



The Importance of Real Stories

The Public Science Collaborative interviewed Iowans to gather real stories of recovery. While names and faces have been changed, their stories posted on the Recovery Iowa website are untouched and authentic. These lived experiences showcase the power of recovery and make recovery feel possible for others who visit the website.

Inspiration in Storytelling

The Voices of Recovery stories are intentionally highlighted on the homepage to help every website visitor see this collection of inspiring stories. These excerpts connect to six longer stories from people at various stages of their recovery. Their stories are unedited, including the real language that was used throughout each of the interviews. With the experiences portrayed being genuine, understandable, and relatable to Iowans of various backgrounds, future recoverees may see themselves reflected in the stories of real people in recovery—regardless of where they find themselves in their recovery journey.

Joining the Conversation

Not only does the Voices of Recovery page showcase different stages of recovery, but it is also designed to inspire others to share their personal stories. Sharing personal experiences is a powerful tool to help normalize the recovery process and reduce the stigma associated with people in recovery and those struggling with substance use, as well as their family, friends, and allies. While storytelling may seem simple, the broader impact lies in the way it can create community, confidence, and cohesion among people who are searching for their next steps.

"If I could get out of that lifestyle like in the way that I did, there's nothing that I can't do. It's really about manifesting your reality, your intentions, and knowing what you really want."
- Melissa

Scan here to learn more
and share your story!

