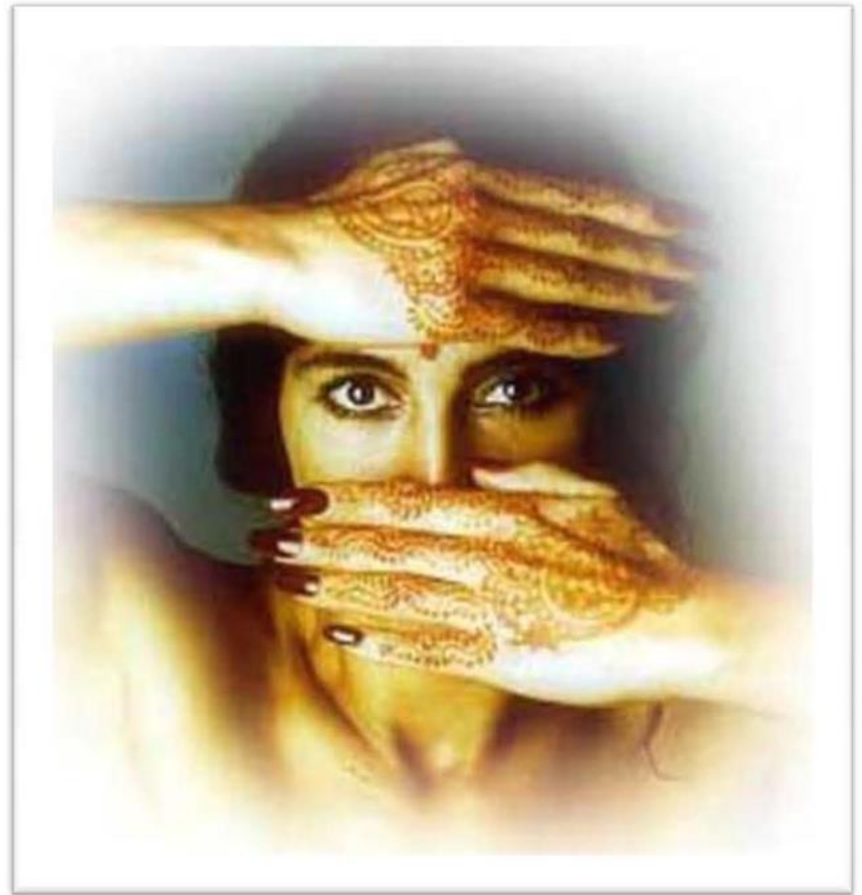
**We are  
REAL!**

Fighting for a  
chance....Advocating  
for change

**Humanizing  
addiction-overdose  
plus the collateral damage**



**Due to Stigma and/or lack of awareness & education-  
People's lives are being ruined and families are being destroyed!  
As communities we HAVE to break the silence and talk about it.  
That is what healthy communities do.**



# Sharing Your Story: Why Speak Publicly about Your experiences?

- *Some of the benefits you can expect to receive from sharing your story through presentations:*

Healing

Education

Empowerment

Personal Growth

Opportunities

Self-Esteem

Dignity

Respect



# Betty-Lou and Sean





# Evidence Exchange

We connect people and ideas

Evidence Exchange Network: Evidence-based practice and research, community-based practice, and lived experience

JOIN THE NETWORK

Includes CAMH Health Promotion, Research Centre, and Clinical Resource Hub

E3net

camhPSSP  
Psychological Services

*“No one can tell your story so tell it yourself. No one can write your story so write it yourself.”*



# Writing out life journeys/scripts to practice speaking











When you stand and  
share your story in an  
empowering way, your  
story will heal you  
and your story will  
heal somebody else.

*Iyanla Vanzant*

# Sharing their journeys with full support of the group













Empowerment  
Recovery  
Journey  
Training  
Family Story  
Lived Experience  
Opioids  
Strengthening  
Education  
Share  
Growth  
Voice  
Dignity  
Respect  
SYN

# Congratulations & Certificates













# The first SYV training was Jan 2012 in Toronto (before the SYV manual was completed and launched)





The second SYV training was Feb 2014 in Ottawa  
(we forgot to take a group photo so I think we got everyone)



# The third SYV training was for the GTA area Oct 27<sup>th</sup> 2014 (we remembered to do a group photo)



# The fourth SYV training was for the BTCN Speakers at CAMH Oct 9<sup>th</sup> 2015



# The fifth SYV training June 28 2016 in Toronto at CAMH and the group photos did not turn out!



# The sixth SYV training was in Ottawa July 5 2016



The seventh SYV training was in Kingston Dec 12 2016



# The eighth SYV training in Toronto Apr 20 2017



# The ninth SYV training in Sudbury Oct 27 2017

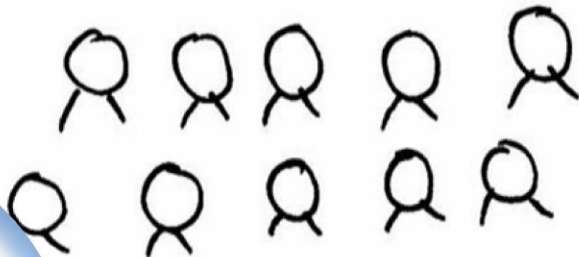




# WHAT I LEARNT TODAY



Public speaking  
DOES NOT  
necessarily  
result in hurling,  
anxiety attacks  
and death!



Once again, it was a fantastic and inspiring day. The power of the human journey and the ability of the human spirit to fight back ...against all odds.

**REAL PEOPLE. REAL LIVES.  
REAL DIFFERENCE.**

