

DISCOVERING WELLNESS WITHIN

OPENING UP TO WHO WE ARE

Recovery & Empowerment Statewide Call

DATE: July 26, 2018

DIAL-IN NUMBER: (800) 553-0273

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:
 - August 23, 2018
 - Communicating Effectively About Things that Matter to Us
- Email Your Feedback:
 - Thomas.Troe@illinois.gov

2

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**

3

MEET THE PRESENTERS

Illinois Department of Human Services, Division of Mental Health

- Pat Lindquist
Recovery Support Specialist, Region 2
- Mark Klocek
Recovery Support Specialist, Elgin Mental Health Center

Community Speaker

- Kaleigh Peery



OBJECTIVES:

Participants will learn:

- 1) How to see ourselves as more than our mental illnesses, while still managing their challenges
- 2) How to deal with criticism we may receive from family, friends and co-workers around our mental illnesses
- 3) How to connect with the wider disabilities group
- 4) How to practice self-respect and respect for others
- 5) How to understand each other

5

DISCOVERING WELLNESS WITHIN

Community Speaker

Kaleigh Peery



6

- I am not an illness. I am a person who may have an illness.
- I may have a mental illness. It does not have me.
- I am so much more than my illness.



PERSON FIRST LANGUAGE

I am...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

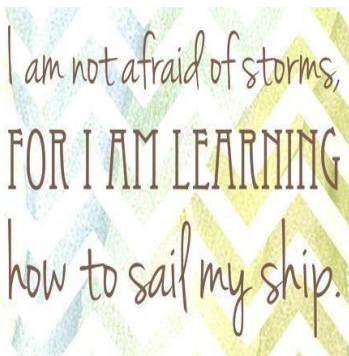
7

WHAT MENTAL ILLNESS IS NOT

- It is NOT a life sentence. We can recover.
- It is NOT our fault.
- It is NOT a weakness.
- It is NOT who we are.
- It is NOT a choice. But we can choose wellness.
- It is NOT an excuse. We can change.



8



MANAGING CHALLENGES

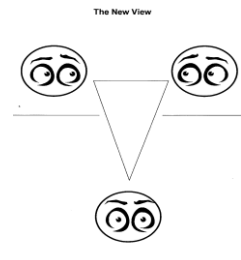
Key Ingredients:

- ❖ Hold the Hope
- ❖ See challenges as an opportunity to grow.
- ❖ Take Action
- ❖ Celebrate successes.

9

WHAT CAN WE DO WHEN OTHERS SEE US AS OUR MENTAL ILLNESS

- It is not personal.
- Our points of view do do not match.
- We can build a bridge between us.



Peer Employment Training © 2007 Recovery Community Center

10

DISCOVERING WHO WE ARE

1. Strip Away Labels
2. Self-reflection exercises
 - i. Interests
 - ii. What brings us meaning and purpose
 - iii. Beliefs and values
 - iv. Strengths and limitations
 - v. Expectations
3. Take Action



11

RESPECTFUL MESSAGES

- We are people who recover.
- We accept challenges we are faced with.
- We have strengths to move forward.
- We are more than an illness.
- We choose our unique path to recovery.
- We accept that change is within our power.



12

CHOOSING WHAT WE NEED FROM SUPPORTERS

- o Expertise on our path to wellness
- o Help with daily living
- o Assist in developing our skills
- o Affirm and encourage us
- o Support through listening
- o Have fun with



13

- o **Illinois Network of Centers for Independent Living (INCIL)** is the statewide association for Illinois' 22 Centers for Independent Living (CILs). CILs are non-residential, cross-disability, non-profit 501(c)3 organizations, led and staffed primarily by persons with disabilities.



www.Incil.org

CENTERS FOR INDEPENDENT LIVING

- Centers for Independent Living
 - Regional offices
 - Peer support
 - Information & referral
 - Advocate where needed
 - Independent living skills training
 - Transition Support

14

WHERE CAN I FIND MORE INFORMATION?

- o Illinois Network for Centers for Independent Living www.incil.org; 217-525-1308 v/tty
- o 30 Journaling Prompts for Self-Reflection and Self-Discovery, PsychCentral, <https://psychcentral.com> (type in name of article in search)
- o www.lifeskiller.com/self-discovery provides several adult worksheets
- o www.self-discovery-for-you.com

15

WHERE CAN I FIND SUPPORT?

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

16

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

17

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

18

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

19

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

20

GUIDELINES (CONTINUED)



- Limit to One Comment or Question 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

21



- CEU sign-in sheets and evaluation forms:
 - EMAIL: Brenda.Cunningham@illinois.gov
 - FAX: Brenda Cunningham – 217-785-3066
- Comments, questions, feedback, suggestions:
 - Email: Thomas.Troe@illinois.gov
- Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
 - E-mail: Nanette.Larson@Illinois.gov

22

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.

23

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.

24