

# 2020 VISION FOR OURSELVES



## Finding Supportive Friendships

Recovery & Empowerment Statewide Call

Date: April 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 business days to:

Christal Hamm: 309-346-2542 or

Email: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

Date & Topic for Next Call:

May 28, 2020

Realizing the Impact We Have on Our Lives

Email Your Feedback:

[Cindy.Mayhew@Illinois.gov](mailto:Cindy.Mayhew@Illinois.gov)



# Guidelines for Today's Call

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- 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

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- Illinois Department of Human Services,  
Division of Mental Health
  - Rhonda Keck, Recovery Support Specialist
  - Tom Troe, Recovery Support Specialist
- Community Speaker Aaron Munds



# Objectives:

## Participants will learn:

- Communication skills to develop friendships
- How social and support groups can help build friendships
- To understand and identify the qualities of a good friend
- How to identify and step out of a toxic relationship



Surround yourself with positive people who will support you during your bad days, not just your good days.



# 2020 VISION FOR OURSELVES

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Community Speaker

Aaron Munds

## Benefits of Friendship

- Improve Our Mood
- Help Us Reach a Goal
- Reduce Our Stress and Depression
- Support Us Through Tough Times
- Boost our Self worth



# Identify Qualities of a Good Friend

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- Empathy
- Listening
- Acceptance
- Supportive
- Give and Receive
- Loyalty
- Balance
- Encouragement



# Communication Skills to Develop Friendships

## Tips and Tools

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- Focus on Others, not Ourselves
- Pay Attention
- Start Small
- Be Non-Judgmental
- Respect is a Two-Way Street

# Social and Support Groups Can Help Build Friendships

- Shared Interest
- Accountable
- Encouragement
- Brainstorming
- Education



## Identify Toxic Relationships

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- Extremely Critical of Self or Others
  - Short Tempered
  - Controlling Behavior
  - Distrustful Behavior





**The Know-  
It-Alls**



**The  
Passives**



**The  
Dictators**



**The "Yes"  
People**



**The "No"  
People**



**The  
Grippers**

# Moving Past Toxic Relationships

- Set and Maintain Boundaries
- Listen to Our Gut
- Ask for Help
- Take Personal Responsibility
- Walk Away



In Person



On-Line



# Where We Can Find More Information

[www.samsha.com](http://www.samsha.com) SAMSHA: Making and keeping friends-A self help guide

[www.wikihow.com](http://www.wikihow.com)

[www.psychologytoday.com](http://www.psychologytoday.com)

[www.mayoclinic.org](http://www.mayoclinic.org)

# 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)

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- **Marty Hines (708) 612-4236**  
**[Marty.Hines@Illinois.gov](mailto:Marty.Hines@Illinois.gov)**  
**Region 1-South**
- **Kathryn Dittimore (312) 793-1008**  
**[Kathryn.Dittimore@Illinois.gov](mailto:Kathryn.Dittimore@Illinois.gov)**  
**Region 1-North and Region 2**

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

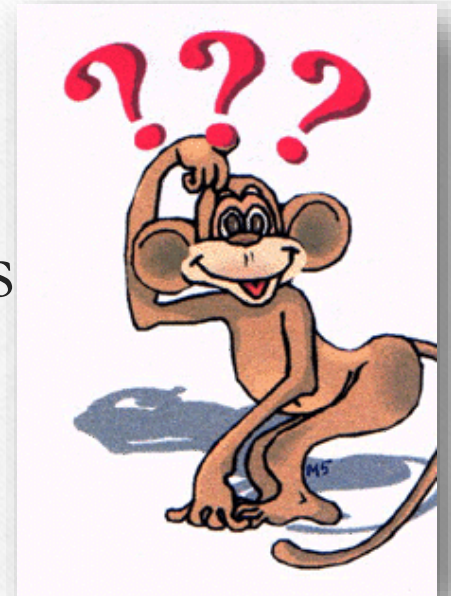
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- Tom Troe (309) 346-2094 [Thomas.Troe@illinois.gov](mailto:Thomas.Troe@illinois.gov)  
Region 3/Peoria
- Tanya Cooley (217) 786-0043 [Tanya.E.Cooley@illinois.gov](mailto:Tanya.E.Cooley@illinois.gov)  
Region 4/Springfield
- Cindy Mayhew (618) 474-3813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

# Questions and Comments

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- 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

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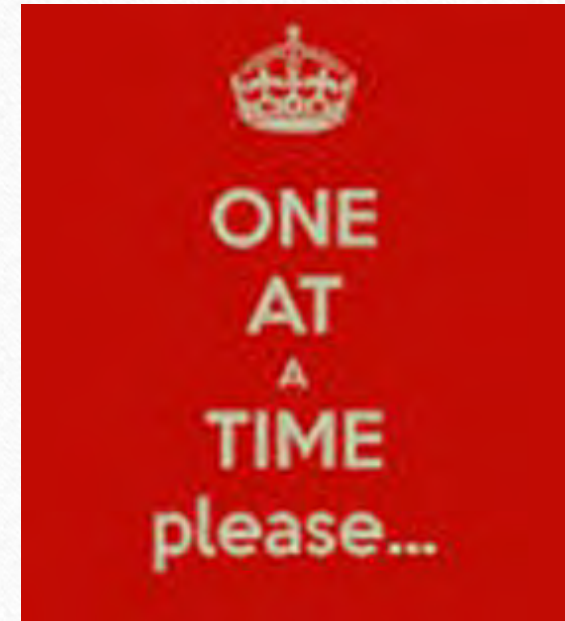
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



# Guidelines continued

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- 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](mailto:DHS.DMHRRecoveryServices@illinois.gov)

Fax: (309) 346-2542

Comments, questions, feedback, suggestions:

Email to: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

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

Email: [Nanette.Larson@illinois.gov](mailto:Nanette.Larson@illinois.gov)



thank you!