

Bringing Balance into Our Lives

GROWING THROUGH GRIEF AND LOSS

Recovery & Empowerment Statewide Call

DATE: June 27, 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 Christal.Hamm@Illinois.gov
- ▶ Date & Topic for Next Call:
 - ▶ July 25, 2019
 - ▶ Building Meaningful Connections
- ▶ 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
Recovery Support Specialist
 - ▶ Wayne Beyer
Recovery Support Specialist
- ▶ Community Speaker
Pamela Reed



Objectives:

Participants will learn:

- 1) How to manage grief effectively
- 2) How to deal with loss of family, income, friends, health, and loss in general



What is Grief?

- ▶ A response to loss
- ▶ Emotional suffering when something is taken away
- ▶ Feeling triggered by reminders of the loss



BRINGING BALANCE INTO OUR LIVES

Community Speaker

Pamela Reed



Unexpected Losses of All Kinds are a Part of Life

Loss of:

- ▶ Family,
- ▶ Friends
- ▶ Health
- ▶ Job/
Income
- ▶ Home



Grieving is an Individual Process

- ▶ Timetables differ
- ▶ Coping styles vary
- ▶ Support Network
- ▶ Significance of the loss



Grief is Unpredictable

Grief can feel like riding an emotional roller coaster.



Emotional Signals

- ▶ Disbelief
- ▶ Shock
- ▶ Sadness
- ▶ Guilt
- ▶ Anger
- ▶ Fear



Physical Signs

- ▶ Fatigue
- ▶ Nausea
- ▶ Insomnia
- ▶ Weight loss
or gain
- ▶ Aches and
pains



Managing Grief Effectively

- ▶ Don't let others tell you how to feel
- ▶ Go to people you trust to ask for help
- ▶ Plan ahead



WHERE CAN I FIND MORE INFORMATION?

- ▶ American Counseling Association. <http://www.counseling.org/knowledge-center/mental-health.../grief-and-loss-resources>
- ▶ Help Guide. HelpGuide.org "Coping with Grief and Loss; Dealing with the Grieving Process and Learning to Heal"
- ▶ Grief Support Group. www.compassionategriefs.org/
- ▶ Grief Hotline - 800-448-3000 or text 20121

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)



- 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



- ▶ Statewide call evaluation forms
 - ▶ EMAIL: Christal.Hamm@Illinois.gov
 - ▶ FAX: Christal Hamm 309.346.2094
- ▶ 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.