

2016 Recovery & Empowerment Statewide Call

EXPLORING THE POSSIBILITIES

OF LIVING WITH DIGNITY AND RESPECT

Date: April 28, 2016

Dial-In Number: (866) 233-3845

No Password Required

Welcome!

- ▶ Thank you for joining today's call!
- ▶ Instructions for CEU's for today's call
 - Fax Sign-In Sheets within seven days, to:
 - Tom Troe, FAX: 309.346.2542
- ▶ Date & Topic for Next Call:
 - Date: May 26, 2016
 - Topic: Whole Health Wellness
- ▶ Email Your Feedback:
 - Thomas.Troe@illinois.gov

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**

Meet The Presenters

- Department of Human Services/
Division of Mental Health
 - Pat Hayes
 - Wayne Beyer
- Community Speaker
 - Jerry Yuill



Objectives:

Participants will learn about:

- 1) Overcoming both internal and external stigma
- 2) Becoming proactive in ending stigma
- 3) How to respond when people think others use mental illness as an excuse
- 4) How to change from being perceived as a "negative" person to a positive person

Learning from a Fellow Explorer!

- ▶ Community Speaker
 - Jerry Yuill



What is dignity?

- ▶ **Dignity** – the state or quality of being worthy of honor or respect
- ▶ *“Every human interaction represents an opportunity for one person to treat another with dignity – a dignity encounter. Individuals and families affected by mental illness can often describe what dignity should look like. Sadly, however, most experience something wholly different. The stigmas of mental illness can no longer be tolerated. We can no longer be bystanders. We must do something.”* – World Dignity Project

What is stigma?

- ▶ **Stigma** – Treating a person or group unfairly, in other words discriminating, because of a label placed upon them and misinformation (*Recovery & Empowerment Dictionary, 2009*)
- ▶ **Internal Stigma** – Negative self-talk about having a mental illness and could be a variety of thoughts
- ▶ **External Stigma** – The experience of unfair treatment by others



Keep a careful watch on internal stigma!



Internal stigma is like a wasp. It buzzes around the head making you uncomfortable

Keep a careful watch as it can lead to even more unpleasant thoughts and feelings

Internal stigma can change our mindset

- ▶ Mindset means the thinking of the mind is set and can be difficult to change
- ▶ A **mindset** is the way a person's thinking structure is set up
- ▶ That structure strongly influences how we respond to situations and make choices

When people think others use mental illness as an excuse



- ▶ Mental Health First Aid's Disease Burden study (*World Health Organization, 2008*) determined mental illnesses among the most disabling illnesses
- ▶ Mental health is not clearly seen by others; however that does not mean there are not significant challenges to a person's life

How to change from being perceived as a “negative” person



- ▶ Part of the problem comes from internal stigma – *Be vigilant, keep a careful watch on internal stigma and our mindset*
- ▶ Part of the problem is mental health is not clearly seen by others– *Be yourself and have faith in yourself! Know our unique strengths and use them to overcome*

Putting an end to stigma!

- ▶ Join others who've experienced discrimination:
 - Region Recovery Conferences
 - Monthly Statewide Calls
 - Advocacy Events
- ▶ Tools to grow a recovery mindset:
 - WRAP®
 - Anger Management
 - Dialectical Behavioral Therapy
 - Mentor to Help Along the Way



Where Can I Find Support?

- **Call the Warm Line**
 - 866-359-7953
 - Mon-Fri, 8am-5pm
 - For emotional support, self-advocacy education & empowerment, recovery support & referrals.
- **Crisis Text Line**
 - Text 741-741 when in a crisis.
 - Anywhere, anytime. Anonymously.
 - FREE to users of AT&T, T-Mobile, Sprint & Verizon. Nothing will appear on your bill.

Where Can I Find More Information?

- World Dignity Project www.worlddignityproject.com
- The Center for Dignity, Recovery & Empowerment <http://mentalhealthsf.org/programs/the-center/>
- Coming Out Proud to Erase the Stigma of Mental Illness <http://comingoutproudprogram.org/index.php/coming-out-proud-book>
- The Road to Resilience, American Psychological Association, <http://www.apa.org/helpcenter/road-to-resilience.aspx>

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



- Virginia Goldrick – Region 1–North
 - 773.794.5680
 - Virginia.Goldrick@illinois.gov
- Marty Hines – Region 1–South
 - 708.612.4236
 - Marty.Hines@illinois.gov
- Pat Lindquist –Region 2
 - 847.742.1040, x2985
 - Patricia.Lindquist@illinois.gov

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



- Tom Troe – Region 3/Peoria
 - 309.346.2094
 - Thomas.Troe@illinois.gov
- Pat Hayes – Region 4/Springfield
 - 217.786.7626
 - Patrick.Hayes@illinois.gov
- Cindy Mayhew – Region 5/Metro East
 - 618.474.3813
 - Cindy.Mayhew@illinois.gov
- Rhonda Keck – Region 5/South
 - 618.833.5161, x 2515
 - Rhonda.Keck@illinois.gov

Guidelines for Questions & Comments



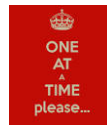
- ▶ To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- ▶ Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- ▶ All Speakers Will Use Person-First Language

Guidelines for Questions & Comments (continued)



- ▶ All Acronyms Will Be Spelled Out and Defined
- ▶ Diverse Experiences Will Be Heard and Validated
- ▶ Questions and Comments Will Be Relevant to Today's Topic

Guidelines for Questions & Comments (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



- Statewide call evaluation forms
 - FAX: Tom Troe – 309.346.2542
- Comments, questions, feedback, suggestions:
 - Email: Thomas.Troe@illinois.gov
- Nanette Larson, Director of Recovery Support Services; DHS/DMH
 - E-mail: Nanette.Larson@Illinois.gov
 - FAX: 309.346.2542

CEU Instructions

1. Allow anyone who attends to sign in and receive a Certificate if they so choose.
2. Print your name. If a name is not legible, no certificate will be issued.
3. Include the name and address where to send the certificate(s); be sure it is legible.
4. Your name must be on the sign-in sheet. If a person's name is not on the sign-in sheet, the person cannot be issued a certificate.

CEU Instructions (con't)

5. Send your sign-in sheet by email, FAX or postal mail after the call. Information for where to send the sign-in sheet is included on the form.
6. Sign-in sheets must be received within 7 business days after the call. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.
7. Expect to receive your CEU Certificate within 30 days.