

# Recovery & Empowerment Statewide Calls

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## Finding What Works for Your Wellness

**Date: January 26**

### **ENRICH YOUR LIFE THROUGH WORK & ALL THAT!**

**Personal satisfaction and enrichment derived from meaningful activity & work.**

**Trainers: Kathryn Dittmore, CRSS; Virginia Goldrick, CRSS**

- 1) Using work as a tool in my recovery path
- 2) Challenges and solutions for reaching educational and work goals
- 3) How to navigate challenges in the non- recovery oriented community (i.e., how to deal with people who do not have mental health issues: the workplace, bosses, retail environments, the general public?)
- 4) MISA – what it is and how we use our story to help
- 5) Creative coping tools for occupational wellness

**Date: February 23**

### **DISCOVER YOUR STRENGTH TO HEAL!**

**Coping effectively with traumatic life experiences.**

**Trainers: Pat Lindquist, CRSS; Wayne Beyer, CRSS**

- 1) Getting well after abuse like healing after a wound
- 2) Dealing with abusive relationships
- 3) Types of trauma
- 4) Understanding PTSD, acute or complex
- 5) What's the definition of normal? What's normal for me may not be normal outside my home.
- 6) Different trauma based treatment options
- 7) Forgiveness (ourselves and others)
- 8) Creative coping tools for dealing with trauma

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**Date: March 23**

**SPARK YOUR POWER OF KNOWLEDGE & CREATIVITY!**

**Recognizing creative abilities and finding ways to expand knowledge and skills.**

**Trainers: Rhonda Keck, CRSS; Tom Troe, CRSS**

- 1) Intellectual/Educational Opportunities
- 2) Challenges and solutions for reaching educational and work goals
- 3) Cognitive distortions/cognitive reframing
- 4) Creativity
- 5) Building self-esteem
- 6) Education and staying well - tips on continuing education and maintaining wellness
- 7) How to further your education
- 8) Creative coping tools for intellectual wellness

**Date: April 27**

**NURTURE YOUR EMOTIONAL SELF!**

**Coping effectively with life and creating satisfying relationships.**

**Trainers: Jane Lindsey, CRSS; Cindy Mayhew, CRSS**

- 1) Self-compassion: treat yourself kindly to help recovery.
- 2) Handling our emotions appropriately (when and where is it okay to cry)
- 3) Emotions, attitude and behavior
- 4) Forgiveness (ourselves and others)
- 5) Looking at yourself as a whole person
- 6) Recovery from Borderline Personality Disorder
- 7) Creative coping tools for emotional wellness

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## Wellness Theme

**Date: May 25**

### **CREATE COMFORT IN YOUR ENVIRONMENT!**

**Good health by occupying pleasant stimulating environments that support well-being.**

**Trainers: Rhonda Keck, CRSS; David Iole, CRSS**

- 1) The way we cope with changes to our environment
- 2) Feeling comfortable in social situations
- 3) Animal-assisted therapy or alternative/contemporary therapy ideas (art, music, etc.)
- 4) Meeting new people/living independently
- 5) How our environment can help in managing trauma
- 6) Creative coping tools for environmental wellness create

**Date: June 22**

### **SPIRITUALITY, COMMUNITY & YOU!**

**Expanding our sense of purpose and meaning in life.**

**Trainers: Pat Hayes, CRSS;**

- 1) How can spiritual wellness help with recovery
- 2) How to address "stigmas" in spiritual situations
- 3) How welcoming and respectful is your organization or faith community to persons with mental illnesses?
- 4) An instrument to help assess readiness to develop mental health ministries in your faith community
- 5) Developing a spiritual support group in your organization
- 6) How to develop cultural competency in working with interfaith groups on mental health topics
- 7) Finding spirituality
- 8) Creative coping tools for spiritual wellness

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## Wellness Theme

**Date: July 27**

### **IT'S ALL ABOUT RELATIONSHIPS!**

**Developing a sense of connection, belonging and a well-developed support system.**

**Trainers: Troy Butler, CRSS; Mark Klocek, CRSS**

- 1) Feeling comfortable in social situations
- 2) Different ways to strengthen social communication
- 3) Making Friends
- 4) Info regarding Community Resources
- 5) Making Friends
- 6) Support groups as a component for recovery, different types - online, IOP, peer-led, etc.
- 7) Creative coping tools for social wellness

**Date: August 24**

### **BUDGET FOR PERSONAL & FINANCIAL SUCCESS!**

**Satisfaction with current and future financial situations.**

**Trainers: Tom Troe, CRSS;**

- 1) Having fun on a budget.
- 2) How to find free or low cost social activities in your community.
- 3) Eating healthy on a limited income
- 4) Budgeting/Financial
- 5) Financial exploitation
- 6) Creative coping tools for financial wellness

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## Wellness Theme

**Date: September 28**

**YOU CAN CONQUER THE CHALLENGE OF CHANGE!**

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

**Trainers: Kathryn Dittmore, CRSS; Cindy Mayhew, CRSS**

- 1) How to deal with stress and life at the same time
- 2) How to change one's mental state (or how to get "unstuck") in order to sustain change.
- 3) Changing the way we perceive ourselves.
- 4) Changing a current maladaptive identity and developing a new, healthy identity.
- 5) Creative coping tools for wellness in the midst of change

**Date: October 26**

**NURTURE YOUR PHYSICAL SELF!**

**Recognizing the need for physical activity, diet, sleep and nutrition.**

**Trainers: Pat Hayes, CRSS; Jane Lindsey, CRSS**

- 1) Eating healthy on a limited income
- 2) Exercise and weight loss
- 3) Why do we get physical symptoms when we have mental health symptoms?
- 4) Improving Physical Health
- 5) Meditation
- 6) Creative coping tools for physical wellness