

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on **April 28, 2016** for our fourth Recovery & Empowerment Statewide Call for 2016! Our theme this year is **"Exploring the Possibilities in 2016!"** These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is **"Exploring the Possibilities of Living with Dignity and Respect!"**

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: April 28, 2016

TIME: 10:00am - 11:30am [Note: Please dial in no earlier than 9:45am, per audio-conferencing regulations]

TOPIC: Exploring the Possibilities of Living with Dignity and Respect!

OBJECTIVES: Participants will learn about: Overcoming both internal and external stigma; becoming proactive in ending stigma; how to respond when people think others use mental illness as an excuse; how to change from being perceived as a "negative" person to a positive person.

DIAL-IN NUMBER: **1-866-233-3845**

ACCESS CODE: **(None Required)**

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Hayes, Wayne Beyer & Jerry Yuill

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

