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## RECOVERY & EMPOWERMENT STATEWIDE CALL

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Please plan to join on February 25, 2021 for our FIRST Recovery & Empowerment Statewide Call for 2021! Our theme this year is "Planting the Seeds of Wellness!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Diversity: Together We Can Do Great Things."

While we recognize that agencies may not be joining people in a group for this call, please note that you don't have to be in a group to participate. Individuals are welcome to dial in from a personal phone or from home. 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: February 25, 2021

TIME: 10:00am - 11:00am

TOPIC: Diversity: Together We Can Do Great Things

OBJECTIVES: Participants will: Recognize how our experiences shape our perspective; differentiate between diversity, equity, and inclusion; and identify the value of recognizing others' life experiences.

DIAL-IN NUMBER: 1-844-867-6167

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Tanya Cooley, Denise Lawrence, and Ericka Bailey

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 2/25/21 call are attached:

- Diversity: Together We Can Do Great Things (PowerPoint slides in pdf document)
- Handout: 10 Ways to Practice Mindfulness and Inclusiveness
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- February 25 Flyer

**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.

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IDHS/DMH Recovery & Empowerment Statewide Calls



## Planting the Seeds of Wellness

**Recovery & Empowerment Statewide Call**

**February 25, 2021**

**10:00 – 11:00 a.m.**

*Diversity: Together We Can Do  
Great Things*

**Call-In Number: 1-844-867-6167**

**Access Code: 4360050**



**PLANTING THE SEEDS OF WELLNESS**

*"Diversity: Together We Can Do Great Things"*

2021 Recovery & Empowerment Statewide Call  
February 25, 2021 10:00–11:00 am  
Call toll-free (844) 867-6167  
Access code: 4360050

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Thank you for joining today's call!

Fax CEU Sign-In Sheets within seven days to:  
Christal Hamm: 309-346-2542 or  
Email: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

Date & Topic for Next Call:  
March 25, 2021  
Maintaining Wellness Through Clear Boundaries

Email Your Feedback:  
[Cindy.Mayhew@Illinois.gov](mailto:Cindy.Mayhew@Illinois.gov)



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**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

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### MEET THE PRESENTERS

- Illinois Department of Human Services, Division of Mental Health
  - Tanya Cooley, Recovery Support Specialist
  - Denise Lawrence, Recovery Support Specialist
- Community Speaker: Ericka Bailey



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Participants will:

- Recognize how our experiences shape our perspective
- Differentiate between diversity, equity, and inclusion
- Identify the value of recognizing other's life experiences



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### COMMUNITY SPEAKER

- Ericka Bailey



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## DIFFERENT PERSPECTIVES

What do you see?



Stay Open To Differences

- Self-awareness – before looking out, look in
- Other awareness – don't assume, ask questions instead
- Shared perspective – get a new view



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**BIAS: HOW DOES IT AFFECT OUR ACTIONS?**

- Our Perception
- Our Attitude
- Our Behaviors
- Our Attention
- Our Listening Skills
- Our Micro-affirmations

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**DID YOU KNOW?**

- 20% of Hate crimes are towards LGBTQ+ individuals
- Violent crime against persons with disabilities is 3 times higher than the general populace
- 38.6% of Federal inmates are African American, despite U.S. population being only 13% A.A.
- 42% of women have faced gender discrimination at work
- 25% of employees have experienced discrimination due to their looks.



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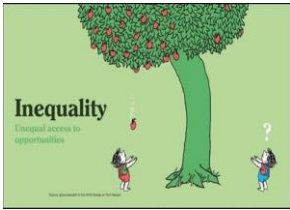
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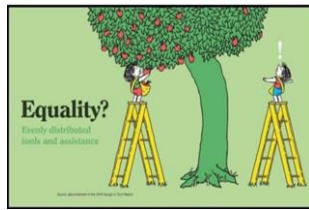
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**DIVERSITY, EQUITY, AND INCLUSION**



**Unequal access to opportunities**



**Evenly distributed tools and assistance**



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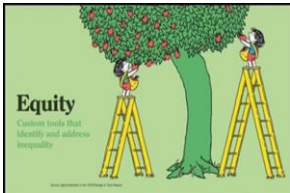
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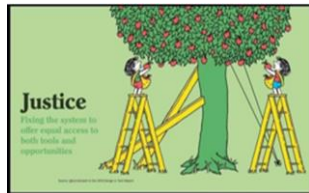
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**DIVERSITY, EQUITY, AND INCLUSION**



**Custom tools that identify and address inequality**



**Fixing the system to offer equal access to both tools and opportunities**



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My religious holidays weren't recognized in my country  
 My first language wasn't English **Growing up I went hungry**  
 My history wasn't taught in Elementary school **I feared calling the police**  
**I was afraid to walk alone**  
**WHAT IF?**  
 People thought I was stealing when I shop **I grew up with a disability**  
 I didn't have access to healthcare  
**I was afraid to show my romantic partner affection in public**  
 I didn't have books as a child  
**I was judged by my appearance**

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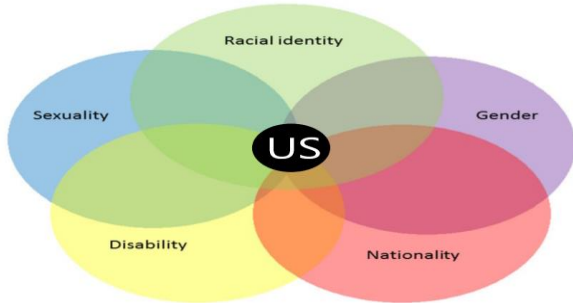
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### INTERSECTIONALITY



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- ALLY TIPS**
- Understand your privilege
  - Realize that you're going to make mistakes, and apologize when you do
  - Ally is a verb
  - Be aware of your implicit biases
  - Make space for the voices of those most affected by the issues in conversation

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### WHERE WE CAN FIND MORE INFORMATION

- [www.ACLU.org](http://www.ACLU.org)
- Marilyn Frye, The Politics of Reality: OPPRESSION
- [www.youtube.com](http://www.youtube.com) search for:
  - Intersectionality, Kimberle Crenshaw
  - Cultural Humility, Julianna Mosley
- Unpacking the Invisible Knapsack, Peggy McIntosh  
<https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>
- What Makes You Special, Mariana Atencio  
[https://www.ted.com/talks/mariana\\_atencio\\_what\\_makes\\_you\\_special](https://www.ted.com/talks/mariana_atencio_what_makes_you_special)
- How to Respect and Accept Other Cultures, L Q Williams  
<https://owlcation.com/social-sciences/How-to-Accept-and-Respect-other-Cultures>



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### WHERE WE CAN FIND SUPPORT

- **Call the Warm Line**
- 866-359-7953
- Monday – Saturday  
8:00 a.m. – 8:00 p.m.
- **Crisis Text Line**
- Text 741-741 when in a crisis.
- Anywhere, anytime. Anonymously.



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### DMH REGIONAL RECOVERY SUPPORT SPECIALISTS

- Denise Lawrence,  
[Denise.Lawrence@illinois.gov](mailto:Denise.Lawrence@illinois.gov)  
 ▪ Region 1-Metropolitan Chicago
- Kathryn Dittmore, 312.793.1008  
[Kathryn.dittmore@illinois.gov](mailto:Kathryn.dittmore@illinois.gov)  
 ▪ Region 2 – Northern Illinois
- Tom Troe, 309.264.0291  
[Thomas.troe@illinois.gov](mailto:Thomas.troe@illinois.gov)  
 ▪ Region 3 – Peoria

**NANETTE LARSON**  
 Deputy Director,  
 Bureau of Wellness  
 and Recovery  
 Services, IDHS/DMH

[Nanette.Larson@illinois.gov](mailto:Nanette.Larson@illinois.gov)



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**DMH REGIONAL RECOVERY SUPPORT  
SPECIALISTS CONTINUED**

- Tanya Cooley, 217.785.0043  
[tanya.e.cooley@illinois.gov](mailto:tanya.e.cooley@illinois.gov)  
▪ Region 4 - Springfield
- Cindy Mayhew, 618.474.3813  
[cindy.mayhew@illinois.gov](mailto:cindy.mayhew@illinois.gov)  
▪ Region 5-Metro East
- Rhonda Keck, 618.697.4652  
[Rhonda.keck@illinois.gov](mailto:Rhonda.keck@illinois.gov)  
▪ Region 5 -South




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- Statewide call evaluation forms
  - Email to: [DHS.DMHRecoveryServices@illinois.gov](mailto:DHS.DMHRecoveryServices@illinois.gov)
  - Fax: (309) 346-2542
- Comments, questions, feedback, suggestions:
  - Email to: [DHS.DMHRecoveryServices@illinois.gov](mailto:DHS.DMHRecoveryServices@illinois.gov)

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# 10 ways to PRACTICE Mindfulness and Inclusiveness

**1** When you meet someone, take the time to learn how to pronounce their name correctly. You might also ask if the name has particular meaning in that person's language or if they were named for someone. Remember, our names are part of our identity, they link us to our family and our history.

**2** Pay attention to the calendar and take note of when religious holidays are occurring and what those holidays are about.

**3** If you are planning any type of meeting or event, address accessibility issues

**4** Expand your circle. Join a council, committee, or organization that connects you with people.

**5** Use respectful and inclusive language and labels.

**6** Consider these etiquette tips when interacting with persons with disabilities ([www.dol.gov/odep/pubs/fact/effectiveinteraction.htm](http://www.dol.gov/odep/pubs/fact/effectiveinteraction.htm)).

**7** Understand how your own work style, communication style, and conflict style differs from others whom you work with. Differing styles are neither right or wrong, just different.

**8** Consider ways to recognize others' accomplishments, needs, and difficulties; practice small, simple acts of empathy and kindness.

**9** Pay close attention to body language. The way we use our body and our facial expressions sends powerful messages, sometimes unintentionally. We can also misinterpret other people's body language, so it is important to pay attention and ask questions.

**10** Check your biases and assumptions. We all have biases which can affect how we behave toward others who may be different from ourselves, but by continuously checking and challenging the assumptions we make about others, we can act more inclusively.



## CEU Instructions for Recovery & Empowerment

### Statewide Calls

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.
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.

Program Name: Recovery & Empowerment Statewide Call  
 Title: Diversity: Together We Can Do Great Things  
 Location: Teleconference  
 Instructors: Tanya Cooley, CRSS & Denise Lawrence, CRSS

Program Number: 15505  
 Date: February 25, 2021  
 Time: 10:00 am – 11:00 am  
 CEUs Available: 1.0 hour

Name (Please Print) If we cannot read your name, your certificate will be wrong or not sent. <u>Please print legibly!</u>	I have my CRSS (yes/no)	I'm working toward my CRSS (yes/no)	I have another credential or license (please list)

RETURN COMPLETED CERTIFICATES TO (Print Name): \_\_\_\_\_ Phone: (    ) \_\_\_\_\_  
 RETURN COMPLETED CERTIFICATES TO: (Address): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 RETURN COMPLETED CERTIFICATES TO: (Email): \_\_\_\_\_  
 \_\_\_\_\_

**AFTER THE CALL, please submit the form:**  
 Fax: Christal Hamm at (309) 346-2542 OR email at  
[DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov) OR mail to DHS/DMH 200 S. 2<sup>nd</sup> Street, Suite 20, Pekin, IL 61554

**(Sign-In Sheets received before the Call will not be accepted. If a person's name is not on the sign-in sheet, the name cannot be read and a phone number is not offered on this form, a certificate will not be issued. If the sign-in sheet is not received within 7 days after the call, the sign-in sheet cannot be accepted.)**



# Recovery & Empowerment Statewide Call Evaluation

Title: Diversity: Together We Can Do Great Things!

Date: February 25, 2021

Thank you for participating in the Recovery & Empowerment Statewide Call. We would appreciate you completing the following brief evaluation to let us know about your experience as a participant.

Please rate (circle) the following on a scale of "5" to "1", with "5" indicating that you very much agree and "1" that you don't agree at all.

	Very Much	Somewhat	Undecided	Not Really	Not At All
1. The educational content was relevant to my situation.	5	4	3	2	1
2. The presentation was respectful of the diverse experiences of participants.	5	4	3	2	1
3. The education and support provided will help me cope better with challenges.	5	4	3	2	1
4. The education and support provided will help me find my own ideas for staying well or improving my life.	5	4	3	2	1
5. The education and support provided will help me to be involved in or take charge of my own mental health and wellness.	5	4	3	2	1
6. Overall, I was satisfied with the call.	5	4	3	2	1
7. I would recommend these statewide calls to others.	5	4	3	2	1

COMMENTS:

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For Comments or Questions: email [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)  
 Submit Evaluation to: Fax: Christal Hamm at (309) 346-2542 OR email at [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov) OR mail to 200 S. 2<sup>nd</sup> Street, Suite 20, Pekin, IL 61554

