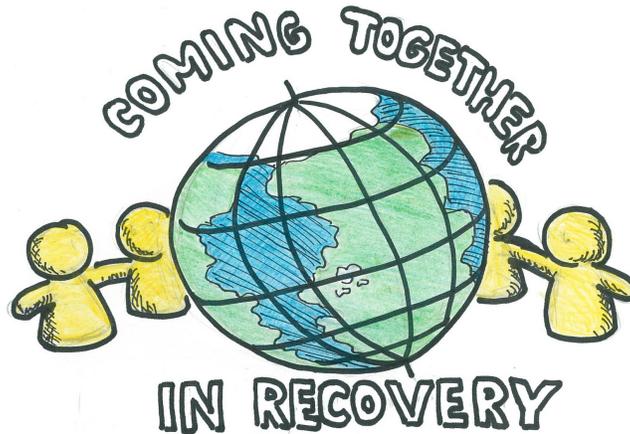


**Region 5 Metro East Leadership Council's  
21st Annual Recovery Conference**  
*Coming Together in Recovery*



**Cost: FREE**

Friday, October 6, 2017

8 – 9 am Registration

9 am – 3:15 pm Conference

Lunch is provided

The National Shrine of Our Lady of the Snows  
442 South De Mazenod Drive (Route 15)  
Belleville, IL 62223

**Sponsored by:**

**Region 5 Metro East Leadership Council  
Madison County Mental Health Board  
St. Clair County Mental Health Board  
NAMI Southwestern Illinois  
Recovery Support Center, Call for Help, Inc**

Contact Cindy with questions 618-474-3813; [cindy.mayhew@illinois.gov](mailto:cindy.mayhew@illinois.gov)

**REGISTRATION DEADLINE: Friday, September 29, 2017**

## CONFERENCE HIGHLIGHTS

- 9:00 - 9:45**      ***Welcomes and Invited Guest Speakers***
- 9:45 - 10:00**      ***Our Stories through Photography; Sharon Diaz and Roger Wegener***
- 10:00 - 10:15**      ***Susan Kniffel Award Presentation***
- 10:15 - 10:30**      ***Break***
- 10:30 - 11:45**      ***Stand Up For Mental Health*** : Local Comedy Troupe  
This hilarious show looks at the lighter side of taking meds, dealing with addictions, seeing counselors, getting diagnosed and surviving the mental health system.
- 11:45- 1:00**      ***Lunch and Visiting Information Tables***
- 1:00– 2:00**      ***5 Workshops to choice from (see below)***
- 2:00 - 2:15**      ***Break***
- 2:15 – 3:15**      ***5 workshops to choice from (see next page)***

### 1:00 - 2:00 pm Workshop Descriptions

- 1. Building Your Life Castle ( Part 1), Nanette Larson***  
Have you ever dreamed of living in a castle? Today is your day! In this workshop, you will learn the 10 steps to building your life like a castle, fortified against attack. Part 1 will cover steps 1-5 and Part 2 at 2:15 will cover steps 6-10. (This workshop is a continuous workshop over 2 hours with 15 minute break at 2pm)
- 2. Good Mood Food - Ways to Feed Our Positivity, Ty Bechel***  
Workshop will cover ways to enhance positivity through getting active, kind, and empowered.
- 3. Power and Positivity through Music, Theresa San Luis***  
*Music affects the mind, body, and soul. It can calm our thoughts, provoke us to dance, and elevate our mood. Tune in for a chance to experience music and explore its potential for wellbeing.*

4. ***Assisting with Recovery: Understanding Problem Solving Court, Ricardo Anderson and Sabryn Cox.*** This workshop will provide information about problem solving court in Madison County and how it can benefit your recovery when facing legal charges. This is a chance to hear a recovery story of working with the court.
5. ***What is Health Insurance Parity and WHY Is It Important to Me?, Carol S. West***  
In this session participants will learn the how to's of shopping for a health insurance plan. How "Parity Law" affects mental health and substance use disorder treatment will be explored. And you will learn how to navigate healthcare when things are working and what to do when things go wrong.

## **2:15 - 3:15 pm Workshop Descriptions**

1. ***Building Your Life Castle ( Part 2) ; Nanette Larson***  
Have you ever dreamed of living in a castle? Today is your day! In this workshop, you will learn the 10 steps to building your life like a castle, fortified against attack. Part 1 covered steps 1-5 and Part 2 covers steps 6-10.
2. ***Branching Out and Making New Friends, Sharon Diaz***  
Is making new friends one of your goals? Could you benefit from learning some new conversation starters? Are you not sure when and how much to share about your mental illness? If so, this workshop might be just right for you.
3. ***Emotional Relief through Comedy, John Wuest , Bradley Ebersol, and others TBD***  
Participants will have the opportunity to hear the personal testimonies of how sharing their mental health journey through comedy enhanced their personal growth and provided emotional relief. The workshop will also give an overview of the Recovery Support Center Services at Call for Help, Inc.
4. ***Caring for the Whole Person: The Integrated Approach, Molly McVey, Tracy Brown, Dana Schulte, Ellen Nester, and Michelle Killebrew***  
Participants will learn what integrated care is, how it works, how it benefits you to focus on yourself as a whole person, and steps you can take for your health and wellness.
5. ***Recovery and Empowerment Listening Session- NAMI Southwestern Illinois, Jessica Grunich and Marie Krynoski***  
NAMI Southwestern IL will moderate a listening session. A listening session is one of the best ways to get constructive feedback and share best practices. The session will operate with a theme of recovery and empowerment for participants attending the conference. All are Welcome.

**Other Highlights: Art Show & Information Tables**

**Conference Ends at 3:15pm**

Region 5 Metro East Leadership Council  
20<sup>th</sup> Annual Conference  
October 6, 2017

**Individual Registration Form**

\*Name: \_\_\_\_\_

Address: \_\_\_\_\_

\* Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Agency Affiliation \_\_\_\_\_

\* Required fields

Using the # of the workshop from the previous pages, list your two workshop choices

1:00 - 2:00 \_\_\_\_\_

2:15 - 3:15 \_\_\_\_\_

*Are you interested in being a workshop monitor for the workshop you chose to attend? Yes No*

**CEUs for CRSS and additional Illinois Certification Board credentials have been applied for**

CEUs: \_\_\_Yes \_\_\_No License Type: \_\_\_\_\_

Please mail registration forms to:  
Region 5 Metro East Office, ATTN: Cindy Mayhew, 4500 College Avenue,  
Alton, IL 62002,  
fax to (618) 474-3967 or e-mail to [Cindy.Mayhew@illinois.gov](mailto:Cindy.Mayhew@illinois.gov).

Registration confirmations will not be sent.

**The deadline for receipt of completed registration forms is September 29, 2017**