

2020 VISION FOR OURSELVES



Searching For Answers to Life's Challenges

Recovery & Empowerment Statewide Call
Date: June 25, 2020
Toll-free Call-in Number: 1-844-867-6167
Access Code: 4360050

1

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

Date & Topic for Next Call:
July 23, 2020
Envisioning Wellness in Our Careers


Email Your Feedback:
Cindy.Mayhew@illinois.gov



2

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




3

Meet the Presenters

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



4



Searching for Answers to Life's Changes

Participants will learn:

- To identify different types of loss
- How to accept and allow for the process
- How support can be beneficial

5

Life Changes



6

2020 VISION FOR OURSELVES

Community Speaker



7

Loss of What?


- Treasured Object
- Body Image
- Control
- Health
- Identity



8

Loss of What?
Continued:

- Freedom
- Relationship
- Housing
- Pet
- Safety



9

Accept and Allow for the Grieving Process

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



10

Why is Self-Care So Important?

- Physical Self
- Emotional Self
- Spiritual Self



11

How Can Supports Be Beneficial?

- Offer Hope
- Good Listener
- Empathy/Sympathy
- Engage in New Conversation



12

Ways to Be Supportive to Others

- Name Names
- Ask "What do you need?"
- Offer Hope
- Reach Out
- Assist with Meals
- Help Out
- Listen Well
- Avoid Judgments

13



Finding Gratitude

14

Where We Can Find More Information

- www.helpguide.org
- www.webmd.com
- Mayo.clinic.org
- [Good Grief: by Granger E. Westberg](#)

15

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

16

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

17

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

18

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



19

Guidelines for Questions and Comments

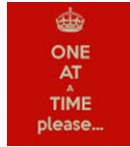
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



20

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



21

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

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

Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
 Email: Nanette.Larson@illinois.gov



22