

Bringing Balance into Our Lives

STANDING TALL IN THE FACE OF BULLYING

Recovery & Empowerment Statewide Call

DATE: May 23, 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:
 - ▶ June 27, 2019
 - ▶ Growing Through Grief and Loss
- ▶ 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**
 - ▶ Kathryn Dittmore
Recovery Support Specialist
 - ▶ Rhonda Keck
Recovery Support Specialist
- ▶ **Community Speaker**
 - ▶ Trina Diedrich



Objectives:

Participants will learn:

- 1) How to recognize and understand what bullying is
- 2) How to respond to being bullied
- 3) How to respond when someone else is being bullied
- 4) How to stop and prevent bullying

BRINGING BALANCE INTO OUR LIVES

Community Speaker

Trina Diedrich



Cyber Bullying

Bully Practices

- ▶ Emails
- ▶ Text messages
- ▶ Instant message
- ▶ Chat rooms
- ▶ Sharing of photos

Potential responses

- ▶ No response
- ▶ Remove or block the individual
- ▶ Leave the chat room
- ▶ Report to proper authorities



Verbal Bullying

Bully Practices

- ▶ Teasing
- ▶ Name-calling
- ▶ Insulting/ridiculing
- ▶ Threats
- ▶ Gossiping/spreading rumors

Potential responses

- ▶ Walk Away
- ▶ Tell them to Stop
- ▶ Stay calm
- ▶ Positive self-talk



Workplace Bullying

Bully Practices

- ▶ Undermining work
- ▶ Withholding information
- ▶ Taking credit
- ▶ Exclusion
- ▶ Intimidation

Potential responses

- ▶ Keep safe
- ▶ Keep your distance and options open
- ▶ Keep your cool
- ▶ Know your rights



Impact of Bullying

- Physical
- Emotional
- Psychological



How To Respond When Someone Else Is Being Bullied

- ▶ Be inclusive
- ▶ Offer encouragement
- ▶ Provide support
- ▶ Build alliances
- ▶ Reach out



How To Stop and Prevent Bullying

- ▶ Know Your Rights
- ▶ Be Assertive
- ▶ Talk About the Experience
- ▶ Formalize all Communication
- ▶ Set Consequences

STAND UP
SPEAK UP.

Sometimes We Have to Report Bullying

- ▶ Threatening to cause harm
- ▶ Inappropriate sexual advances
- ▶ Physical harm
- ▶ Destruction of property
- ▶ In the workplace



WHERE CAN I FIND MORE INFORMATION

- ▶ Illinois Legal Aid
<https://www.illinoislegalaids.org/legal-information/reporting-discrimination-work>
- ▶ U.S. Equal Employment Opportunity Commission (EEOC) <https://www.eeoc.gov>
- ▶ How to Stop Bullying by Paul Chernyak, LCP
- ▶ Human rights Illinois (IDHR)
<https://www2.illinois.gov/dhr/Pages/default.aspx>
- ▶ Illinois Department of Labor
<https://ww2.illinois.gov/idol/Pages/default.aspx>

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
- 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



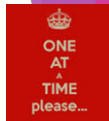
- ▶ To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- ▶ Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- ▶ All Speakers Will Use Person-First Language

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



- ▶ Sign-in sheets & evaluation forms
 - ▶ EMAIL: Christal.Hamm@Illinois.gov
 - ▶ 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 (cont.)

- 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.