

**2020 VISION FOR OURSELVES**



**Envisioning Wellness in Our Careers**

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

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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:  
August 27, 2020  
Shifting Our Outlook

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



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**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



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**Meet the Presenters**

- Illinois Department of Human Services, Division of Mental Health
  - Tom Troe, Recovery Support Specialist
  - Kathryn Dittmore, Recovery Support Specialist
- Sarah Stewart, Community Speaker



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**Objectives**

**Participants will learn:**

- 1) The process of discovering what career is right for us
- 2) How to locate resources to identify strengths
- 3) How our career choices and our tools impact our wellness
- 4) Options for overcoming various challenges

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**2020 VISION FOR OURSELVES**



Community Speaker  
Sarah Stewart  
Unity Place  
Community Crisis Center

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### What Works for You

- You define success
- Job vs Career
- Leads to positive self image
- Discussion starter
- It's about our perception

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### Meaning and Purpose

- What are our personal values?
- What role do we want to play in society?
- How do we want to contribute?

Fulfilling that purpose, doing our part, gives our life meaning.

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### Defining our Career

- What is important to us?
- What energizes us?
- What do we want to learn?
- What are we passionate about?
- What are we qualified to do?

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### Starting our Journey

- We decide our first step
- We have a plan
- We evaluate our strengths

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### Supports

- Friends and family
- Career assessment
- Case managers and counselors
- SSI, SSDI, LINK, Medicaid

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### Division of Rehabilitation Services (DRS)

- Career counseling
- Benefits planning
- Employment support
- Self-employment support
- Tools option
- Successful disability list

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### Individual Placement and Support (IPS)

- Evidence Based Practice
- Competitive employment
- Job retention supports
- Rapid job search
- Work preferences



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### Benefits of Finding our Career

- Gives us a goal to work toward
- Fuels hope for the future
- Leads to a positive self-image
- Brings structure to our lives
- The money really helps



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### Where Can I Find More Information?

- Illinois Community College Locator
  - [iccbdsrv.iccb.org/zipcodes/home.cfm](http://iccbdsrv.iccb.org/zipcodes/home.cfm)
- DHS /Division of Rehabilitation Services
  - [www.dhs.state.il.us/page.aspx?item=29736](http://www.dhs.state.il.us/page.aspx?item=29736)
- Individual Placement and Support (IPS)
  - <http://www.illinoisips.org/>

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### 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

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

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

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

- 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

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## 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



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## Guidelines for Questions and Comments

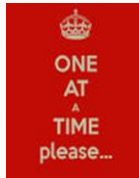
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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## 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



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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  
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