
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on August 23, 2018 for our next Recovery & Empowerment Statewide Call for 2018! Our theme this year is “Discovering Wellness Within!” These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is “Communicating Effectively About Things that Matter to Us!”

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: August 23, 2018

TIME: 10:00am - 11:00am

TOPIC: Communicating Effectively About Things that Matter to Us

OBJECTIVES: Participants will learn: (1) How to use effective communication skills, including using words effectively to connect with others, communicating effectively to overcome loneliness, and how to communicate with people who are difficult to get along with. (2) How to prepare yourself for self-advocacy, including with your doctor about your diagnosis, with stigma in the mental health field, and with difficult people in the workplace.

DIAL-IN NUMBER: (800) 553-0273

ACCESS CODE: None Required

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Virginia Goldrick, David Iole, Troy Butler

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

HANDOUTS:

The following materials for the 8/23/18 call are attached:

- 1) Communicating Effectively About Things that Matter to Us
(PowerPoint slides in pdf document - 6 slides to a page)
- 2) Evaluation Form
- 3) Sign-In Sheet
- 4) CEU Information
- 5) 2018 Statewide Call Flyer w correct phone number

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.
