



ODE Storytelling Program



Throughout history, storytelling has been a common way of communicating. Stories can transmit wisdom, open hearts and break down barriers, and heal storytellers and their audiences.

In 2011, Behavioral Health and Recovery Services (BHRS), Office of Diversity and Equity (ODE) embarked on a "Storytelling Project" that emphasizes the use of personal stories as a means to draw communal attention to mental health and wellness. While reducing stigma and broadening the definition of recovery, workshops consider social factors such as racism, discrimination, and poverty. Participants are asked to share their stories through words, photos, drawings, personal mementos, and even music. The stories shared have been both personal and powerful. For some, they've created a sense of connection, and for others, they've been transforming.

Visit the following website to view stories created with ODE: www.smchealth.org/bhrs/ode/stories

What is the storytelling program?

The ODE storytelling program is a space in which people will share their stories of recovery and wellness to make a meaningful impact on themselves and others. Participants will engage in workshops that will guide them in creating and sharing their stories in different forms. Beginning simply with a story circle or a framing question, the group will continue developing their narrative as a digital story or a photovoice project.

What are the different forms of storytelling?

Digital stories are, short, 2-3 minute videos that host a narrative as well as visuals. Participants create their stories using photo, video, and audio to describe their lived experience. Digital stories are created during a 3-day workshop (20 hours total) administered by trained ODE facilitators.

Photovoice is a 4-day (8 hours total) process by which people can identify, represent, and enhance their community through photography. Final projects exhibit a single-page layout of a photo and short written piece.

View sample agendas for digital story and photovoice programs on the next page.

What support can ODE provide for your storytelling project?

The Office of Diversity and Equity offers digital storytelling and photovoice workshops and will provide:

- A trained facilitator
- Laptops with editing software
- Cameras to capture stories
- Food (Some participants may also be eligible for a small stipend.)

Contact Siavash Zohoori at szohoori@smcgov.org, or 650-372-3214, to learn more about the program!

Digital Storytelling

Day 1 (7 hours)

- Welcome!
- Theme discussion
- Seven elements to storytelling
- Story circle
- *Lunch*
- Individual Script Writing
- Storyboarding

Day 2 (7 hours)

- Check-in
- Video editing tutorial
- Voiceover recordings, images and media search
- *Lunch*
- Digital story production
- Special effects tutorial

Day 3 (6 hours)

- Check-in
- Digital story production
- *Lunch*
- Premiere stories
- Evaluations

Photovoice

Day 1 (2 hours)

- Welcome!
- Introduce theme
- Guest presentation on theme
- Group discussion about barriers and stereotypes
- *Break*
- Understanding your role in Photovoice
- Introduce framing question

Day 2 (2 hours)

- Check in and reflect on discussion and framing question
- Basics of photography
- Group practice image analysis
- *Break*
- Individual brainstorm
- Issue cameras and camera tutorial

HW: Take 5-10 pictures

Day 3 (2 hours)

- Check in and download pictures
- Photo selection
- Photo reflection sheet
- *Break*
- Independent writing
- Group share and feedback

Day 4 (2 hours)

- Check in
- Finish narrative – 1:1 with facilitator
- Showcase to group
- Group create a call-to-action
- Debrief and plan exhibit
- Evaluations