

Bringing Balance into Our Lives

Regaining Power Through Change

Recovery & Empowerment Statewide Call

Date: September 26, 2019

Dial-in Number: (800) 230-1059

No password required



- ▶ 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@Illinois.gov
 - Fax: (309) 346-2542
- ▶ Date & Topic for Next Call:
 - October 24, 2019
 - Living Well on a Shoestring Budget
- ▶ Email Your Feedback:
 - Thomas.Troe@Illinois.gov

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**



Meet the Presenters

- ▶ **Illinois Department of Human Services, Division of Mental Health**
 - Tom Troe
 - Recovery Support Specialist (Region 3)
 - Mark Klocek
 - Recovery Support Specialist (Elgin MHC)
- ▶ **Community Speaker**
 - Vince Bisio
 - Unity Place - Peoria



Objectives:

Participants will learn:

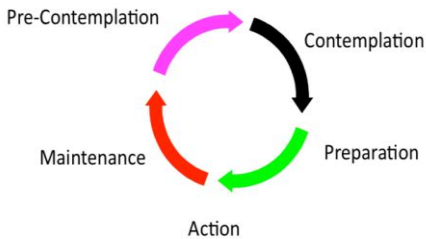
- 1) How to move forward when feeling stuck and stagnant
- 2) How to challenge limited beliefs
- 3) How to maintain safety while stepping out of your comfort zone
- 4) How to engage in recovery beyond medicine
- 5) How to practice self-accountability

BRINGING BALANCE INTO OUR LIVES

Community Speaker

Vince Bisio

5 Stages of Change



Pre-contemplation Stage

- ▶ Had not even thought about it
- ▶ Uncover consequences
- ▶ Plant the seeds of possibility



Contemplation Stage

- ▶ Recognize the problem
- ▶ Generate reasons and intention to change
- ▶ Develop optimism



"Sometimes if you want to see a change for the better, you have to take things into your own hands."

Clint Eastwood

Preparation Stage

- ▶ Goal Planning
- ▶ Work on problem solving around obstacles/barriers
- ▶ Identify social supports & resources
- ▶ Take small initial steps



Action Stage

- ▶ Reinforce that this is a chance to "Re-write" our life story, since "our history is not our destiny"
- ▶ Reinforce the long term benefits of change
- ▶ Identify stressors or obstacles and then identify an action plan



Maintenance Stage

- ▶ Identify risky situations and use strategies to prevent relapse
- ▶ Develop knowledge and skills to support progress
- ▶ Acknowledge the progress we have made



Our Challenges Can Shape Our Beliefs

- ▶ Components of our belief systems
 - ▶ Upbringing
 - ▶ Personal experience
 - ▶ Others around us
 - ▶ Culture
 - ▶ Attitude



Moving Forward When We Feel Stuck

The Keys

- ▶ Resiliency
- ▶ Past successes
- ▶ Self-determination
- ▶ Sufficient support

If you keep telling the same sad story you will keep living the same sad life...It's time to change your story.

Everyone's Comfort Zone is Different

- ▶ You are the expert on yourself
- ▶ You know what has worked in the past
- ▶ It is okay if you are not ready
- ▶ Avoid guilt and shame



Where Can I Find More Information?

- ▶ Experience Life
 - ▶ www.experiencelife.com
- ▶ Brainy Quotes
 - ▶ www.brainyquote.com/topics/change
- ▶ Mental Health America/ When Change is Hard
 - ▶ www.mentalhealthamerica.net/when-change-hard

Where Can I Find Support?

Call the Warm Line

- ▶ 866-359-7953
- ▶ Monday - Friday
- ▶ 8:00 a.m. - 5:00 p.m.

Crisis Text Line

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

Division of Mental Health Regional Recovery Support Specialists

Temporary Listing:

Region 1

- ▶ Kathryn Dittmore (312) 793-1008
 - ▶ Kathryn.Dittmore@illinois.gov

Region 2

- ▶ Pat Lindquist (847) 742-1040, x 2985
 - ▶ Patricia.Lindquist@illinois.gov

Regions 3 & 4

- ▶ Tom Troe (309) 346-2094
 - ▶ Thomas.Troe@illinois.gov

Region 5

- ▶ Rhonda Keck (618) 202-6116
 - ▶ Rhonda.Keck@illinois.gov



Questions And Comments



GUIDELINES

- ▶ 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 Acronyms Will Be Spelled Out and Defined

Guidelines

- ▶ All Speakers Will Use Person-First Language
- ▶ Diverse Experiences Will Be Heard and Validated
- ▶ All Speakers Will Strive to 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: (309) 346-2542
- ▶ Comments, questions, feedback, suggestions:
 - Email: Thomas.Troe@Illinois.gov
- ▶ Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
 - Email: 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.