



2022 YEAR IN REVIEW

LIFE CHANGING CURRICULUM FOR ALL



YEAR IN REVIEW

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BOARD MEMBERS



Amy Chandler
President, Founder



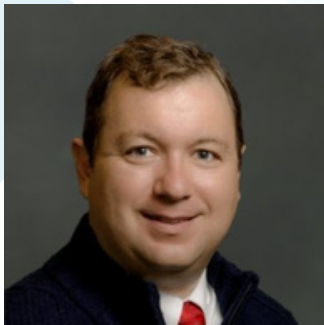
Rebecca Spencer
Vice Chairman



Kellie Chatfield
Secretary



Heidi Arave
Treasurer



Tim Whipple
Financial Advisor



Natalyn Lewis
Marketing Advisor



Graham McMullen
Business Advisor



Ben Eggett
Technology Advisor

Mission:

My Story Matters promotes healing, inspires hope, and celebrates courage in everyday heroes by engaging them in a process that helps them reflect, recount, record, and reframe their stories.

Vision:

To strengthen communities through embracing stories of all individuals and, by that process, become more united in compassion, understanding, and empathy. Every story really does matter.

OUR VALUES

MY STORY MATTERS CORE VALUES — THE 8 CS OF CONSCIOUS CREATION

Commit. We commit to uplifting, inspiring, and edifying individuals to own the creative power within them to write their own stories and discover strength, hope, and healing in the process.

Craft. We craft templates, programs, story development processes, and books using evidence-based research, narrative theory, defined creative principles, and superior workmanship to inspire transformation.

Community. We build a community where people tell individual stories—from seemingly different cultures, languages, religions, ethnicities, socioeconomic conditions, and life experiences—only to discover and empathize with the universal humanity in each of us.

Claim. We claim individual voice as the foundational expression of being an agency.

Collaborate. We collaborate with individuals to tell their stories by honoring their voices, engaging them to reflect, recount, record, and reframe their stories, and then encouraging them to be conscious authors of their own journey.

Compassion. We carry the process of telling one's story and the stories themselves to families, communities, and institutions in widening circles of compassion, understanding, and empathy.

Coach. We coach, assess, and improve the theory and the process of transformation through conscious self-evaluation to enhance outcomes and impact.

Cycle. As stories are created in cycles, we write and rewrite MSM's transformational narrative cyclically to embrace new thoughts, conscious creation, and change.

OUR COURSES



Two sisters in Chicago learn how to be the hero of their story together!

MY HERO JOURNEY

K-6th grade

YOUTH

My Hero Journey is a powerful curriculum for all school-age children (K-6). This curriculum helps individuals, families, and teachers to help students understand that they are the hero of their own stories and gives them the tools they need to be active agents in creating their stories. This dynamic and unique program is not an add-on to already busy schedules and overflowing lesson plans.

TEENS

CREATE YOUR STORY

7th-12th grade

The Safe Harbors curriculum for teens builds resilience and confidence. As individuals apply the principles, they become goal-oriented members of society that value their relationships. Through this curriculum, teens are equipped with the foundational tools they need to be empowered to captain their story and create a future they can be proud of. They will learn to make decisions with confidence and create a powerful roadmap for their future. This curriculum benefits all who participate.



After resettling to the U.S., Bishal was ready to use these tools to create a new story.



After getting released from incarceration, Orlando continues to use the Safe Harbors tools for his transformation.

CAPTAIN YOUR STORY

18+

ADULTS

The Safe Harbors curriculum for adults builds resilience and confidence. As you apply these principles, you become goal-oriented members of society who value your relationships. Through this curriculum, you are equipped with the foundational tools you need to be empowered to captain your story and create a future you can be proud of. Whatever lies in store for the next chapter of your story, these tools will give you the confidence to create it with intention.

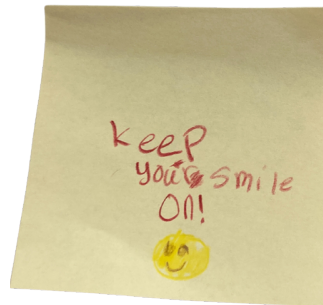
YOUTH



Elementary
Schools

Home
Schools

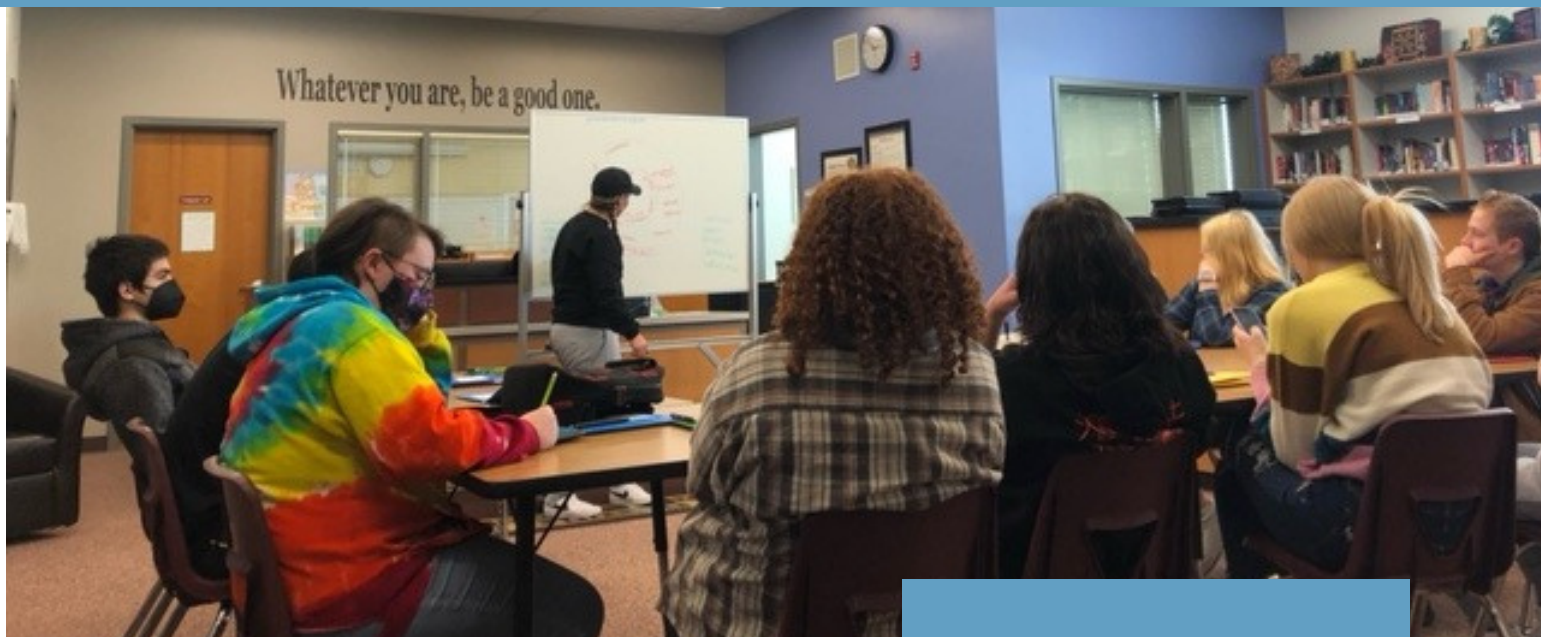
One of
a Kind



My Hero Journey includes a fantastic music program called "We Are Amazing" that the students learn in two weeks and perform for the school and parents. The songs go along with the curriculum. Each song teaches important values and empowers each student to know they are amazing and are the hero of their own story.



TEENS



We've just begun our second round of after school classes for teens at Landmark High School in partnership with the Department of Workforce Services.

We are also working with several homeschool groups and co-ops.

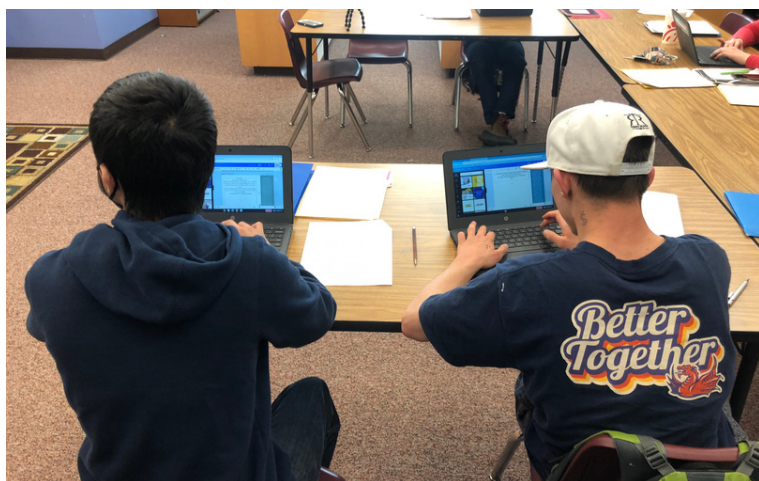
In January we will begin working with High Schools to implement this class into their curriculum.



Landmark
High School
after school
program

Treatment
Facilities

Home School
Groups



ADULTS



Community Classes

Taught at:

Food & Care Coalition

Monument Valley

Online



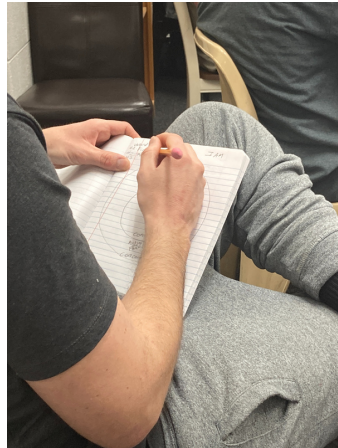
Our Community Classes are being held throughout Utah and online. It is inspiring to be a part of guiding individuals to make the transformation they seek in their lives. They are taking action with intention to create the life they want. As they step into this new story it's remarkable to observe the complete change in attitude, confidence, and direction they are taking.



JUSTICE INVOLVED —



Our Safe Harbors course engages each learner in a self-reflective model that leads them to take ownership of their story in the past, present and future. We empower them to design a future they can be proud of. In fact, of nearly 250 incarcerated individuals who have completed the course and did the work, 100% have remained free in society since finishing their sentencing!



Gunnison Prison

Utah County Jail



PROFESSIONAL



Crossroads Wellness

"As a Licensed clinical social worker I have seen the impact of implementing Safe Harbors in every aspect of my life. I am a better clinician. I am a better supervisor. Our office is more connected. Our clients are seeing increased movement, confidence, and hope. I am also a better parent, and certainly more excited about life!"

~Bobbie Pugh, LCSW



After seeing the impact Safe Harbors was having in the clinical space it became apparent that we needed a Professional Track for social workers and therapists. They learn to apply the Safe Harbors framework to help ensure real and lasting progress and change with their clients. CEU credits are available in Utah for those who certify as a Safe Harbors guide.



GUIDE INTENSIVE



As interest in learning these valuable tools increases, it became necessary to expand the number of individuals who can guide groups through this course. We held our first round of certification training. We have held multiple guide intensive trainings since and are excited for the doors this expansion is opening.



Guide Training

We created an online training portal for the guides to become certified and get additional training. We filmed over 200 videos to populate the training portal so the information is easily accessible





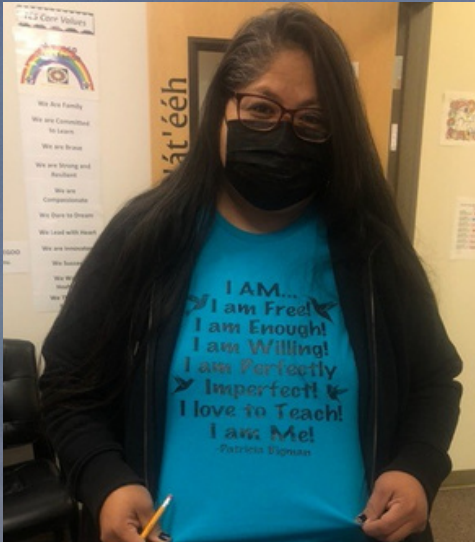
SAFE HARBORS

Monument Valley - November 2022



We recently had the opportunity to travel down to the Navajo Reservation to begin bringing them the tools of Safe Harbors to help them captain their stories moving forward. The reservation has been hit incredibly hard by the pandemic and there are some very difficult challenges left in the wake. We were able to meet with community leaders, tribal leaders, and grandmothers on the reservation. We taught them the tools of Safe Harbors in a concentrated format and then are continuing to do Zoom classes for the next three months to support them in their journey.

The results were remarkable. In just a few short days we had the most incredible stories of transformation and they just continue. We will be returning to the reservation every four months to continue to help more and more people. We are certifying leaders from their community to be guides and will eventually have them leading the way there.



One story I'd love to share is the story of our friend Patricia. On the final day she asked if she could meet with all of the guides privately. As we gathered she asked if we had noticed that she was wearing a ton of turquoise jewelry on the first two days. She had bracelets, rings, necklaces, headbands etc. They were beautiful. She asked if we had noticed she hadn't worn any turquoise that day. I hadn't, but when she said it I recalled the difference for sure. She then expressed the following, "My whole life I have put on my turquoise to try to find strength. I kept adding more and more trying to find strength. I realized yesterday in our Identity lesson that I AM the strength. I AM STRONG. It's not the turquoise. My whole life I was looking for someone or something to give me strength and it's always been inside me the whole time."



A few days later she sent this picture with the following story, "I realized that it wasn't enough for me to write and say my I AM statement everyday. I needed everyone else to say it too. So I drove two hours to the nearest town with a screen printing shop and I had 5 of these made so I can wear a different one everyday. Look out world I know who I am and now you know too!"



HERE ARE A FEW OF THE STORIES SHARED WHILE WE WERE THERE





Scottish Gala

HIGHLIGHTS



In April, we held a Gala to help further our mission. Supporters gathered in their best Scottish dress to enjoy an evening of entertainment, story, inspiration, and connection.

We were able to raise close to \$60,000 through generous contributions made that evening.

We look forward to sharing more stories and an evening of connection at our next Gala in 2023.

- Over 200 attendees
- Live Auction
- Silent Auction
- Panel of 4 former Justice Involved participants
- Bagpiper
- Scottish dancers & more

Hope you join us this year!



56

CLASSES

Classes were held throughout the community at Food and Care Coalition, treatment centers, prisons, jails, corporations and online.

717

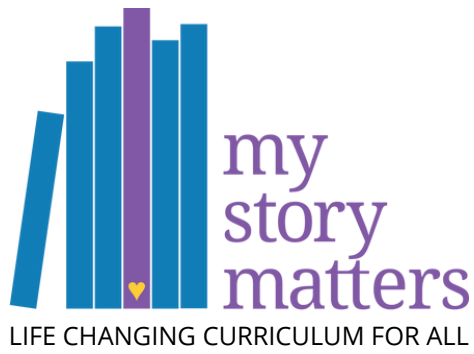
PARTICIPANTS

Participants range in age from 10 to 94 and come from 74 countries. This curriculum really does work for everyone.

7526

VOLUNTEER HOURS

Volunteers spent time teaching community classes, running trainings, writing curriculum, filming content, writing grants, editing videos and changing lives.



We appreciate your continued support.

EVERY DOLLAR COUNTS

Donate Today!

1

CHECK

Mail check to:
My Story Matters
PO Box 382
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