
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on July 22, 2021 for our next [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 "Thriving During Stressful Times."

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: July 22, 2021

TIME: 10:00am - 11:00am

TOPIC: Striving During Stressful Times

OBJECTIVES: Participants will: Identify the impact that kindness and gratitude have on our overall health and wellbeing; recognize that kindness and gratitude are skills we can develop; and share simple strategies to incorporate gratitude and kindness into our daily lives.

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

ACCESS CODE: 4360050- enter the code and wait for AT&T to answer

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Chris Keck, Kelly Ellis, and Amy Nolte

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 7/22/21 call are attached:

- Thriving During Stressful Times (PowerPoint slides in pdf document)
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- July 22 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.



PLANTING THE SEEDS OF WELLNESS

“Striving During Stressful Times”

2021 Recovery & Empowerment Statewide Call
July 22, 2021 10:00 am –11:00 am
Call toll-free (844) 867-6167
Access code: 4360050

1

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

Date & Topic for Next Call:
August 26, 2021
Linking Our Physical and Mental Health

Email Your Feedback:
Cindy.Mayhew@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
 - Christopher Keck, Recovery Support Specialist
 - Kelly Ellis, Recovery Support Specialist
- Community Guest Speaker: Amy Nolte, Peer Coach



4



Participants will:

- 1) Examine the way we view stress
- 2) Discover how to put stress to work for us
- 3) Explore the benefits of stress

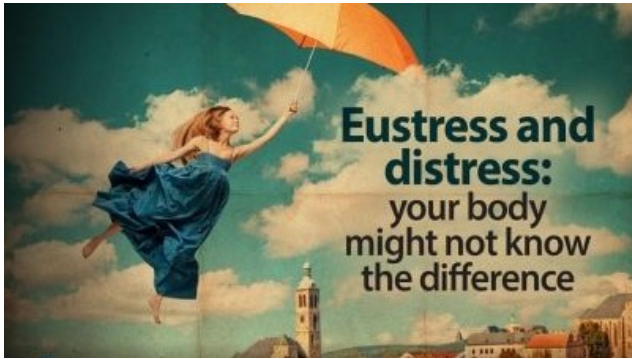
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COMMUNITY GUEST SPEAKER:

AMY NOLTE

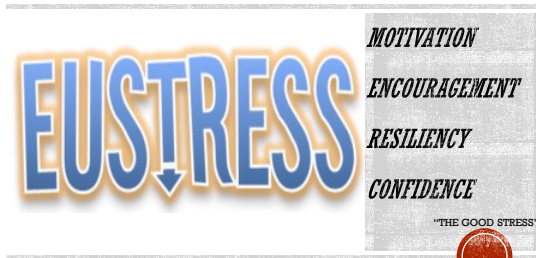
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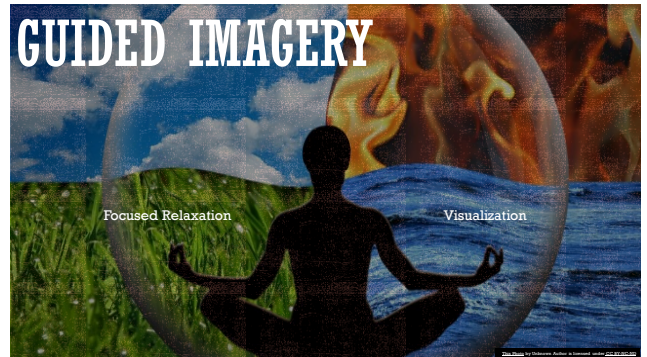
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8



9



10

SIX TIPS FOR A BETTER BEDTIME

- 1 Beds are for sleeping (not working!)
- 2 Keep your bedroom quiet, dark and cool
- 3 No portable electronic device use before sleep
- 4 Switch off your phone if possible
- 5 Try sleep-focused meditation
- 6 Not asleep within 30 mins? Do something else

SLEEP HYGIENE

11

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

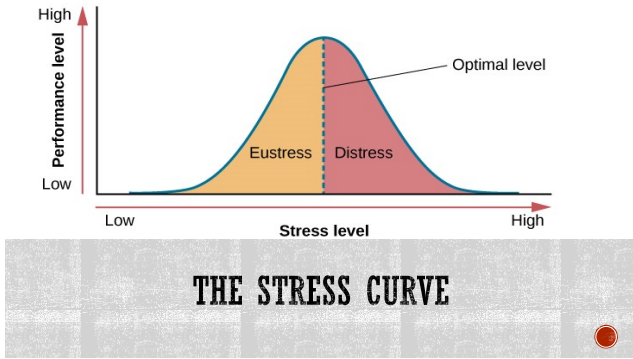
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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 The Nutrition Source
 www.hsph.harvard.edu/nutritionsource

Harvard Medical School
 Harvard Health Publications
 www.health.harvard.edu

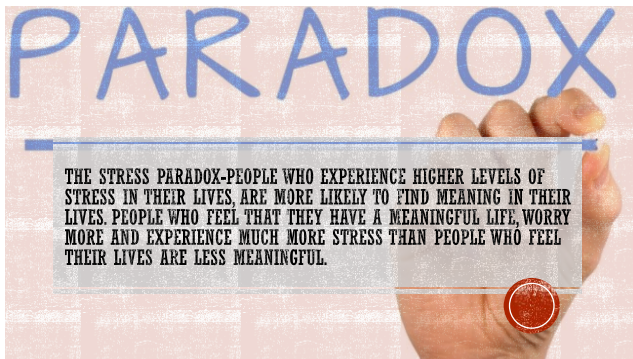
12



13



14



15

WHERE WE CAN FIND MORE INFORMATION

1. “The Strange Statistic About Stress,” news.com.au. Dr. Christine Brown; July 22nd, 2016.
2. “How to Make Stress Your Friend,” Kelly McGonigal; TED Talks.
3. <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#our-picks>

16

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.

17

DMH REGIONAL RECOVERY SUPPORT SPECIALISTS

- Denise Lawrence, 312.805.6185
Denise.Lawrence@illinois.gov
- Region 1- Metropolitan Chicago
- Kathryn Dittmore, 312.793.1008
Kathryn.Dittmore@illinois.gov
- Region 2 – Northern Illinois
- Tom Troe, 309.264.0291
Thomas.Troe@illinois.gov
- Region 3 – Peoria

18

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

Nanette.Larson@illinois.gov

**DMH REGIONAL RECOVERY SUPPORT SPECIALISTS
CONTINUED**

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



19

GUIDELINES FOR QUESTIONS AND COMMENTS

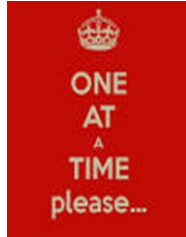
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



20

GUIDELINES CONTINUED

- Limit to One Comment or Question 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



21

- Statewide call evaluation forms
 - Email to: DHS.DMHRRecoveryServices@illinois.gov
 - Fax: (309) 346-2542
- Sign-in sheets must be received within seven business days after the call to receive CEUS. Sign-in sheets will not be accepted before the call.
- Comments, questions, feedback, suggestions:
 - Email to: DHS.DMHRRecoveryServices@illinois.gov



22



Recovery & Empowerment Statewide Call Evaluation

Title: Thriving During Stressful Times

Date: July 22, 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 the following by checking the appropriate box indicating that you "very much" agree, you "somewhat" agree, you're "undecided", you don't really agree ("not really") or you don't agree at all ("not at all").

Very Much	Somewhat	Undecided	Not Really	Not At All
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- | | | | | | |
|---|---|---|---|---|---|
| 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:

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

Program Name: Recovery & Empowerment Statewide Call

Program Number: 15505

Title: Thriving During Stressful Times

Date: 7-22-21

Location: Teleconference

Time: 10:00 am – 11:00 am

Instructors: Christopher Keck, CRSS and Kelly Ellis, CRSS

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 OR mail to DHS/DMH 200 S. 2nd 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 business days after the call, the sign-in sheet cannot be accepted.)

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.

IDHS/DMH Recovery & Empowerment Statewide Calls



Planting the Seeds of Wellness

Recovery & Empowerment Statewide Call

July 22, 2021

10:00 a.m. – 11:00 a.m.

Thriving During Stressful Times

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

Access Code: 4360050