



An MU Extension Community Arts Program

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Contact: Lisa Overholser
St. Louis Storytelling Festival Director
MU Extension Community Arts Program
314-266-4833
overholserl@missouri.edu



Stories-in-Healthcare Consultant comes to St. Louis for a Performance and Workshop on the Power of Storytelling in Clinical Care

St. Louis, Mo. – Regi Carpenter recalls being admitted to Southwood, the adolescent unit for “disturbed and troubled teens” at the St. Lawrence Psychiatric Hospital in Ogdensburg, upstate New York. She had faced struggles growing up, as she remembers lining up for welfare food at the back of a church, the typical struggles of an awkward adolescent, and a physically abusive father who was a disabled WWII vet suffering from PTSD, with “arms (that) lift up and crash down upon all five of us kids like waves against a dock.”

Author, storyteller, and Stories-in-Healthcare Consultant shares these deeply personal experiences in a Thursday, October 19 performance of her one-woman piece SNAP! (Oct. 19, Kranzberg Arts Center Studio, 501 N. Grand Blvd, 7:30 pm, \$10), winner of the 2012 Boston Story Slam, and a featured story on the Moth website. The show tells the true story of a 16-year-old’s institutionalization in a state mental hospital, her road to recovery, and overcoming the stigma of mental illness. (TIX: https://www.metrotix.com/events/detail/st-louis-storytelling-festival-presents-snap)

The following day, Friday, October 20, Regi will lead a research-based/hands-on workshop for licensed counselors, clinicians, social workers, caregivers, and anyone else interested in “Using Storytelling in Clinical Care” (full-day Oct. 20 workshop for CE/CEU credit, 8:30 am – 5 pm, MU Extension Office, St. Louis County, 132 E. Monroe Ave, Kirkwood, \$25). Drawn from the Robert Wood Johnson Narrative Playbook Workshop, co-created by a team of physicians, social workers and writers, participants will learn concepts and strategies to incorporate narrative methods into mental health clinical care for better outcomes. (REGISTER HERE: http://extension.missouri.edu/stlouis/slsf-workshop.aspx)

Regi is hosted by the St. Louis Storytelling Festival (www.stlstorytellingfestival.com , an MU Extension Community Arts Program), in conjunction with the National Alliance of Mental Illness (NAMI-St. Louis, https://www.namistl.org/), the Kranzberg Arts Center, (http://kranzbergartscenter.org/), with CE/CEU credit for the workshop offered through the Missouri Institute of Mental Health (https://www.mimh.edu/). Regi Carpenter will be a Featured Storyteller at the 2018 St. Louis Storytelling Festival, and this is one of several residencies exploring storytelling in community health and well-being planned for the coming year. Interviews with Regi are available. Pics, bios, and more information are located on the Festival website.

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