

2020 VISION FOR OURSELVES



Seeing and Appreciating Diversity

Recovery & Empowerment Statewide Call
Date: January 23, 2020
Toll-free Call-in Number: 1-844-867-6167
Access Code: 4360050

Thank you for joining today's call!

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

Date & Topic for Next Call:
February 27, 2020
Seeing is Believing in Ourselves

Email Your Feedback:
Cindy.Mayhew@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
 - Cindy Mayhew, Recovery Support Specialist
 - Tanya Cooley, Recovery Support Specialist
- Community Speaker
 - Amy Foster, CRSS, WRAP Educator



Objectives

Participants will learn:

- How to identify what makes up your cultural identity
- Three steps to staying open to differences
- Ways to get to know a person despite cultural differences
- Tools that can help us connect with others

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Community Speaker

- Amy Foster



Culture Defined

- Meanings, beliefs, values, and behaviors through which we interpret our experiences.
- A group's culture is its way of life
- As a member of different groups, our own cultural identity begins to form



Cultural Identity

- Ethnic group
- Spiritual beliefs
- Family traditions
- Languages
- Lifestyle
- Communication
- Celebrations
- Association with groups
- LGBTQ+



Cultural Identity is Also Our Uniqueness

- Neuro-Diversity
- Deaf/Hard of Hearing
- Person with Mental Illness
- Person who uses a wheelchair
- Blind/Partially Sighted
- Developmental Distinctions



See the Individual First



And Look for the Good



3 Steps to Staying Open to Differences

- Self-Awareness - Before looking out, look in.
- Other Awareness - Don't assume. Ask questions instead.
- Shared Perspective - Get a new view.



Accepting Cultural Differences

- Different is not wrong.
- There are many ways to see the world.
- Each person is unique although we may share similarities.
- We each make our own choices and decisions.
- Nobody wants to be judged.



Connecting with Others

- Be Genuine.
- Remain Curious.
- Ask thoughtful questions.
- Listen with an Open Mind.
- Avoid Assumptions.
- Learning comes from sharing.

The biggest
communication problem
is we do not listen to
understand.
We listen to reply.

Today you are You,
that is truer than true.
There is no one alive
who is Youer than You.

-Dr. Seuss



Where We Can Find More Information

Cultural Humility, Julianna Mosley, Ph.D.

https://www.youtube.com/watch?v=Ww_ml21L7Ns

What Makes You Special, Mariana Atencio

https://www.ted.com/talks/mariana_atencio_what_makes_you_special

How to Respect and Accept Other Cultures, L Q Williams

<https://owlcation.com/social-sciences/How-to-Accept-and-Respect-other-Cultures>

Where We Can 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.

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

- Wayne Beyer (773) 794-4034 Wayne.Beyer@illinois.gov
Region 1-North
- Marty Hines (708) 612-4236 Marty.Hines@illinois.gov
Region 1-South
- Pat Lindquist (847) 742-1040, x 2985 Patricia.Lindquist@illinois.gov
Region 2

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

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



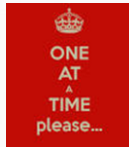
Guidelines for Questions and Comments

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



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



Statewide call evaluation forms
 Email to: DHS.DMHRRecoveryServices@illinois.gov
 Fax: (309) 346-2542

Comments, questions, feedback, suggestions:
 Email to: DHS.DMHRRecoveryServices@illinois.gov

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