

2020 VISION FOR OURSELVES



Shifting Our Outlook

Recovery & Empowerment Statewide Call
 Date: August 27, 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

Date & Topic for Next Call:
 September 24, 2020
 Finding the Positives in Our Challenges

Email Your Feedback:
 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
 - Tanya Cooley, Recovery Support Specialist
 - Cindy Mayhew, Recovery Support Specialist
- Community Speaker
 - Shirley Davis



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Objectives

Participants will learn:

- 1) How to identify types of resilience
- 2) How to live beyond what happened to us
- 3) How spirituality helps us heal

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Community Speaker

Shirley Davis



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What is Resilience?

- Resilience: “an ability to recover from or adjust easily to misfortune or change.” –Merriam-Webster Dictionary

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Types of Resilience

-  Physical Resilience: Make physical activity a priority
-  Mental Resilience: Keep calm during challenges
-  Emotional Resilience: Find positive in negative situations
-  Social Resilience: Actively interacting with others

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The 7 C's of Resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control



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How do we become more resilient?



- Social Support
- Realistic Planning
- Self-Esteem
- Coping Skills
- Communication Skills
- Emotional Regulation

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How to Live Beyond What Happened to Us



- Reframe
- Release
- Reconnect
- Reclaim

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Reframe



- Shift Our Perspective
- Recognize Our Strengths
- Place Blame Where It Belongs
- Build Hope for Our Future

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Release

- Recognize Our Control Today
- Let Go
- Chart a New Course
- Identify Stressors and Find Ways to Manage Them

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Reconnect

- Let Others In
- Seek Supportive Individuals
- Learn to Trust
- Be an Effective Advocate for Ourselves


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Reclaim

- Rebuild Our Lives
- Believe in Ourselves
- Express Ourselves
- Commit to a Brighter Future

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How Spirituality Helps Us Heal

“We are not human beings having a spiritual experience; we are spiritual beings having a human experience”
-Pierre Teilhard de Chardin

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Where We Can Find More Information

- <https://www.everydayhealth.com/wellness/resilience/>
- <https://www.palletone.com/ceo-blog/the-four-types-of-resilience/>

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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
Region 1-North and Region 2
- Marty Hines (708) 612-4236 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
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

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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.DMHRecoveryServices@illinois.gov
Fax: (309) 346-2542

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

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