

Bringing Balance into Our Lives

GIVING OURSELVES A BREAK

Recovery & Empowerment Statewide Call

DATE: August 22, 2019

DIAL-IN NUMBER: (800) 230-1059

No password required

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



- ▶ Thank you for joining today's call!
- ▶ Instructions for CEU's for today's call
 - ▶ Fax Sign-In Sheets within seven days to
 - ▶ Christal Hamm, FAX: (309) 346-2542
- ▶ Date & Topic for Next Call:
 - ▶ September 26, 2019
 - ▶ Regaining Power Through Change
- ▶ Email Your Feedback
 - ▶ Thomas.Troe@Illinois.gov

Meet the Presenters

- ▶ Illinois Department of Human Services, Division of Mental Health
 - ▶ Pat Lindquist
Recovery Support Specialist
- ▶ Community Speaker
 - ▶ Deborah Dillon, MHP/CRSS



Objectives:

Participants will learn:

- 1) How to learn to be your own best friend
- 2) How to use mindfulness to improve mental health
- 3) How to organize a disorganized mind
- 4) How to cope with overwhelming society and politics
- 5) How to embrace all of yourself

BRINGING BALANCE INTO OUR LIVES

Community Speaker
Deborah Dillon



How to Learn to be Your Own Best Friend

By treating ourselves like we would treat our best friend.



Minds on Mindfulness



Can My Unorganized Mind Be Organized?

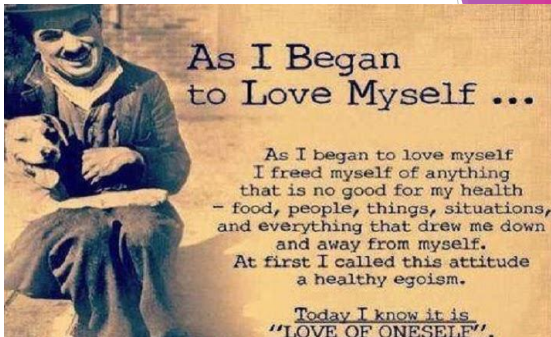


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Coping With Stress Overload



Gently Embracing Myself



WHERE CAN I FIND MORE INFORMATION?

- ▶ 1) Inner Peace for Busy People. Joan Borysenko, PH.D., Hay House, 2001. Carlsbad, California-Sydney, Australia
- ▶ 2. The 50 Best Ways to Simplify Your Life. Patrick Fanning and Heather Garnos Mitchner. New Harbinger Publications, Inc. 2001. www.newharbinger.com
- ▶ 3. "13 Simple Habits to Cultivate Self-Compassion." Ashley Elizabeth. <https://www.lifehacks.org839214/self-compassion>

WHERE CAN I FIND SUPPORT?

- ▶ Call the Warm Line
- ▶ 866-359-7953
- ▶ Mon-Fri, 8:00 a.m. - 5:00 p.m.

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

DMH Regional Recovery Support Specialists - temporary listing



- ▶ Kathryn Dittmore (312) 793-1008 Region 1
▶ Kathryn.Dittmore@Illinois.gov
- ▶ Pat Lindquist (847) 742-1040, x 2985 Region 2
▶ Patricia.Lindquist@Illinois.gov
- ▶ Tom Troe (309) 346-2094 Regions 3&4
▶ Thomas.Troe@Illinois.gov
- ▶ Rhonda Keck (618) 833-5161, x 2515 Region 5
▶ Rhonda.Keck@Illinois.gov

Questions And Comments



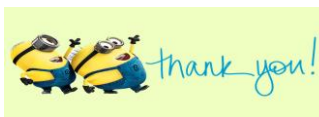
- ▶ To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- ▶ Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- ▶ All Speakers Will Use Person-First Language

Guidelines (cont'd)

- ▶ All Acronyms Will Be Spelled Out and Defined
- ▶ Diverse Experiences Will Be Heard and Validated
- ▶ Recognize the Diversity of the Recovery Movement when Sharing from Personal Experience

Guidelines (cont'd)

- ▶ Questions and Comments Will Be Relevant to Today's Topic
- ▶ 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



- ▶ Statewide call evaluation forms
▶ EMAIL: Christal.Hamm@Illinois.gov
▶ FAX: Christal Hamm (309) 346-2542
- ▶ Comments, questions, feedback, suggestions:
▶ Email: Thomas.Troe@Illinois.gov
- ▶ Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
▶ E-mail: Nanette.Larson@Illinois.gov

CEU INSTRUCTIONS

- 1) Allow anyone who attends to sign in and receive a Certificate if they so choose.
- 2) Print your name. If a name is not legible, no certificate will be issued.
- 3) Include the name and address where to send the certificate(s); be sure it is legible.
- 4) Your name must be on the sign-in sheet. If a person's name is not on the sign-in sheet, the person cannot be issued a certificate.

CEU INSTRUCTIONS (cont'd)

- 5) Send your sign-in sheet by email, FAX or postal mail after the call. Information for where to send the sign-in sheet is included on the form.
- 6) Sign-in sheets must be received within 7 business days after the call. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.
- 7) Expect to receive your CEU Certificate within 30 days.