An interview series with MHA Storytellers

Q: How have you benefitted from sharing your story?

A: As a life coach, professor and speaker, I have always been in front of audiences to train and share at least parts of my story. However, with MHA, I have shared more of the unfortunate parts and in doing so, have gained enlightenment and an even better understanding of myself and past situations. I find it so cathartic to share my story as a Storyteller or during QPR training sessions. Not sure how many times I have officially been a Storyteller, but also told my story as an MHA Wake Up for Wellness table captain last year and have shared snippets during impromptu chats at MHA’s Coffee & Conversations.

Q: What do you think is the most important aspect of MHA’s work?

A: Communicating the information. MHA continues to spread the word about our programs as well as helping the public and organizations understand the seriousness and the stigma of mental health issues.

MHA volunteer and monthly donor Glenn Proctor says “when loneliness was rampant as a foster kid, when drinking was the most important task of the day, when my performance as a journalist and a Marine remained well above average despite being hung over many days, when my first two marriages came and went, when I have survivors’ remorse decades after I served in Vietnam. . .writing saved me. I created poems about life as a foster kid and feeling lonely, even though the grandparents and my favorite aunt did the best they could raising me.” After a journalism career spanning more than 40 years, serving as a five-time Pulitzer Prize judge, sharing in Pulitzer Prizes and teaching at Kent State and Washington and Lee universities, Glenn now coaches and teaches writing. This year he celebrates 36 years of sobriety. Glenn adds, “I am extremely proud to represent MHA in the community. But most importantly, when I am feeling something, I know there are folks I can talk with without judgment. And, I can help others.”