Beth Ohlsson is a person in long term recovery who just happens to be a storyteller. “Distilling Hope” combines her love of a good story with her lived experience as a performer, an educator, and as an addictions counselor, bringing the Recovery experience to light.

Beth takes her message of hope into jails and prisons with her storytelling workshop, “Reaching through the Cracks: Connecting Incarcerated Persons with Loved Ones through Story.” Learning to tell one’s own story has a healing effect which has lasting impact. Of those inmates who had been released after completing the workshop, there was a 10% recidivism rate after 2 years.

As Executive Director of the Recovery Resource Center, Beth has spoken to hundreds of people in schools, colleges, church groups and civic groups about addiction and recovery. Beth uses the power of story to educate about addiction as the medical issue that it is, and to dispel the shame that surrounds addiction.

Beth has also been performing across Maryland, DC, and Northern Virginia for the past 20+ years at libraries, festivals, meeting rooms and classrooms, providing giggles and grins to children and adults. Concerts for adults, as well as classes and workshops, are also part of Beth’s offerings. Beth combines acting, movement,and mime with traditional storytelling to create experiences that delight heart and soul.

Originally from Frederick, MD, Beth came to the Eastern Shore in 2002. Her recovery began in 1991. She completed a Master’s Degree in Storytelling at East Tennessee State University in 2011. She has two adult sons who are the subject of more than one story.

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