

## **Transcript**

### **Start With Hope – Stephen (Longform)**

Stephen: One of the things that I draw on to give me hope, are the littlest things. I've had a bit of a journey of self-exploration over the last decade or so of trying to figure out what recovery meant to me.

About two years into a very challenging recovery, I was incredibly depressed. I was having a hard time working. I was sleeping all day. The thing that really liberated me from that was I became a volunteer firefighter. Like the spark in me was relit. That spark started me off on an over 8-year journey of becoming an EMT and then a paramedic. My sort of day-to-day role is around running a program where we have a 24-hour hotline for people who are actively using. One of the things that gives me a lot of hope is hearing the sound of someone smile over the phone, when we've given them a sense of value without any sort of conditions. When I hear about somebody who went and saw their primary care provider, that's a positive change. When I hear from someone that they used naloxone to save someone's life, that's a positive change. Finding ways to celebrate that in the people that are around you, and then celebrate that within yourself – that is profoundly inspiring for me.

When things were bad, I had to find hope in little things. I love laying in the ocean on my back with my ears underwater and just looking up at the sky, because it makes you feel really small. You know, just enjoy the quiet. And, you know, when you feel really small, I think sometimes it helps you to appreciate the little things. It's like a learning that I think is really helpful and healthy for me.

**[End of Audio]**

**Duration: 1:57**