

2018 Recovery & Empowerment Statewide Calls

Finding What Works for Your Wellness

Date: January 25

STORIES OF ENCOUNTERING & OVERCOMING OBSTACLES

How to Share Your Recovery Story Effectively

Trainers: Kathryn Dittmore, CRSS; Pat Lindquist, CRSS

- 1) How to share a recovery story effectively
- 2) How to determine what to share and what not to share
- 3) How to emphasize hope in sharing a story of recovery
 - a. Story of recovery from gambling addiction (David Iole)
 - b. Story of early onset mental illness & mental health court involvement (James Carpenter)
 - c. Story of trauma and abuse's effects on mental illness (speaker TBD)
 - d. Story from an ex-offender with MI (speaker TBD)

Date: February 22

REALIZING OUR POWER TO BOUNCE BACK

How to Strengthen our Resilience in Recovery

Trainers: Pat Hayes, CRSS; Christine Elvidge, CRSS

- 1) How to remain recovery-focused, even in challenging times
- 2) How to turn negative thoughts into positive ones
- 3) How to focus on one step at a time
- 4) How to remain calm wherever we are
- 5) How to balance our lives through helping others

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Date: March 22

DISCOVERING THE GIVING & RECEIVING OF SUPPORT

How to be a good supporter and how to find good support

Trainers: Tom Troe, CRSS; Rhonda Keck, CRSS

- 1) How to be a good supporter
- 2) How to help each other through mutual support
- 3) How to find supports
- 4) Learn the benefits of giving and receiving support
- 5) Definition of formal and natural supports

Date: April 26

RECOGNIZING LEARNING OPPORTUNITIES

Coping effectively with change in life. Making changes that support recovery.

Trainers: Virginia Goldrick, CRSS; Pat Hayes, CRSS

- 1) How to take your leadership role to the next level
- 2) How to locate quality resources to educate yourself on your diagnosis
- 3) How to locate resources to pursue work as a wellness tool
- 4) How to find quality resources for whole health wellness
 - a. WHAM
 - b. NEW-R
 - c. Other avenues if these are not available
- 5) How to take action on what you've learned

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Date: May 24

IDENTIFYING PERSONAL STEPS TO MOVE FORWARD

How to recognize and act on 'the next right thing'

Trainers: Rhonda Keck, CRSS; Tom Troe, CRSS

- 1) How to use challenges to keep moving forward
- 2) How to use self-awareness to improve our lives
- 3) What to do after leaving the hospital
- 4) How to take on responsibility
- 5) How to keep personal responsibility in balance with support
- 6) How to manage one's life

Date: June 28

LOCATING RESOURCES TO ENHANCE OUR WELLNESS

How to find what we need for staying solid in our recovery

Trainers: Kathryn Dittimore, CRSS; Pat Hayes, CRSS

- 1) How to locate resources for employment
 - a. Employment and vocational opportunities in the community; Job opportunities; Resume writing, interviewing skills and job development and placement components
- 2) How to locate resources for ex-offenders obtaining employment
 - a. Steps to ease/seal/expunge criminal backgrounds for customers with mental illness to facilitate employment outcomes; Programs that assist ex-offenders with MI to gain work skills and job placement
- 3) How to locate resources for improving our sleep
 - a. Sleep disorders, as an aspect of mental illness
- 4) How to locate resources for financial wellness
 - a. Ways to make food stretch when my link card runs out-recipes that are healthy and taste good

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Date: July 26

OPENING UP TO WHO WE ARE

How to see ourselves beyond our mental health issues

Trainers: Cindy Mayhew, CRSS; Mark Klocek, CRSS

- 1) How to see ourselves as more than our mental illnesses, while still managing their challenges
- 2) How to deal with criticism we may receive from family, friends and co-workers around our mental illnesses
- 3) How to connect with the wider disabilities group
- 4) How to practice self-respect and respect for others
- 5) How to understand each other

Date: August 23

COMMUNICATING EFFECTIVELY ABOUT THINGS THAT MATTER TO US

How to use effective communication skills to advocate for ourselves

Trainers: Virginia Goldrick, CRSS; David Iole, CRSS

- 1) How to use effective communication skills
 - a. Using words effectively to connect with others
 - b. Communicating effectively to overcome loneliness
 - c. How to communicate with people who are difficult to get along with
- 2) How to prepare yourself for self-advocacy
 - a. With your doctor about your diagnosis
 - b. With stigma in the mental health field
 - c. With difficult people in the workplace

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Date: September 27

FINDING HOPE WITHIN

How to develop and maintain a hopeful outlook

Trainers: Cindy Mayhew, CRSS; Jane Lindsey, CRSS

- 1) How to strengthen a positive and hopeful outlook from within
- 2) How to seek help from others who are hopeful and positive about our future
- 3) How to be optimistic despite an illness

Date: October 25

EXPLORING OUR SPIRITUALITY

How to

Trainers: Pat Lindquist, CRSS; Wayne Beyer, CRSS

- 1) How to find spirituality in our everyday lives
- 2) How meaning and purpose can bring about spiritual breakthrough
- 3) How small things can make a big difference
- 4) How to use expressive arts in exploring our spirituality