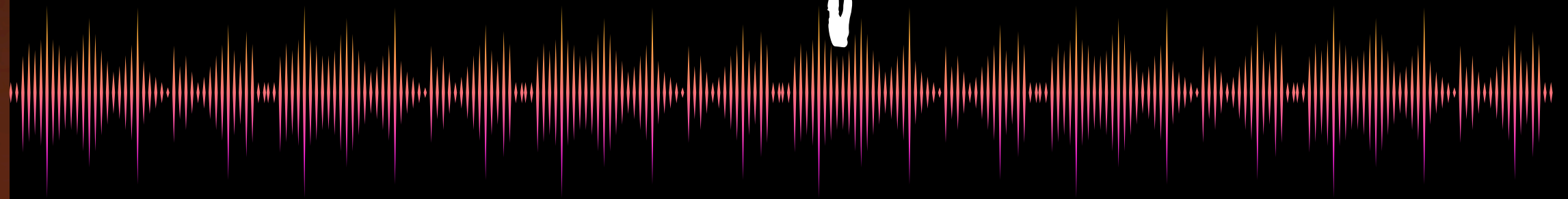




# Voices of Hope



## How Podcasting is Revolutionizing Recovery



- **Introduction**
- **Learning Objectives**
- **Understanding Recovery Podcasts**
- **Podcasting as a Tool for Recovery**
- **Engagement and Accessibility**
- **Educational and Advocacy Benefits**
- **Practical Tips for Starting a Podcast**
- **Success Stories and Real World Impact**
- **Conclusion**
- **Q &A Session**





# Introduction

Since March 2021, Christina has been on a journey of recovery from gambling-related harm. Now, she devotes her time to empowering other women facing similar challenges, guiding them toward hope, healing, and providing the tools to create a life they no longer want to escape from.

**Christina R Cook, IGRS -  
Founder, The Broke Girl Society**

Current Boards:

IPGGC - Executive Board Secretary

Mass Council, L.E.A.P. - Board Member





“

“One day you will tell the story of  
how you overcame what you  
went through and it will be  
someone else's survival guide”

– Brene' Brown

”





## *Learning Objectives:*

- **Demonstrate the Role of Storytelling in Recovery.**
- **Highlight the Accessibility and Impact of Podcasts.**
- **Inspire and Equip Participants to Use Podcasting as a Recovery Tool.**





What exactly  
is a podcast?



# *Podcasting as a Recovery Tool*

"Counselors may prescribe relevant podcasts to encourage clients to examine personal perceptions, consider alternate points of view, and explore behaviors needed to grow and develop."

(Casares & Binkley, 2021, p. 30)





# *Podcasting as a Recovery Tool*

"Since podcasts offer listeners a seemingly endless range of topics and diverse perspectives, they also hold the potential to facilitate meaningful reflection and therapeutic growth."

(Casares & Binkley, 2021)





# Recovery Podcasts - Gambling Recovery



»♥«  
The Broke Girl Society®

## ALL IN THE ADDICTED GAMBLER'S PODCAST

A CONVERSATION ABOUT  
GAMBLING ADDICTION



## FALL IN

THE PROBLEM GAMBLING PODCAST  
FOR  
MILITARY SERVICE  
MEMBERS AND VETERANS

IN ASSOCIATION WITH  
**ALL IN**  
THE ADDICTED GAMBLER'S PODCAST

HOSTED BY **DAVE Y**





# The Power of Storytelling in Recovery

“We are all storytellers. We live in a network of stories. There isn't a stronger connection between people than storytelling.”

– Jimmy Neil Smith





# Engagement, Outreach & Accessibility

**Worldwide -2024**

**500 Million  
Listeners**

Edison Research - The Podcast Consumer 2024 report



**USA - 2024**

**135 Million  
Listeners**

Edison Research - The Podcast Consumer 2024 report

"Podcast listening among American adults is currently at an all-time high, with 104 million Americans listening to a podcast each month." (Casares & Binkley, 2021, p. 19)



# What does it take to start a podcast?

1. **Define Your Purpose**
2. **Choose a Podcast Format**
3. **Get the Right Equipment**
4. **Plan Your Episodes**
5. **Record and Edit**
6. **Choose a Podcasting Host Platform**
7. **Publish and Distribute**
8. **Promote Your Podcast**
9. **Track Performance and Improve**
10. ***Optional (Monetization/Sponsorship)***





# Podcasts and Real World Impacts

## **The Broke Girl Society - Gambling Recovery Support Group** >


🔒 Private group · **2.8K** members





# Women Are Gambling Addicts, Too. I Was One of Them.

By [Christina Cook](#)  
Published on June 12, 2024 at 5:30 AM



A Collective Call For

Radical Honesty

Illustration: Kim Salt

*Christina Cook hosts the podcast "The Broke Girl Society." For PS's Radical Honesty issue, she*

▶ 1:02

3:50

🔊

⚙️

⛶



Photo by Christina Cook

Industry News Responsible Gambling

## Broke Girl Society Podcast Host Shares Story Of Gambling Addiction Recovery

Christina Cook, the host of the Broke Girl Society Podcast, is using her voice to help others in recovery from gambling.

❤️

💬

🔗

🔖



▶ 1:02

3:50


🔊

⚙️

⛶

CHATELAINE

SIGN IN



# The Secret World Of Female

🏠

🔍

⊕

📺

👤



You are telling my story...Thank you! - Sammie

This was very helpful ..I'm a compulsive gambler today is day 1 for me...I need recovery and stop the bleeding so I can heal...thank you I enjoyed it - Dawn

Thanks for this podcast. Saw you on YouTube.  
- John S.

Thank you for sharing this story. -Kristy

This helps listening, I literally just left the casino now, lost a ton of money, AGAIN, the bad thoughts of doing harm to myself take over my mind, it's not good , I need to stop , listening 2 these stories might be a step in the right direction, I can't keep living like this - R.J.

Much needed to hear . Thank you! - Sara H.

Thank you for all of your openness & help with this life altering addiction. - Gina



## *Conclusion...*

Recovery podcasts offer hope at times when there is limited access to support.



Q

A



# Resource Guide

*Created by:*

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# The Pod Collective

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## INGREDIENTS:

100% awesomeness, hilarity, intelligence, compassion, and a hint of mischief, a little bit of chaos and just a dash of bad decisions, no artificial intelligence added.



PODCASTERS



MEDIA STARS



ADVOCATES



EXPERTS



PEERS/FRIENDS