

Bringing Balance into Our Lives

UNLOCKING OUR HIDDEN TALENTS

Recovery & Empowerment Statewide Call

DATE: February 28, 2019

DIAL-IN NUMBER: (800) 230-1059

No password required.



- ▶ Thank you for joining today's call!
- ▶ Instructions for CEU's for today's call
 - ▶ Fax Sign-In Sheets within seven days, to:
 - ▶ Brenda Cunningham, FAX: 217.785.3066
- ▶ Date & Topic for Next Call:
 - ▶ March 28, 2019
 - ▶ Springing Forward to Hope
- ▶ Email Your Feedback:
 - ▶ Cindy.Mayhew@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

- ▶ Illinois Department of Human Services, Division of Mental Health
 - ▶ Virginia Goldrick
 - ▶ David Iole
- ▶ Community Speaker
 - ▶ Troy Butler



Objectives:

Participants will learn:

- 1) How to find hidden talents through setting specific goals
- 2) How to find your "sweet spot" (what you're passionate about + what you're good at + what the world needs)
- 3) How to develop new skills through practice

BRINGING BALANCE INTO OUR LIVES

Community Speaker

Troy Butler, CRSS

Everybody has talents!

- ▶ Every person has at least one hidden talent-often more than one!
- ▶ How can people uncover special talents?
- ▶ a. Thru others' feedback



More Ways to Discover Talents

- ▶ b. A passion from childhood



- ▶ c. Hobbies that develop aptitudes



Ask ourselves:

- ▶ What comes easily to us but maybe not to others?
- ▶ What do we enjoy doing just for fun?
- ▶ What would people pay money for?



Developing Talents & Abilities

- ▶ d. Is it Luck -or is it Destiny?
Deliberate study and persistence may uncover a talent. Lets hear David's story: try a different hobby every few months for a year!



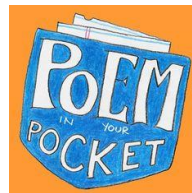
Go Ahead, Stretch!

Write an Article Take a Photograph



More Ways to Express Ourselves

Write a Poem Decorate Our Houses



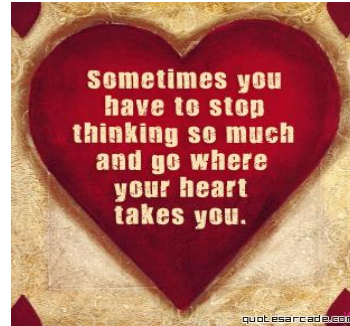
Let Go To Unleash our Creativity!

We can:

- ▶ Relax completely and just breathe
- ▶ Walk or sit outside in nature and see what ideas come to us.
- ▶ Or imagine that we are someone else!
- ▶ Write down every possibility that comes to our minds for 5 minutes.
- ▶ Accept our failures as victories.

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In conclusion:



WHERE CAN I FIND MORE INFORMATION?

- ▶ The Artists Way.: A Spiritual Path to Higher Creativity. By Julia Cameron. Tarcher/Perigee Books, 1991.
- ▶ Writing Down the Bones: Freeing the Writer Within. 1986. Natalie Goldberg.
- ▶ Bird by bird: Some Instructions on Writing and Life. By Anne Lamott.

WHERE CAN I FIND SUPPORT?

- ▶ Call the Warm Line
- ▶ 866-359-7953
- ▶ Mon-Fri, 8am-5pm
- ▶ Crisis Text Line
- ▶ Text 741-741 when in a crisis.
- ▶ Anywhere, anytime. Anonymously.

DMH Regional Recovery Support Specialists - Metropolitan Chicago Northern Illinois

(Regions 1 & 2)



- Virginia Goldrick (773) 794-5680 (Region 1-North)
 - Virginia.Goldrick@illinois.gov
- Marty Hines (708) 612-4236 (Region 1-South)
 - Marty.Hines@illinois.gov
- Pat Lindquist (847) 742-1040, x 2985 (Region 2)
 - Patricia.Lindquist@illinois.gov

DMH Regional Recovery Support Specialists

- Central & Southern Illinois (Regions 3, 4, 5)



- Tom Troe (309) 346-2094 Region 3/Peoria
 - Thomas.Troe@illinois.gov
- Pat Hayes (217) 557-8568 Region 4/Springfield
 - Patrick.Hayes@illinois.gov
- Cindy Mayhew (618) 474-3813 Region 5/Metro East
 - Cindy.Mayhew@illinois.gov
- Rhonda Keck (618) 833-5161, x 2515 Region 5/South
 - Rhonda.Keck@illinois.gov

Questions And Comments



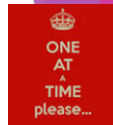
- ▶ To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- ▶ Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- ▶ All Speakers Will Use Person-First Language

Guidelines (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 (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
 - ▶ EMAIL: Brenda.Cunningham@Illinois.gov
 - ▶ FAX: Brenda Cunningham- 217.785.3066
- ▶ Comments, questions, feedback, suggestions:
 - ▶ Email: Cindy.Mayhew@Illinois.gov
- ▶ Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
 - ▶ E-mail: Nanette.Larson@Illinois.gov

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, we will be unable to send the certificate.
- 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.