

2020 VISION FOR OURSELVES



Seeking a Healthy Lifestyle

Recovery & Empowerment Statewide Call
Date: October 22, 2020
Toll-free Call-in Number: 1-844-867-6167
Access Code: 4360050

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Thank you for joining today's call!

Send CEU Sign-In Sheets within seven business days to:
Christal Hamm: FAX 309-346-2542 or
Email: DHS.DMHRRecoveryServices@illinois.gov

Submit Topic Suggestions for 2021
DHS.DMHRRecoveryServices@illinois.gov
Deadline November 5, 2020

Email Your Feedback:
Cindy.Mayhew@Illinois.gov



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Guidelines for Today's Call

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated



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Meet the Presenters

- Illinois Department of Human Services, Division of Mental Health Recovery Support Specialists:
 - Cindy Mayhew
 - Kelly Ellis
 - Chris Keck
- **Community Guest Speaker:** John Holley



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Objectives

Participants will learn:

- 1) How our physical wellness impacts our emotional wellness
- 2) How eating healthy sparks brain power
- 3) How to approach our healthy lifestyle in a consistent manner

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2020 VISION FOR OURSELVES

Community Speaker

John Holley



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How Our Physical Wellness Impacts Our Emotional Wellbeing

<p>Behaviors</p> <ul style="list-style-type: none"> Healthy Eating Physical Activity Restful Sleep 	<p>Benefits</p> <ul style="list-style-type: none"> • Reduces Depression and Anxiety • Manages Stress • Improves Mood • Increase Energy Levels • Increases Brain Power
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BRAIN POWER



- Weighs 3 pounds
- 75% water
- 268 miles per hour
- 12-25 watts of electricity

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Approaches for Consistent Change



- ABC Approach
- Distraction Approach
- Confrontation Approach
- Shaping Approach

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Growth



The more healthy habits we let in the less room in life we have for unhealthy habits.

• Kelly Ellis

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WHY?

Meaning and Purpose

What can we do? How can we do it? Why do we do it?

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Kelly's Recipe for Success



- Meeting myself where I am at
- Recognizing my strength and resilience
- Building my healthy goals into my daily plan
- Being proud of the changes I've made

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Chris's Recipe for Success

- Being honest with myself
- Remain disciplined
- Hold myself accountable
- Learn to be comfortable during uncomfortable times
- Try to learn something new everyday



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Cindy's Recipe for Success

- It's all about:
 - Strengths
 - Choices
 - Balance
 - Goals



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WOOP

- Wish
- Outcome
- Obstacle
- Plan



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Where We Can Find More Information

WOOP My Life: <https://woopmylife.org/>

14 Simple Ways to Stick to a Healthy Diet
<https://www.healthline.com/nutrition/14-ways-to-stick-to-a-diet>

Food and Mood: www.mind.org.uk

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Where We Can Find Support



Call the Warm Line
 866-359-7953
 Monday - Saturday
 8:00 a.m. - 8:00 p.m.



Crisis Text Line
 Text 741-741 when in a crisis
 Anywhere, Anytime
 Anonymously

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DMH Regional Recovery Support Specialists Metropolitan Chicago & Northern Illinois (Regions 1 & 2)

- Kathryn Dittmore (312) 793-1008 Kathryn.Dittmore@Illinois.gov
 Region 1-North and Region 2
- Marty Hines (708) 612-4236 Marty.Hines@Illinois.gov
 Region 1-South

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DMH Regional Recovery Support Specialists Central & Southern Illinois (Regions 3, 4, 5)

- Tom Troe (309) 346-2094 Thomas.Troe@illinois.gov
Region 3/Peoria
- Tanya Cooley (217) 786-0043 Tanya.E.Cooley@illinois.gov
Region 4/Springfield
- Cindy Mayhew (618) 474-3813 Cindy.Mayhew@illinois.gov
Region 5/Metro East
- Rhonda Keck (618) 202-6116 Rhonda.Keck@illinois.gov
Region 5/South

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Questions and Comments

- To Ask a Question or Make a Comment, Press Star *
Then One (1) On Your Phone
- Question and Comment Period Will Be Used
By Individuals Who Use Mental Health Services
- All Speakers Will Use Person-First Language



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Guidelines for Questions and Comments

- All Speakers Will Use Person-First
Language
- Diverse Experiences Will Be Heard
and Validated
- Questions and Comments Will Be
Relevant to Today's Topic



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Guidelines continued

- Limit to One Comment or Question per
Person, then Pass to the Next Person
- Reduce or Eliminate Any Background
Noise So Your Question or Comment
Can Be Heard
- Saying "Thank You" Indicates You Are
Finished With Your Question



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CEU sign-in sheets and evaluation forms:

Email to: DHS.DMHRecoveryServices@illinois.gov
Fax: Christal Hamm: (309) 346-2542

Comments, questions, feedback, suggestions:

Email to: Cindy.Mayhew@illinois.gov

Nanette Larson, Deputy Director/Ambassador, Wellness &
Recovery Services; IDHS/DMH
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