

Bringing Balance into Our Lives GROWING BEYOND THE PAIN OF THE PAST

Recovery & Empowerment Statewide Call

DATE: April 25, 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:
 - ▶ Christal Hamm, FAX: 309.346.2542
- ▶ Date & Topic for Next Call:
 - ▶ May 23, 2019
 - ▶ Standing Tall in the Face of Bullying
- ▶ 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
 - ▶ Pat Lindquist
 - ▶ Kathryn Dittmore
 - ▶ Community Speaker
 - ▶ Suzanne Favors



Objectives:

Participants will learn:

- 1) How to let go of the pain of the past (forgiveness) and cling to the hope of the future
- 2) How to recognize experiences that may have been traumatic
- 3) How to live life despite traumatic pain endurance
- 4) How to change & accept a more positive identity to help facilitate change in recovery from mental illness, especially after trauma
- 5) How to help others understand our trauma

BRINGING BALANCE INTO OUR LIVES

SUZANNE FAVORS
Trauma Survivor



Letting Go of the Past

- Does “Letting Go of the Pain of the Past” mean “Just Forget About It?” **Not at all!**
- Letting go is part of a **process** of forgiving someone or something
- Letting go **Benefits Us!!**



Recognizing Experiences that may have been Traumatic

- ▶ Extraordinarily stressful event
- ▶ Feeling numb or overwhelmed
- ▶ Feeling unsafe
- ▶ How we process what happened



Rebuilding a Positive Life

“Willingness to heal is the pre-requisite for all healing.”
- Bertrand Babinet



Facilitating Change

- ▶ Treatment
- ▶ Support and Self-Help Groups
- ▶ Wellness Toolbox
 - Soothing Practices
 - Creative Expression
- ▶ W.R.A.P. (Wellness Recovery Action Plan)



Recovery is the Primary Goal

- ▶ Take it slow
- ▶ Get moving
- ▶ Practice mindfulness and acceptance
- ▶ Take care of our health



Recovery is the Primary Goal (continued)

- ▶ Connect with others
- ▶ Seek professional help
- ▶ Acknowledge personal growth
- ▶ Celebrate Success!!!!



Embracing a Positive Identity

“They (memories) affect me differently because everything turns into wisdom”



From: My Time to Live: Journeys to Healing and Recovery

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Embracing a Positive Identity

- ▶ Draw upon our strengths
- ▶ Make meaning of the present
- ▶ Take on the future



WHERE CAN I FIND MORE INFORMATION

- ▶ **Healing from trauma and moving on.**
Authors: Dr. Lawrence Robinson, Melinda Smith, and Jeanne Segal
<https://novni.com/articles/162/healing-from-trauma-and-moving-on>
- ▶ **Phases of Trauma Recovery**
<http://trauma-recovery.ca/recovery/phases-of-trauma-recovery/>
- ▶ **Twelve Simple Tips to Improve Your Sleep**
<http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>
- ▶ **Google search: “Illinois meetup groups”**

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



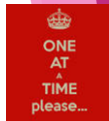
- ▶ To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- ▶ Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- ▶ All Speakers Will Use Person-First Language

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
 - ▶ FAX: Christal Hamm - 309.346.2542
- ▶ 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, 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.