

## Bringing Balance into Our Lives

### SPRINGING FORWARD TO HOPE

Recovery & Empowerment Statewide Call

DATE: March 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:
  - ▶ April 25, 2019
  - ▶ Growing Beyond the Pain of the Past
- ▶ Email Your Feedback:
  - ▶ [Cindy.Mayhew@Illinois.gov](mailto: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
  - ▶ Christine Elvidge  
Recovery Support Specialist
- ▶ Community Speaker
  - ▶ Tisha Bryson



## Objectives:

Participants will learn:

- ▶ How to cling to the hope of the future
- ▶ How to find strength in vulnerability
- ▶ How to practice acceptance
- ▶ How to bounce back after trauma or hospitalization

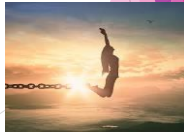
## BRINGING BALANCE INTO OUR LIVES

Community Speaker

**Tisha Bryson**

## Finding Hope

- ▶ Hope is powerful and moves us forward
- ▶ Hope bursts forth from struggles, failure, and disappointments
- ▶ Hope grows when we refuse to accept things as they are

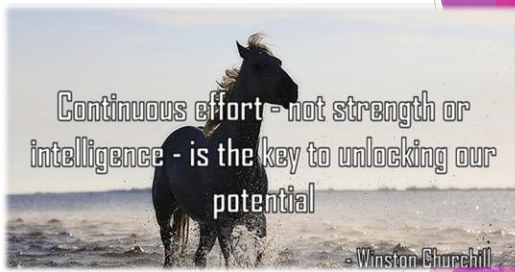


## Keeping Hope Alive...

- ▶ Stay/Get Connected
- ▶ Take Care of Yourself
- ▶ Keep a Journal
- ▶ Work Toward a Goal
- ▶ Maintain Perspective
- ▶ Practice Stress Management/Relaxation
- ▶ Laugh...



## Continuous Effort



## Strength in Vulnerability

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

- Dr. Brené Brown

## Practicing Acceptance

- ▶ Look to the Future - Another Day
- ▶ Stay Strong in Knowing Who We Are
- ▶ Recognize Our Capacity and Power to Change How We View Our Current Situation



## Bouncing Back to Recovery

- ▶ Where is Our Focus?
- ▶ Shifting Our Perspective
- ▶ Gratitude in Motion



## More Information

- ▶ Getting Back to Happy, Marc & Angel Chernoff, 2018
- ▶ Marc and Angel Hack Life, [www.marcangel.com](http://www.marcangel.com)
- ▶ Trees of Hope: Planting Seeds for a Better Life, Steve Harrington, 2007
- ▶ Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brené Brown, 2010

## 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](mailto:Virginia.Goldrick@illinois.gov)
- Marty Hines (708) 612-4236 (Region 1-South)
  - [Marty.Hines@illinois.gov](mailto:Marty.Hines@illinois.gov)
- Pat Lindquist (847) 742-1040, x 2985 (Region 2)
  - [Patricia.Lindquist@illinois.gov](mailto: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](mailto:Thomas.Troe@illinois.gov)
- Pat Hayes (217) 557-8568 Region 4/Springfield
  - [Patrick.Hayes@illinois.gov](mailto:Patrick.Hayes@illinois.gov)
- Cindy Mayhew (618) 474-3813 Region 5/Metro East
  - [Cindy.Mayhew@illinois.gov](mailto:Cindy.Mayhew@illinois.gov)
- Rhonda Keck (618) 833-5161, x 2515 Region 5/South
  - [Rhonda.Keck@illinois.gov](mailto: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

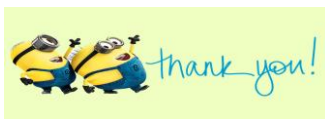
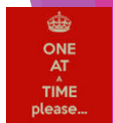
## Guidelines (continued)



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